

# Trends & Traditions

June 2014



Madison Senior Center

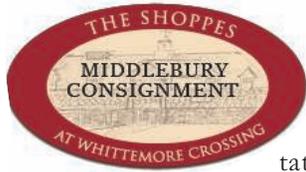
## Suffolk Downs A Day At the Races

Today we are off to the races, located just three miles from downtown Boston. Your day includes Clubhouse admission, a daily racing Program and a race named in honor of your group. Lunch buffet, transportation, admission to Suffolk Downs and Driver Gratuity is all included in the price! *There may be multiple pickups*, departure time to be determined.



Monday, June 16<sup>th</sup>

Fee: \$70R | 75NR



Middlebury Consignment has a beautiful showroom displaying furniture and decorative accessories obtained from local estates, from families looking to downsize, or from those just looking to reinvent their style. Join the Madison Senior Center and visit one of Connecticut's premier consignment destinations for shopping and enjoy lunch on your own in their café.

Friday, June 20<sup>th</sup> Depart at 10am

Bus fee:\$5

The last Wednesday of June, July and August is going to be

“Musical Wędnęsday”

Come in cool off and

watch a fun movie

Enjoy “Mama Mia”,

June 25<sup>th</sup> at 12:45



## The *Adventurous* Culinary Club

Come on a culinary adventure to explore cuisines from around the world and make new friends! Go somewhere new for lunch on the 4<sup>th</sup> Friday of every month (*on your own*). Prices vary, stop in for a copy of the menu. In June we visit *Abbott's* in Noank.



Friday, June 27<sup>th</sup> Depart MSC at 11 Bus fee\$2

## Co-Creating Art

This summer we are holding space in the MSC Café for artists to come paint, draw, create and inspire each other in the air conditioned Café.

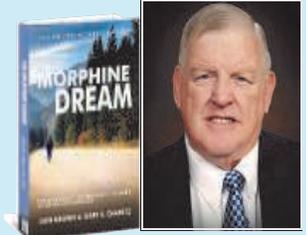


Tuesdays-1:30-3:30pm



## LOCAL AUTHOR SERIES

Donald Brown, author of the best seller “*The Morphine Dream*” will present his fascinating book. Mr. Brown’s uplifting memoir reads as a triumph of the human spirit. It’s an inspiring account of how one man overcame some of the most daunting challenges that life can dish out. This book celebrates determination and courage and offers hope for those who need to reboot their lives. The *Morphine Dream* will leave you cheering. Auto-graphed books will be available for purchase. **Registration is requested.**



Monday, June 30<sup>th</sup> at 1:00 pm

FREE

“*Joyful Voices*,” a Senior Chorus with Guilford and Madison residents are coming to MSC to sing.

Ice Cream Social to follow, vanilla ice cream is kindly being donated by *Ashley's Ice Cream* in Madison. Come enjoy the music and the ice cream!

Monday, June 16<sup>th</sup> at 12:40

FREE

## FREE *VNA* Classes - Recipe for Healthy Stress

This program focuses on the “ingredients” needed to balance stress, including: laughing, journaling and breathing techniques.

Tuesday, June 10<sup>th</sup> 1-2pm *Pre-registration is requested.*

## Plant Potting!

Design your own annual container plant with Horticultural Therapist, *Rachel Blundon Klein* from Madison Earth Care, all materials included in fee.

Registration is requested

June 9<sup>th</sup> at 12:45

\$10 per person





**MADISON SENIOR CENTER**  
29 Bradley Road, Madison, CT 06443

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

**FAX:** (203) 318-0670

**WEBSITE:** www.madisonct.org/seniors

**HOURS:** Monday-Friday 8:30-4:00pm

**SR. COMMUNITY CAFÉ**  
(203) 245-5686

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

**DIAL-A-RIDE (203)245-5627**

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

**MUNICIPAL AGENT FOR THE ELDERLY** (203)245-5687



**SENIOR COMMISSION**

- Chair: ..... Maureen Lopes
- Vice-Chair ..... Dr. Gerard Kerins
- Members..... Mitchell Cohan
- ..... Patricia Melady
- ..... Sheri Puricelli
- ..... Wendy Oberg
- ..... Marcy Sanders
- ..... Craig Bernard

*The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be June 12<sup>th</sup>, 2014 at 5:30pm*

**LIAISON TO BOARD OF SELECTMAN**.....Diane Stadterman

**SENIOR CENTER STAFF**

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

**RENT REBATE**

**Application intake begins Friday, May 16<sup>th</sup> 2014**

Participants will receive a one time check in the fall to help offset rental expenses. Participants must submit proof of income for 2013, proof of rental, heating, electric, & water payments made in 2013. Eligible participants are age 65 & over or disabled & have incurred rental expenses in 2013, in Connecticut.

Applications will be accepted for PREVIOUS and NEW Applicants  
**2013 max. income: single: \$34,100 & couple: \$41,600**

**FARMERS MARKET COUPONS**

Eligible participants enjoy CT Grown fruits, vegetables, fresh cut herbs, & honey from local 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 meet income requirements. Eligible participants receive \$15 in coupons, good at the Madison Farmer’s Market. Coupons **should** be available beginning July 1, 2014. The market is open on the town green on Fridays from 3 to 6pm until the end of October.  
**Single Maximum Monthly income: \$1,773 and Couple: \$2,393.**



**NEED HEARING AIDS.**

**DISCOUNTED EYECARE, CHEAPER RX’S?**

The Town of Madison is proud to partner with the Connecticut Conference of Municipalities (CCM) to offer an exciting program that helps you maintain a healthy lifestyle, all while holding on to more of your hard earned money. The **Town of Madison Prescription Discount Card**, now administered by ProAct, Inc. is a **FREE** program that offers discount savings on the purchase of prescription drugs, eye exams, frames, lenses, Lasik services, as well as hearing products and services. Best of all, it costs **NOTHING** for the Town of Madison or local taxpayers.

Financially if you are struggling to afford the costs after the discounts, there are additional programs available that may assist you.

**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 - \$6.50 and may cover doctor’s co-pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program.  
**Monthly Max. Income: Single: \$2,393.58 & Couple: \$3,225.06**

**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: \$1,773, Couple: \$2,393.**



**FOOD PANTRY**

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

**WELL RIGHT NOW CLINICS**

Mon., June 9<sup>th</sup> 12-1:30pm  
VNA Community Healthcare holds Well Right Now Clinics on the 2<sup>nd</sup> & 4<sup>th</sup> Mondays of the month., includes blood pressure check.

**LEGAL ASSISTANCE**

Thurs., June 19<sup>th</sup> 9-10am  
Attorneys from Cronan and Shields offer private 15 min. counseling services  
**Call the MSC for an appointment.**

**HANDICAPPED PARKING PERMIT**

Available in the Senior Center office.

**DIAL-A-RIDE**

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

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

**SENIOR CENTER BUS**

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

**NOTARY SERVICES**

By appointment only.

**MEALS-ON-WHEELS**

by The Estuary Council of Seniors

(860) 388-1611 Ext. 207  
Meals delivered around noon to the homebound or recently recovering. **Needs 5 days notice & doctor referral.**

**SENIOR CAFÉ**

Monday through Friday at 11:45

Serving people ages 60 and up or disabled folks; there is a suggested donation of \$3.00. **To order: call Jodie, (203) 245-5686 by Noon the day before.**



## Madison Senior Center Book Club

The Book Club will meet at 1pm on June 26<sup>th</sup>; to discuss *Aviators Wife*

*Discussion led by Barbara MacDonald*

## Self-Defense Demonstration with Steve Volker

Steve is a martial arts instructor and owner of Middlesex Tung Su, Steve will be getting you on your feet and participating. Pat Velleca will also be assisting! Learn some personal safety tips to prevent yourself from being a victim. Registration is requested.

Wednesday, June 25<sup>th</sup> at 9:45am

FREE

**Bingo!**

St. Margaret's Bingo at Noon, June 11<sup>th</sup>

## MATINEE @ MSC FREE



Fridays at 1:00 pm

June 6<sup>th</sup> - *Chocolat*  
June 13<sup>th</sup> - *My Cousin Vinny*  
June 20<sup>th</sup> - *Tea with Mussolini*  
June 27<sup>th</sup> - *A Walk in the Clouds*

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

## Body, Mind & Spirit 30 Workshop 30

Take an afternoon to reconnect your body, mind and spirit through conversation, gentle movement, relaxation and contemplation. Bring a mat, a small pillow and a water bottle. Classes held the 3<sup>rd</sup> Tuesday monthly.

Tues., June 17<sup>th</sup> 12:30-4pm  
\$12.50R | \$17.50NR



## The Roots of Rock 'n' Roll

Strong House Adult Day Center is teaming up with us to present a toe tapping, fun program called *The Roots of Rock 'n' Roll*. This event is part of the Strong House's year-long celebration of 20 years of stimulating and celebrating older adults with memory or physical impairments. Musician, Brian Gillie will perform his popular *The Roots of Rock 'n' Roll* program, described as a "fast-paced, interactive performance... unlike any history lesson you will ever see or hear." Refreshments will be served.



Call Lori Murphy of the Strong House at 203.245.0524 for more information and to register for the program or visit [www.StrongHouseCT.org](http://www.StrongHouseCT.org).

Tuesday, June 24<sup>th</sup>

6PM

## Lunch Bunch & Shopping

*This month we will be traveling to:*

Mon., June 2<sup>nd</sup> *Van Wilgen's Garden Ctr*  
Depart MSC at 11:45 Bus fee: \$2

Mon., June 23<sup>rd</sup> *Monkey Farm (Cash Only) & Homegoods* in Old Saybrook  
Depart MSC at 11:45 Bus fee: \$2

## Senior Singles Group

Do you like to do things, but not alone? The singles group is where you can join others for activities and fun events. Looking for new members, both men and women, and *new ideas* Dinner on your own to follow at *Donobue's* in Madison  
Tuesday, June 10<sup>th</sup> MSC at 5:30pm

*Exercise With Patty Velleca*

## CHAIR EXERCISES

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



**Mondays - 10:30 to 11:30am**

**June 2<sup>nd</sup>-June 23<sup>rd</sup>**

**R\$17.00/NR \$27.00**

4 classes

**Fridays - 10:30 to 11:30am**

**June 6<sup>th</sup>-June 27<sup>th</sup> (no class 6/20)**

**R \$12.75/NR \$22.75**

3 classes

## SENIORS IN MOTION

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

**Wednesdays - 10:30 to 11:30am**

**June 4<sup>th</sup>-June 25<sup>th</sup>**

**R\$13.00/NR\$23.00**

4 classes

## EXERCISE & RELAX YOGA

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

**Tuesdays 9:30-10:30am**

**June 3<sup>rd</sup>-June 24<sup>th</sup>**

**R\$33.00/NR\$43.00**

4 classes

**Thursdays 3:00-4:00pm**

**June 5<sup>th</sup>-June 26<sup>th</sup>**

**R\$33.00/NR\$43.00**

4 classes

## FITNESS & MOVEMENT

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

**Mondays - 9 to 10am**

**June 2<sup>nd</sup>-June 23<sup>rd</sup>**

**R\$17.00/NR \$27.00**

4 classes

**Wednesdays - 9 to 10am**

**June 4<sup>th</sup> - June 25<sup>th</sup>**

**R\$17.00/NR\$27.00**

4 classes

**Fridays - 9 to 10am**

**June 6<sup>th</sup> - June 27<sup>th</sup> (no class 6/20)**

**R \$12.75/NR \$22.75**

3 classes

## 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.

**FREE Tues., June 17<sup>th</sup>**

**11am-12pm**



## TAICHI

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

Instructor: S. Hanley

**Mondays, 9-10am** July 28<sup>th</sup>-Aug. 25<sup>th</sup>  
(5 weeks) R\$44 | NR\$54



## Tai Chi Silk Reeling (Chan Si Jing) Demonstration

A form of Tai Chi that involves reeling movements that are slow and benefit the whole body while increasing one's flexibility, joint movement and balance. Very popular so sign up fast!

**Thurs., June 19<sup>th</sup>**

**10am**



## 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

*Tap shoes & registration  
are required.*

**Special Event:**

**Thursday, June 12<sup>th</sup> at 10,**

*instructor Annette Catapano Smith will be on hand to discuss future polishing classes!*

**Thursdays from 10-11am**

**FREE**

## IDEAS COMMITTEE

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

Quarterly Meetings

**Tuesday, June 24<sup>th</sup>**

**11am**



## 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 30<sup>th</sup>, 2014.**

**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. **Last Class June 30<sup>th</sup>**

**Mondays 6-7pm**

## ZUMBA GOLD

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

**Mondays - 1:00 to 1:55pm**

**Thursdays - 11:10 to 12:10pm**

## Walkie Talkies!!

Get moving by becoming a member of the walking club. If you are tired of walking alone and want to meet other walkers.

**Mondays & Tuesdays 10:00am.**

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



## "THINK MORE PROGRAM"

**Topic: *The Leather Man, A Historical Account of a Connecticut Legend.***



This program presented by The Hearth at Tuxis Pond's Doug Sabino, will bring you back in time to the late 1800's.

**Friday, June 27<sup>th</sup> at 1:00**

**FREE**



## LEMON ICE

There is nothing better on a hot summer day than lemon ice! Help us make it on a Thursday, and eat it the following Monday.

**Thurs., June 26<sup>th</sup> at 10:30**

**Mon., June 30<sup>th</sup> at 12:45 \$1.25 a cup**

Pre-registration is required so we'll know how much to make!



### Mohegan Sun Friday

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

Friday, June 13<sup>th</sup>

Fee: \$7

### Goodspeed Opera House

*Damn Yankees (The Red Sox version)*

Wednesday, June 11<sup>th</sup>

Just in time for baseball season comes the muscular musical comedy about a Red-Sox super fan who is transformed into a star slugger after he makes a deal with the devil-and his sexy associate, Lola. Goodspeed re-imagines a Broadway classic that swings for the fences, no matter which team you root for. In the game of love and baseball, *You Gotta Have Heart*-but watch out for *Whatever Lola Wants*. Transportation is included. **Depart MSC at 12:45pm**

Fee: \$54 R | \$59NR

### Suffolk Downs

*A Day At the Races*

Monday, June 16<sup>th</sup>

Today we are off to the races, located just three miles from downtown Boston. Spend the day in the Clubhouse, picking your ponies with a complimentary racing program and there will be a race named in honor of our group. Lunch buffet, transportation, admission to Suffolk Downs and Driver Gratuity are all included in the price! *There may be multiple pickups*, departure time to be determined.

Fee: \$70R | 75NR

### Aqua Turf Club

*Celebrate Italia*

Tuesday, July 15<sup>th</sup>

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

**Depart MSC at 9:45**

Fee: \$45

### Nautical Newport

Wednesday, July 23<sup>rd</sup>

Your trip will begin by entering Newport via the Newport Bridge with views of Narragansett Bay area. Upon arrival, we will embark on a *Newport Harbor Luncheon Cruise*. Sit back, relax and enjoy a narrated tour of beautiful Newport harbor while enjoying a fine buffet luncheon. Experience the magic onboard this 150-passenger boat that was designed with your comfort in mind. After your cruise we will stop at Newport Grand Slots. Transportation, harbor cruise with luncheon, time at Newport Grand Slots and driver's gratuity all included in price. There may be multiple stops and departure will be determined.

Fee: R\$94 | NR \$99

### Ivoryton Playhouse

*All Shook Up*

Wednesday, July 23<sup>rd</sup>

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

**Depart MSC at 1:15**

Fee: \$35R | \$45NR

### The Company Men at the Aqua Turf

Wednesday, August 13<sup>th</sup>

Classy, funny, charming and witty, *The Company Men* have a unique talent for combining timeless classics with today's hits and turning them into a brilliant musical experience. Their old Hollywood charm, dynamic choreography, and harmonies add to their clever musical creations. More than entertainers, they are true performers and talented showmen. Delicious family style lunch of Salad, Pasta, Chicken ala Kathryn and Broiled Scrod with Spinach and Tomato topping, Vegetables, Potato, Rolls, Dessert and Beverages. Transportation is also included.

**Depart the MSC at 10:15am.**

Fee: \$77R | \$82NR

### Block Island

Tuesday, August 19<sup>th</sup>

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

Fee: \$114R | \$119NR

### Saratoga and Lake George

Wed., August 13<sup>th</sup>-15<sup>th</sup>

*Day One:* travel into the Adirondack Mountains to Saratoga Springs, NY, home of Saratoga Racetrack, where you will enjoy the finest horse racing in the world. After the last race, board the coach and travel the short distance to The Queensbury Hotel. Dinner is included. *Day two:* Hop on board the Saratoga and North Creek Railway for a two hour scenic train ride. Dinner is included, and show is included. *Day three:* board "Lac du Saint Sacrament" for a two hour cruise that includes a wonderful buffet lunch. After cruise explore Lake George Village before we go home. There may be multiple stops departure time TBD **Resident pricing:** \$64<sup>00</sup> pp single, \$504<sup>00</sup> pp double, \$484<sup>00</sup> pp triple. **Non Resident Pricing:** \$651<sup>00</sup> pp single; \$509<sup>00</sup> pp double; \$489<sup>00</sup> pp triple.

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## Jennifer Jones

Director of Community Relations



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Email: jjones@peregrine-companies.com  
Website: www.peregrineslandingshoreline.com

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# 7 Menu

# JUNE 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Tilapia w/ Lemon & Dill, Oven Roasted Potato, Spinach, Rye Bread, Pineapple, Milk	3 Beef & Broccoli, Brown Rice, Carrots, Marble Rye Bread, Fresh Fruit, Milk	4 Spaghetti, with Chicken Meatball in Marinara, Tossed Salad and Vinaigrette, Garlic Bread, Cranberry Juice, Italian Ice, Milk	5 Turkey w/ Gravy, Stuffing, Baked Sweet Potatoes, Green Beans, Oat Bread, Cranberry Sauce, Whole Wheat Roll, Peaches, Milk	6 Vegetable Soup w/ Crackers, Spinach Quiche, 3 Bean Salad, Wht Dinner Roll, Grape Juice, Choc. Chip Cookie, Milk
9 Stuffed Chicken Supreme, Wild Rice Pilaf, Country Style Veggies, Rye Bread, Fresh Fruit, Milk	10 Spinach Grandioli Ravioli w/ Marinara, Parm. Cheese, Tossed Salad w/ Cukes & Ital. Dressing, Ital. Bread, Fruited Jell-O, Milk	11 Chicken Gumbo Soup, Crackers, Crab Cake and Tartar Sauce, Swt. Potato, Coleslaw, Pumpernickel Bread, Pears, Milk	12 Pot Roast with Gravy, Mashed Potato, Zucchini & Yellow Squash, Wht Dinner Roll, Cranberry Juice, Carrot Cake, Milk	13 <b>Happy Father's Day</b> Veal Roulade w/ Gravy, Baked/Sour Cream, Herbed Peas and Onions, Garlic Dinner Roll, Holiday Cake, Milk
16 Hamburger on Wht Bun, Baked Beans, Carrots, Pineapple Juice, Ice Cream Cup, Milk	17 BBQ Chicken, Macaroni and Cheese, Green Beans, Wheat Dinner Roll, Fresh Fruit, Milk	18 Swt & Sour Pork, Brown Rice, Oriental Blend, Bread, Mandarin Oranges, Milk	19 Hot Dog on Roll, Chili, Coleslaw, Ice Cream, Milk	20 Lightly Breaded Fish, Mashed Potatoes, Peas and onions, Herbed Breadstick, Mixed Fruit Juice, Coffee Cake, Milk
23 Italian Wedding Soup w/ Crackers, Chicken Salad Sandwich on Croissant, Cuke and Tomato Salad, Apricots, Milk	24 Turkey a la King Rice, Broccoli, Biscuit, Cranapple Juice, Brownie, Milk	25 Meatloaf w/ Gravy, Mashed Potato, Scandinavian Blend, Pumpernickel Dinner Roll, Orange Juice, Lemon Pudding, Milk	26 Macaroni and Cheese w/ Salmon, Summer Spring Veg Blend, Wheat Bread, Fresh Fruit, Milk	27 Whole Grain Vegetable Lasagna, Caesar Salad, Garlic Breadstick, Pineapple, Milk
30 Sliced Pork w/ Gravy, Apple Stuffing, Mixed Vegetables, Dinner Roll, Applesauce, Grape Juice, Iced Vanilla Cake, Milk	<p><i><b>Please remember to make your reservation with Jodie Shevlin at (203) 245-5686 by 12 Noon the day before you plan to come for lunch . (If you want to attend on a Monday please call by noon the previous Friday.)</b></i></p>			



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



Madison Senior Center  
 29 Bradley Road  
 Madison, CT 06443

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 PERMIT NO. 295

6/2014

## 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 10<sup>th</sup>– July 8<sup>th</sup> 1 to 2:00pm**

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

### IPad for Beginners

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

**Thursdays, June 12<sup>th</sup>– July 10<sup>th</sup> 1 to 2:00pm**

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

### E-Bay: and “New” Craig’s List

This is sure to be a fun class! You will learn how to Open E-bay & PayPal accounts online, search and bid on an item, pay and complete the transaction, investigate sellers, and find the best deal. Also 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 are 2 hours.

**Tuesdays, June 24<sup>th</sup> – July 8<sup>th</sup> 10 to 12pm**

**Fee: R \$42 | NR \$52 (3 classes)**

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

### Ongoing Activities at the Senior Center

Bridge	Thursdays	1– 4 pm	Hand & Foot	Fridays	1– 4 pm	<p><b>There’s LOTS to do at the Madison Senior Center</b></p> 
Canasta	Tuesdays	1– 4 pm	Knitting Group	Tuesdays & Thursdays	10a-12p	
Mah Jong	Thursdays	1– 4 pm	Poker	Wednesdays	1– 4 pm	
Crocheting w/ Plastic Bags	Wednesdays	1–3 pm	Walking Club	Mon and Tues.	10:00am	