



# The Depot Express

## MADISON SENIOR SERVICES NEWSLETTER



DEPOT MEETING CENTER  
9 OLD ROUTE 79  
MADISON, CT 06443

### March 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

Bob Hale

Gerard Kerins

Barry Miller

Leslie Marcarelli-Naizby

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

##### EXERCISE INSTRUCTOR

Patricia Velleca

##### CAFÉ MANAGER

Joan Waldron

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

To attain input from YOU!

**We need your ideas for 2010!**

Meets 4 times a year! Next Meeting:

**May 12, 2010. (2<sup>nd</sup> Wed. of the month  
in May due to Sedona trip!)**

Be the first to share your ideas!

##### Call to volunteer!

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;

March 18, 2010 @ 5:30 PM in the Upper Level of the Depot.

#### WANT TO LEARN HOW TO USE YOUR CELL PHONE? BETTER?

If **YES**, sign up for an individualized cell phone program today!

#### **“TECH” TUESDAY RETURNS!**

Resuming Tuesdays; March 2-16, 2010 @ the Depot.

Work one on one with a student who will teach you how to use your cell phone more efficiently! Program begins; March 2, and runs for three weeks, including March 9 & 16. Sign up for a 30-minute session. Program times 1:00-4:00 PM

Limited spots available, so sign up **EARLY!**

**Registrations will be accepted prior to March 1, 2010, for this program only!**

#### AARP TAX ASSISTANCE PROGRAM

**Thursday Afternoons, Depot Lower Level-1:30-5:30 PM, by appointment.**

Free confidential tax counseling will be available at the Depot for **low to middle-income** taxpayers. IRS certified tax counselors will offer assistance in filing tax returns on Thursday afternoons. Taxpayers are requested to bring; ID, 2008 tax return, 2009 income reports, all 1099 forms, W-2 forms from each employer, unemployment compensation and all other forms that indicate Federal and/or Connecticut Income Taxes paid in 2009.

All documents of income, deductible expenses documents & ID must be brought to the scheduled appointment.

#### Save the date-travelers!...

#### **RED ROCKS OF SEDONA PARTY**

**Wednesday, April 21, 2010 @ 1:30 PM!**

#### **HURRY UP Spring AND SUMMER....New trip this summer! ...**

#### RAIL & SAIL @ the INN IN ESSEX

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

Exciting NEW 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. 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.

**\$10 surcharge (pp) if you sign up after MAY 1! (due to train reservations!)**

#### COMING IN APRIL...

**The “Wall of Information” Watch for details!**

**TRANSPORTATION OPTIONS ON PG. 2**

## MUNICIPAL INFORMATION

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

### TAX RELIEF PROGRAM For Information call Heather @ 245-5687

The Town of Madison Senior & Disabled Tax Relief Program will begin taking applications Feb. 1 through May 15, 2010.  
Call Heather @ 245-5687 for information on income guidelines, filing requirements & an appointment.

### CONNECTICUT ENERGY ASSISTANCE PROGRAM

The CT Energy Assistance Program assists CT residents by paying for a portion of their heating costs for the winter season.  
To qualify, an applicant must meet specific income & asset guidelines.

Call Heather @ 245-5687 with questions or to schedule an appointment.

### 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.

This will be kept for filing in May.

### 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.

### 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 (Updates to information!)

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

**MARCH 2010 (REGISTRATION OPENS 3/1/10) - Pre-Registration required for ALL events!**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Registration Opens! 1</b>	<b>Tech Tuesday! 2</b>	<b>DHHS Dance Team! 3</b>	<b>4</b>	<b>5</b>
<b>8:30 Meet Commuter Lot for Philadelphia Flower Show/Atlantic City Trip!</b> 9:00 AM Fit & Mov 10:30 AM ChairErcise 12:00 PM LUNCH 1:30 PM Line-Dancing	<b>...Philadelphia Flower Show/Atlantic City Trip!</b> 9:00 AM Bus/Town 12:00 PM LUNCH 1:00 PM Bus/Town 1:00 PM Card Play <b>1:00-4:00 Cell Phone Tutorial</b> 1:30 PM Art Class	9:00 AM Fit & Mov 10:15 AM Srs/Mo 12:00 PM LUNCH <b>12:45 PM Leave Depot for Hole-in-the-Wall Guilford. Stop en route home for Dance Team Performance @ DHHS @ 3:00 PM \$2.00 Bus Fee.</b>	9:00 AM – 3:00 PM Grocery Shopping 12:00 PM LUNCH 1:00 Cards & Mah Jongg <b>1:30-5:30 PM AARP TAX ASSISTANCE PROGRAM</b>	9:00 AM Fit & Mov 10:30 AM ChairErcise 12:00 PM LUNCH <b>1:00 PM RED &amp; GREEN PARTY...to celebrate St. Patrick's Day 3/17 &amp; St. Joseph's Day 3/19 w/Gary Andreadis on Keyboard!</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
12:00 PM LUNCH 12:45 PM Blood Pressure 1:30 PM Line-Dancing <b>1:00 PM Lyman Orchards!</b> <b>\$2.00 Bus Fee.</b> (Please board bus to return home by 2:15 PM)	9:00 AM Bus/Town 12:00 PM LUNCH 1:00 PM Bus/Town 1:00 PM Card Play <b>1:00-4:00 Cell Phone Tutorial</b> 1:30 PM Art Class	12:00 PM LUNCH <b>12:00 Noon Welcome back... ST. MARGARET'S Bingo Program!</b> 	9:00 AM – 3:00 PM Grocery Shopping 12:00 PM LUNCH 1:00 Cards & Mah Jongg <b>1:30-5:30 PM AARP TAX ASSISTANCE PROGRAM</b>	<b>Leave Depot @ 9:00 AM for Meriden Mall (Please board bus to return home by 2:00 PM) \$4:00 Bus Fee 12:00 PM LUNCH</b>
<b>"Meet Madison" 15</b>	<b>16</b>	<b>St. "Paddy's" Day! 17</b>	<b>18</b>	<b>19</b>
<b>12:00 PM LUNCH GREEN EGGS &amp; ...Ham-Celebrate Dr. Seuss's Birthday w/this FUN lunch!</b>  12:45 PM Blood Pressure 1:30 PM Line-Dancing	9:00 AM Bus/Town 12:00 PM LUNCH 1:00 PM Bus/Town 1:00 PM Card Play <b>1:00-4:00 Cell Phone Tutorial</b> 1:30 PM Art Class	<b>10:00 AM Leave Depot for JJ Sullivan's IRISH CABARET \$55.00 12:00 PM LUNCH</b> 	<b>9-10 AM LEGAL ASSISTANCE by Appt.</b> 9:00 AM – 3:00 PM Grocery Shopping 12:00 PM LUNCH 1:00 Cards & Mah Jongg <b>1:30-5:30 PM AARP TAX ASSISTANCE PROGRAM 5:30 PM MSCC</b>	<b>Leave Depot @ 10:00 AM for lunch stop (quick) &amp; Movie Matinee in North Haven! \$2.00 Bus Fee 12:00 PM LUNCH</b>
<b>Great Exhibit! 22</b>	<b>23</b>	<b>24</b>	<b>Car-Fit! 25</b>	<b>26</b>
<b>Leave Depot 9:00 AM Titanic @ the Foxwoods Casino! \$25.00</b> <b>Includes ticket to exhibit &amp; \$25.00 bonus package to use @ the Casino! Great Value!</b> (departure time 3:00 PM) 12:00 PM LUNCH 12:45 PM Blood Pressure 1:30 PM Line-Dancing	9:00 AM Bus/Town 12:00 PM LUNCH 1:00 PM Bus/Town 1:00 PM Card Play 1:30 PM Art Class	12:00 PM LUNCH <b>1:00 PM Cooking Demo w/Kathy Maikowski @ Gladeview!</b> 	9:00 AM – 3:00 PM Grocery Shopping <b>12:00 PM LUNCH BIRTHDAY CAKE DAY Register w/Joan!</b> 1:00 Cards & Mah Jongg <b>1:00-4:00 PM Car-Fit by appt.</b> <b>1:30-5:30 PM AARP TAX ASSISTANCE PROGRAM</b>	<b>12:00 PM LUNCH w/Special Guests from 123/Grow w/Me School! Enjoy the MUSEUM ON THE ROAD PROGRAM! Peabody Museum visits the Depot! Peabody Museum brings "Museum of the Month" to us!</b>
<b>Women's History Month! 29</b>	<b>30</b>	<b>"March Magic!" 31</b>		
9:00 AM Fit & Mov 10:30 AM ChairErcise 12:00 PM LUNCH 12:45 PM Blood Pressure <b>1:00 PM Job Lot</b> 1:30 PM Line-Dancing <b>2:15 PM Leave Job Lot &amp; stop en route home @ the Hearth for program... "A Women's Work is Never Done!"</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	9:00 AM Fit & Mov 10:15 AM Srs/Mo 12:00 PM LUNCH <b>12:30 "Magic in March" Zach Ivins who performed Las Vegas @ the World Magic show!</b> 	<p style="text-align: center;"> <b>The Senior Center hosts a monthly program; "Meet Madison" w/a local Madison individual to speak @ lunch in the Senior Café. This month join us for lunch on Monday; March 15<sup>th</sup> to meet Doe Boyle, Local Author. Learn about her great program to assist the "WORLD" with literacy!</b>                      (We may get her to read us a book!)  <b>REFUND REQUESTS WILL BE ISSUED ONLY IF A SEAT CAN BE FILLED FROM THE WAIT LIST!</b> </p>	

# SENIOR COMMUNITY CAFÉ

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

1 Meatloaf w/ Tomato Sauce Pasta Salad Lemon Ice	2 Southern Fried Chicken Mac & Cheese Spinach Apricots	3 Mushroom Barley Soup Angus Burger Carrots Peas & Onions Sliced Peaches	4 Beef Stew Tossed Salad Banana Pudding	<b>LUCKY LUNCH</b> 5 Whole Grain Crunchy Fish California Blend Creamy Cole Slaw Mandarin Oranges <b>1:00 PM RED &amp; GREEN Music Program Gary A!</b>
8 Salisbury Steak Potato Puffs Green Beans Sliced Peaches <b>12:45 PM Blood Pressure w/the VNA 1:00 PM Lyman Orchards!</b>	9 Cream of Broccoli Soup Sausage & Peppers Corn Tossed Salad Chocolate Pudding 	10 Chicken Teriyaki Rice Combo Oriental Veggies. Melon <b>12:00 PM St. Margaret's Bingo Program returns!</b>	11 Broccoli & Cheese Quiche Mixed Veggies. Oatmeal Raisin Cookie 	<b>LUCKY LUNCH</b> 12 Cheese Ravioli Salad Fruit Cocktail 
<b>"Meet Madison"</b> 15 <b>GREEN EGGS AND...</b> ...Ham Sweet Potato Peas Brownie <b>Celebrate Dr. Seuss's Birthday!</b>	16 Florentine Soup Beef Patty Pasta Salad Mandarin Orange Slices	<b>St. "Paddy's" Day!</b> 17 Shepard's Pie Salad Irish Soda Bread  Cupcake	18 Kielbasa Sauerkraut Potato Carrots Fruit	<b>LUCKY LUNCH</b> 19 Fish Potato Salad Pie
22 Tomato Rice Soup Chicken Fajitas Jell-O Graham Crackers <b>12:45 PM Blood Pressure w/the VNA</b>	23 Yankee Pot Roast Potato Veggies. Vanilla Pudding w/Topping	24 Stuffed Shells Salad Sliced Pears <b>1:00 PM Cooking Demo @ Gladeview!</b>	<b>Birthday Cake Day! 25</b> <b>Roast Turkey w/ all the fixin's &amp; Birthday Cake!...</b> <b>...to celebrate the March birthdays!</b>	<b>LUCKY LUNCH</b> 26 Fish Potato Salad Fruit <b>"Peabody visits the Depot!"</b>
<b>Famed Irish Meal!</b> 29 Cream of Carrot Soup Corned Beef Cabbage Fruit <b>2:15 PM Visit to Hearth to celebrate Women's History Month!</b>	30 Baked Chicken Potato Spinach Apricots	31 Cavatelli Meatballs Salad Cookie <b>12:30 PM March Magic w/Zach Ivins!</b>	<b>"MEET MADISON"</b> The Senior Center hosts a monthly program w/a local Madison individual to speak @ lunch in the Senior Café! Meet Doe Boyle; Local Author on 3/15. 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 MARCH BIRTHDAYS!**  
**Celebrate with us on Birthday Cake Day!**

**Please let Joan know by the 1<sup>st</sup> of the month that your birthday is in the month.  
 Join us on Birthday Cake Day and receive a special surprise to celebrate your day!  
 (Attendance required on Birthday Cake Day!) This month; March 25, 2010.**

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.

**Thank you to our wonderful volunteers in the lunchroom!**



**FITNESS & MOVEMENT**

**SESSION DATES:**

**9:00 – 10:00 AM Depot, LL**  
**Monday, Wednesday & Friday.**  
**Class Fees-Monday-\$21,**  
**Wednesday-\$27, Friday-\$27.**



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.

**Make-up dates TBA by Pat V. @ class! ( HURRY UP SPRING! 😊)**  
**New Session beginning in April! See you then!**

**SENIORS-IN-MOTION**

**10:15 – 11:15 AM, Depot, UL**  
**Wednesday.**  
**\$27.00 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. (ChairExercise)

**Same dates as Fitness & Movement Classes.**

**EXERCISE & RELAX**

**w/HATHA YOGA w/Pat Velleca.**  
**Tuesday & Thursday**  
**@ Memorial Town Hall. \$63.00 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.**



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.

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

**BINGO**

**St. Margaret's Bingo...**  
**Wednesday, March 10, 2010.**

**CARD PLAYING**

**Tuesdays & Thursdays 1:00 – 4:00 PM**

Depot, Upper Level. Bridge, Canasta, Pinochle, Setback & (Mah Jongg-Thursdays).

**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.

**NEW program in the SPRING – Quilts for a CAUSE!**

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

<p><b>MEDICARE COUNSELING ...</b>  <b>Unbiased information &amp; assistance</b>  <b>on Medicare, supplemental insurance,</b>  <b>&amp; Medicaid.</b></p>	<p><b>Carlos A. Maynard volunteers to assists Madison residents</b>  <b>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>March 8 &amp; 22, 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><u>Blood Pressure Monitor also available for use in office. Just ask!</u></b></p>
<p><b>LEGAL ASSISTANCE, 3<sup>RD</sup> Thursday</b>  <b>Monthly, Next date: March 18, 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: March 10-11, 1:00-5:00 PM,**

**April 21-22, 6:00-10:00 PM, May 12-13, 1:00-5:00 PM, 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)**

### **HOW WELL DOES YOUR CAR FIT YOU?**

If you want to improve you and your car's safety,...we will run through a checklist and it is completely free!

If your mirrors, pedals, or steering wheel needs some adjusting, we have some advice to help, and that's a sure thing!

**Thursday, March 25, 2010 1:30 PM-4:00 PM @ the Police Department on the Town Campus in Madison.**

**Don't forget to make your appointment! (by appt. only!) Registration opens March 1, 2010!**

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

This 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 Welcome back Muriel! New Members Welcome!**

**Thank you to the volunteers for assisting us with classes to avoid canceling!**

"ART 101" . . . 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!

Classes are held in the Lower Level of the Depot. List of art supplies available at the Depot!

**Working on Art Show for the Spring! Watch the newsletter for details!**

### **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 for any session, prior to start of class.

**Program # 300301A-3/1/10-4/5/10. \$19.50**

**(Out of town residents -\$5.00 additional fee.)**

**Please try to register for the session before the first day of class.**

**Thank you for your cooperation!**

### **MAH JONGG Thursdays: 1:00-4:00 PM.**

#### **SETBACK!**

**Tuesday & Thursday -1:00-4:00 PM**

**Please call the Depot to place your name on the interest list for future games!**

### **BOCCE ORGANIZATIONAL MEETING (Save the date)**

**MONDAY, April 12, 2010 @ 2:00 PM**

**Depot Lower Level**

Enjoy the beautiful Surf Club while getting some exercise! Call the Depot to let us know if you are interested in playing this year and you will be coming to the meeting. Start organizing your teams and bring your lists to the meeting.

Bring suggestions to improve the program and will discuss and settle our plans for this season!

**Registration for program will be accepted prior to meeting. Send your fee in anytime to reserve your spot!**

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

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

**If you have, any ideas for a new program that you would like to see...**

**Consider joining the ADVISORY GROUP or call the Depot with your input!**

## 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; March 1<sup>st</sup> for programs-Pre-Registration required for ALL events!)**

### FLOWERS & FELT

**Monday & Tuesday, March 1 & 2, 2010.**

Celebrate Spring @ the **LARGEST** Indoor Flower Show in the **WORLD**;  
**the PHILADELPHIA INTERNATIONAL FLOWER SHOW**

w/the excitement of an overnight stay in Atlantic City! Includes Motorcoach, 1 night @ Bally's (centrally located in the Boardwalk), \$15 Bonus, Admission to Flower Show, Reading Market Visit, bag handling, gratuities & tip!

**\$193 Single, \$143 Double, \$133 Triple.**



### IRISH CABARET

**Wednesday, March 17, 2010.**

**St. Patrick's Day Celebration w/Ed Ryan (Comedian, Singer, & Storyteller) to enjoy a wonderful lunch @ J.J. Sullivan's. Coffee & Danish upon arrival, Garden Salad, Corned Beef & Cabbage, Chicken Florentine OR New York Strip, Potato, Vegetable, Irish Soda Bread, Coffee, Tea, & Dessert. Leave the Depot @ 10:00 AM. \$55.00.**

### MARCH MUSEUM OF THE MONTH!

**Friday, March 26, 2010.**

A "Museum on the Road" program visits the center.

**Our special guest visitors from 123/Grow w/Me will join us for lunch & experience this great display of SCIENCE!** Join us for a great program offering coming to the center from the Yale Peabody Museum! This is an opportunity to experience hands-on specimens and objects! A docent from the Museum will set up an interactive exploration of exciting history, materials, and objects to see, touch and share with our guests!

Display will be set-up n the Upper Level of the Depot following lunch.

### ANNIE GET YOUR GUN @ THE GOODSPEED!

**Wednesday, April 28, 2010 @ 2:00 PM. (Wait List!)**

Center Orchestra Seats for this wonderful musical @ the Goodspeed! Enjoy this great musical w/lyrics written by Irving Berlin! The story fictionalizes the life of Annie Oakley-a sharp shooter from Ohio! (Ethel Merman starred in a great production of this in 1946!) Hit songs include; "There's No Business Like Show Business!" "Doin What Comes Natur'lly!" "You Can't Get A Man With A Gun!" & "Anything You Can Do." to name a few and bring a memorable smile to your thoughts! Leave Depot @ 1:00 PM for the 2:00 PM performance! **\$55.00.**



### **Invest in your MEMORIES! RED ROCKS OF SEDONA!**

**May 2-7, 2010. (Wait List!)**

A wonderful trip to Arizona to enjoy this beautiful area of the United States with its unique geological area & fascinating red rock formations, dessert skies & wondrous historical landmarks! The breathtaking beauty of this area has mesmerized tourists & has been voted the **MOST BEAUTIFUL PLACE IN AMERICA!** The trip includes roundtrip airfare to/from Phoenix; deluxe accommodations in Sedona (5 nights @ Poco Diablo Resort) which lies in the mouth of Oak Creek Canyon, Sedona Trolley, Chapel of the Holy Cross, Tlaquepaque, Uptown Sedona, (delightful eclectic shops & art galleries) Red Rocks Jeep Tour, OR optional Hot Air Balloon Ride (\$200 plus), Grand Canyon National Park, Montezuma's Castle Monument, Toozigoot, the "Wilderness Train"-1<sup>st</sup> class train tour through the Verde Canyon, (you may glimpse a bald eagle who nest there) & visit to Old Towne Scottsdale. Professional Tour Guide-*David Singing Bear*; native to the area will share wonderful information about the area. 9 Meals-5 breakfasts, 4 dinners, (2 w/dinner shows)

Stop by the office for a flyer & to register!

**\$1,580-Double (pp), \$ 2,005-Single. \$1,520-Triple.**

### **Save the Date! Details forthcoming!**

**Friday, May 21, 2010- Agency on Aging of South Central CT Senior Expo in New Haven.**

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

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If you want to improve you and your car's safety,...we will run through a checklist and it is completely free!

If your mirrors, pedals, or steering wheel needs some adjusting, we have some advice to help!

**Thursday; March 25, 2010 1:30 PM-4:00 PM @ the Police Department on the Town Campus in Madison!**

**Don't forget to make your appointment! (by appt. only!) Registration opens March 1, 2010!**

**TAX RELIEF PROGRAM...**

**For Information call Heather @ 245-5687**

The Town of Madison, Senior & Disabled Tax Relief Program will begin taking applications  
February 1 through May 15, 2010.

**Call Heather @ 245-5687** for information on income guidelines, filing requirements & an appointment.

**Sunday, March 14, 2010 - Daylight Savings Time Reminder.**

**Move your clock one hour AHEAD & check your smoke alarm battery!**

**(SPRING AHEAD and fall back!)**



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

**Thank you for your cooperation!**