

# Trends & Traditions

MADISON SENIOR NEWS



Madison Senior Center  
C/O First Congregational Church  
26 Meetinghouse Lane  
Madison, CT 06443

## March 2011

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

Website: <http://www.madisonct.org/seniorsvcs/index.shtml>

### SENIOR COMMISSION CHAIR

Maureen Lopes  
VICE-CHAIR

Gerard Kerins

### MEMBERS:

Mitchell Cohan

Robert Hale

Patricia Melady

Leslie Marcarelli-Naizby

Barry Miller

Wendy Oberg

Marcy Sanders

### Liaison to the Board of Selectmen:

Noreen Kokoruda

### STAFF

Scot Erskine

Gina Millan

Heather Castrilli

Carrie Gazda

### BUS DRIVERS

Pat Cocchiaro

Patricia Connelly

Michael Rand

Helen Sneider

Carolyn Tenedine

### CAFÉ MANAGER

Joan Waldron



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

### TOWN WEB PAGE

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

Main Office: 203-245-5627

Fax: 203-318-0670

Municipal

Agent: 203-245-5687

Café Site: 203-245-5686

### MADISON SENIOR SERVICES COMMISSION

Meetings held on the third Thursday of the month. Next meeting is March 17, 2011, 5:30 PM in the Hammonasset Room at the Town Hall.

Madison Adult Travel presents....

### SOUTH DAKOTA THE BLACK HILLS & BADLANDS

SEPTEMBER 20-26, 2011

Join us for a 7-day adventure to South Dakota. Trip highlights include the 1880 Steam Train, Mt. Rushmore, Crazy Horse Memorial, Custer State Park, Deadwood, Hot Springs, Badlands National Park and Wall Drug Store. Trip includes 10 meals, land and air travel, taxes and a tour guide. Price per person

Single 2748.00 Prog. # 700121-A; double \$2198 Prog. # 700121-B &

Triple \$2165.00 Prog. # 700121-C; **Come join us on Monday, March 14, 2011 at 12:00 pm for an informational Slideshow of the upcoming trip to South Dakota.**

### CARFIT FOR MATURE DRIVERS

Is your car a good fit for you? Is it adjusted correctly to keep you safe?

Do you want to find out ways to make your car more comfortable for driving?

Then join us at a CarFit event in Madison on March 24<sup>th</sup>. CarFit is an event where trained professionals guide mature drivers through a 12-point checklist with their vehicles that includes checking the height of the seat, fit of the seat belt, and position of the mirrors, among others. Occupational therapy students and faculty will recommend car adjustments, adaptations, and offer community resources that promote safe driving. CarFit was developed through collaboration among the American Society on Aging, AAA, AARP and the American Occupational Therapy Association. *CarFit* is the first program to offer older adults the opportunity to check how their personal cars “fit” them. The program is not related to any licensing organizations.

This event is organized by occupational therapy students from Quinnipiac University. An occupational therapist from Quinnipiac University will be on hand to provide information to older drivers on how to maintain and strengthen driving health. Our goal is to help mature drivers maintain driving independence and make adjustments for a safer and more comfortable fit.

Bring your car and meet us for a CarFit event at the Congregational Church in Madison, Connecticut on Thursday, March 24<sup>th</sup> from 2:00pm until 4:00pm.

Contact Gina Millan for more information and sign-up times: [millang@madisonct.org](mailto:millang@madisonct.org)

### MADISON SENIORS BOOK CLUB

STARTING MONDAY, APRIL 18, 2011 PROG. # 700304-A

Join us as we start our very own book club. We will meet the third Monday of each month from 1:00 to 2:00 p.m., the make up of the participants will determined the book choice. There is no fee to join. All you will need is to purchase the book that we will be reading. RJ Julia's has agreed to work with us to get our book club off the ground. They will help us choose, purchase the books and more... This is a fun way to read a variety of genres, socialize and have fun sharing your thoughts and ideas. Pre-registration required.

**MUNICIPAL INFORMATION**

For more information, please contact Heather Castrilli at (203) 245-5687 OR [castrillih@madisonct.org](mailto:castrillih@madisonct.org)

**ANNOUNCEMENTS/CURRENT SOCIAL SERVICE PROGRAMS**

**IMPORTANT REMINDER:**

Tax documents are being mailed to your homes. It is very important to put them in a safe place. They will be needed throughout the year for a variety of programs.

**SENIOR & DISABLED TAX RELIEF PROGRAM**

**Filing Period: Tuesday, February 1, 2011 to Friday, May 13, 2011**

The Town of Madison offers 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 to qualify for the program. Please stop in or give a call to receive program information or to schedule an appointment to apply.

**Maximum Qualifying Income: \$58,450**

**CONNECTICUT ENERGY ASSISTANCE PROGRAM**

The Connecticut Energy Assistance Program assists CT residents by paying for a portion of their heating costs for the winter season. The asset limit for homeowners is \$10,000 & for renters the limit is \$7,000. Proof of all income, rent, & utility expenses, as well as bank statements for the 4- week period prior to the date of the application, are required.

**Maximum Monthly Income for a Single: \$2540 Maximum Monthly Income for a Couple: \$3322**

**Please call (203)245-5687 to schedule an appointment.**

**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 also covers doctor Co-Pays, if your doctor accepts State Medical Insurance. There is no asset test or filing time period for this program.

**Maximum monthly income for a single: \$2,091.67 and for a couple: \$2,816.67**

**SNAP PROGRAM (Formerly Food Stamps)**

This program helps offset food expenses. Eligible participants are given a set amount of money each month on an EBT debit card to use at local grocery stores. Monthly income guidelines: **Single: \$1,671, Couple: \$2,248.**

**FOOD PANTRY**

The food pantry is operated by Madison Community Services and available for those residents who need the assistance. The pantry is located in the back of the First Congregational Church on the Town Green and is open Wednesdays from 11-3. **Transportation available, call Dial-a-Ride, 203-245-5695. Regular Bus Pick up for Concord Meadows- 10 a.m.**

**TRANSPORTATION OPTIONS**

**DIAL-A-RIDE**

Madison Senior Center  
**203- 245-5695**

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.

Please call to be mailed the rules and regulations.

**48 HOURS NOTICE REQUIRED!!**

**SENIOR BUS**

Madison Senior Center  
**203-245-5627**

Fixed routes to the senior center, downtown, special events, hot lunch program, & Thursday grocery shopping. See enclosed monthly calendar for route schedule.

**48 HOURS NOTICE REQUIRED!!**

**MADISON COMMUNITY SERVICES:**

**203-245-3031**

Madison Community Services has a group of volunteers who will take Madison residents to Medical Appointments. This program operates locally and in the surrounding areas.

**7 DAYS NOTICE REQUIRED!**

# MARCH 2011 ACTIVITIES CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<p><b>Reminder Day light savings begins. This is a good time to change the batteries in your smoke detectors.</b></p>	<p>9:00 AM Bus/Town 1:00 PM Bus/Town 1:00 PM Card Play – Rooms 15 &amp; 16A 1:30 PM Art Class</p>	<p>12:00 PM LUNCH <b>1:00 Wii Tournament</b></p>	<p>9:00 AM – 3:00 PM Grocery Shopping 10 AM SSILL – Living a Better Life 12:00 PM LUNCH-Lower Level <b>12:00-4:00 PM Tax Preparation Lower Level</b> 1:00 Cards &amp; Mah Jongg –</p>	<p>12:00 PM LUNCH-Lower Level <b>10:00 a.m. Old Saybrook shopping center &amp; lunch @ Saybrook Diner</b></p>
7	8	9	10	11
<p>9-11am Medicare Monday <b>9:30 a.m. Leave Senior Center for Milford Post Mall; lunch on own \$5.00 Bus fee</b> 12:00PM LUNCH 1:30 PM Line Dancing</p>	<p>9:00 AM Bus/Town <b>10 AM SSILL History WW1 part 2 L.L Activity RM</b> 1:00 PM Bus/Town 1:00 PM Card Play – Rooms 15 &amp; 16A 1:30 PM Art Class</p>	<p>12:00PM LUNCH <b>12:00 PM St. Margaret's Bingo</b></p>	<p>9:00 AM – 3:00 PM Grocery Shopping <b>10 AM SSILL- Living a Better Life Lower Level Activity Rm</b> 12:00 PM LUNCH <b>12:00-4:00 PM Tax Preparation Lower Level</b>  1:00 Cards &amp; Mah Jongg – Rooms 15 &amp; 16A</p>	<p><b>9:00AM Waldsworth Museum \$10.00 pp</b>  12:00 PM LUNCH</p>
14	15	16	17	18
<p><b>12:00PM LUNCH &amp; Slide Show for the South Dakota Trip</b> 12:00 – 1:30pm -Blood Pressure 1:30 PM Line Dancing</p>	<p>9:00 AM Bus/Town <b>10:15 Leave Depot to Visit Cedarwoods &amp; Lunch \$3.00 bus fee</b> 1:00 PM Bus/Town 1:00 PM Card Play – Rooms 15 &amp; 16A 1:30 PM Art Class</p>	<p><b>9:30 AM VNA Seminar Fall Risk Prevention Then join us @ 12:00 PM for a ST. Patrick's Day lunch &amp; entertainment with NancyTucker</b> <b>Fee \$12.00 pre- register Prog. No. 700143-A</b></p>	<p><b>9-10 AM LEGAL ASSISTANCE by Appt.</b> 9:00 AM – 3:00 PM Grocery Shopping <b>10 AM SSILL- Living a Better Life Lower Level Activity Rm</b> 12:00 PM LUNCH <b>12:00-4:00 PM Tax Preparation Lower Level</b> 1:00 Cards &amp; Mah Jongg –</p>	<p>12:00PM LUNCH  <b>1:00 p.m. Wheel of Fortune</b></p>
21	22	23	24	25
<p>12:00PM LUNCH 12:30 – 1:30pm -Blood Pressure <b>12:45 p.m. Leave Senior Center for Kohl's in Branford</b> 1:30 PM Line Dancing</p>	<p>1:00 PM Card Play – Rooms 15 &amp; 16A 1:30 PM Art Class</p>	<p>9:00 AM Fit &amp; Move 10:15 AM Srs in Motion 12:00 PM LUNCH <b>12:30 p.m. VNA Seminar on Medication Management</b></p>	<p>9:00 AM – 3:00 PM Grocery Shopping 12:00 PM LUNCH <b>12:00-4:00 PM Tax Preparation Lower Level</b> 1:00 Cards &amp; Mah Jongg – Rooms 15 &amp; 16A  3:00 PM Yoga</p>	<p>9:00 AM Fit &amp; Move 1030 AM Chair Exercise <b>12:45 Spring Craft with Carrie Gazda</b></p>
28	29	30	31	
<p>9:00 AM Fit &amp; Move 10:30 AM Chair Exercise 12:00 PM LUNCH <b>12:45 PM Job Lot</b> 1:30 PM Line Dancing</p>	<p>9:00 AM Bus/Town <b>11:00 AM Lunch &amp; Bingo @ the Gables \$3.00 bus fee</b> 1:00 PM Bus/Town 1:00 PM Card Play – Rooms 15 &amp; 16A 1:30 PM Art Class 3:00 PM Yoga</p>	<p>9:00 AM Fit &amp; Move 10:15 AM Srs in Motion <b>12:00 PM LUNCH &amp; Movie</b></p>	<p><b>9 AM Leave Comm. Lot Singing in the Rain</b> 9:00 AM – 3:00 PM Grocery Shopping 12:00 PM LUNCH <b>12:00-4:00 PM Tax Preparation Lower Level</b> 1:00 Cards &amp; Mah Jongg – Rooms 15 &amp; 16A 3:00 PM Yoga</p>	

# SENIOR COMMUNITY CAFÉ

**Lunch begins at 12:00 PM**

Please remember to call to order lunch by 12:00 PM the previous day. To order lunch held on a Monday, call the Friday before. Lucky Lunch Fridays include a free raffle for those purchasing lunch.	1  <b>No Lunch Served</b>	2 Mushroom Barley Soup Angus Burger Belgian Carrots Peas & Pearl onions Sliced Peaches	3 <b>Lunch Downstairs</b> Hearty Beef Stew Tossed Salad Banana Pudding w/ Topping	4 <b>LUCKY LUNCH</b> <b>Lunch Downstairs</b> Stuffed Shells Garden Salad Sliced Pears
7 Salisbury Steak w/ Gravy Pot Puffs Cut Green Beans Sliced Peaches	8  <b>No Lunch Served</b>	9 Chicken Teriyaki White/Wild rice combo Oriental Vegetables Melon	10 Ham w/ Pineapple Glaze Sweet Potato Peas Unfrosted Brownie	11 <b>LUCKY LUNCH</b> Cheese Ravioli Garden Salad Fruit Cocktail
14 Broccoli & Cheese Quiche Mixed Vegetables Oatmeal Raisin Cookie	15 <b>No Lunch Served @ Senior Center</b> Come join us at Cedar Woods for entertainment & Lunch Please sign up limited seats available.	16 <b>Come Join us and celebrate St. Patrick's Day w/ Corned Beef &amp; Cabbage</b> Potatoes and Carrots <b>and Entertainment</b>	17 Cream of Carrot Soup Cold Corned Beef Buttered Cabbage Cup Cake w/ Green Frosting	18 <b>LUCKY LUNCH</b> Vegetable Soup Seafood Salad on a bed of lettuce Green Beans Orange
21 Tomato Rice Soup Chicken Fajitas w/ Vegetables Jello w/ Topping	22  <b>No Lunch Served</b>	23 Stuffed Peppers Corn Belgian Carrots Fruited Jello	24 <b>Birthday Cake Day</b> Roast Turkey w/ Gravy Stuffing Mixed Vegetables Birthday Cake	25 <b>LUCKY LUNCH</b> Cavatelli & Meatballs Garden Salad Special Cookie
28 Roast Chicken w/ Gravy Cranberry Sauce Stuffing Mixed Vegetables Sliced Pears	29 <b>No Lunch Served @ Senior Center</b> Come join us at The Gables for Lunch & Bingo Please sign up limited seats available.	30 Italian Wedding Soup Philly Cheese Steak Garden Salad Orange	31 Meatloaf Pasta w/ Marinara Sauce Garden Salad Lemon Ice	All meals include Bread & Butter, Milk, and 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**

**March 24, 2011**

**Receive a special surprise to celebrate your day!**

Please make Joan aware of your birth date, to receive a surprise.

(Attendance is required on Birthday Cake Day)



If you cannot attend a luncheon that you have reserved, please call Joan in the Café at 203-245-5686. There may be last minute calls to fill your spot. Thank you for your cooperation.

**SENIOR CAFÉ ANNOUNCEMENT**

Due to the elderly nutrition services budget cuts, through FSW & The Agency on Aging of South Central Connecticut, inc., the Madison Senior Center will no longer serve lunch on Tuesday, effective February 1, 2011.

## **EXERCISE AND RELAX WITH YOGA**

Instructed by Pat Velleca. Learn Yoga techniques are used to increase circulation and relaxation. Know your body physically and mentally through Hatha Yoga. Yoga postures provide deep tension release, stress control, and an increase in energy. Suitable for all ages and conditions. Loose clothing and mats needed. **Classes held at the Congregational Church.**

### **Program # 404204 C**

Day: Tuesdays  
Dates: Mar. 29 – Apr. 12  
Time: 3:00-4:00pm  
Fee: \$23.00

### **Program # 404204 D**

Day: Thursday  
Dates: Mar. 24 – Apr. 14  
Time: 3:00-4:00 pm  
Fee: \$30.00

## **CHAIR-EXERCISE**

Instructed by Pat Velleca. Designed for those who need to exercise while seated. Benefits: muscle tone, joint flexibility, and cardiovascular strength.

## **SENIORS IN MOTION**

Instructed by Pat Velleca. Designed for seniors who want more than Chair Exercise, includes some standing. Improve balance, strength and stability.

### **Program # 404207 C**

Day: Monday  
Dates: Mar. 28 – Apr. 11  
Time: 10:30 – 11:30am  
Fee: \$3.00

### **Program # 404207 D**

Day: Friday  
Dates: Mar. 25 - Apr. 15  
Time: 10:30-11:30am  
Fee: \$4.00

### **Program #404206 B**

Day: Wednesday  
Dates: Mar. 23 – Apr. 13  
Time: 10:15-11:15am  
Fee: \$12.00

## **FITNESS & MOVEMENT**

Instructed by Pat Velleca. Low impact aerobics for folks interested in continuing good health. Good cardiovascular workout combined with muscle and joint strengthening. Please Bring Sneakers, cool, comfortable clothing and a floor mat. Held at the Senior Center Meeting Center.

### **Program # 404205 D**

Day: Monday  
Dates: Mar. 28 – Apr. 11  
Time: 9:00-10:00am  
Fee: \$9.00

### **Program # 404205 E**

Day: Wednesday  
Dates: Mar. 23 – Apr. 13  
Time: 9:00-10:00am  
Fee: \$12.00

### **Program # 404205 F**

Day: Friday  
Dates: Mar. 25 – Apr. 15  
Time: 9:00-10:00am  
Fee: \$12.00

## **LINE DANCING AT HUBLEY HALL FIRST CONGREGATIONAL CHURCH**

Gayle Melonson is our Line Dancing Instructor for seniors. Classes held Monday's at 1:30 PM on the Hubley Hall First Congregational Church. Pre-register @ the senior center or at the Beach & Recreation Department.

### **Program #400301 B**

Day: Monday  
Dates: Feb. 28-Apr. 4  
Fee: \$27.00

### **Program # 300301 B**

Day: Monday  
Dates: Apr 11 – May 23  
Fee: \$31.50

## **ART CLASSES**

Tuesdays @ the Congregational Church 1:30-3:30 PM

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

### **Program # 703400 C**

Dates: 3/1 – 6/28  
Resident Fee: \$18.00

## MONTHLY SERVICES & INFORMATION

<b>MEDICARE MONDAY</b> Monday, March 7, 2011 9:00 – 11:00 AM	Unbiased information, counseling, & assistance on Medicare, Supplemental Insurance & Medicare Advantage Plans. Carlos A. Maynard, a volunteer and Heather Castrilli assist Madison Residents. <b>By appointment only: Call Heather 203-245-5687</b>
<b>BLOOD PRESSURE CHECK</b> March 14 & 28, 2011 12:00-1:30 PM @ the Congregational Church	 VNA Community Healthcare holds BP Clinics on the 2 <sup>nd</sup> & 4 <sup>th</sup> Mondays of the month @ the Senior Center. <b>Blood Pressure Monitor also available for use in office. Just ask!</b>
<b>LEGAL ASSISTANCE,</b> March 17, 2011. 9:00 – 10:00 AM.	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! <b>By appointment only: Call the Senior Center 203-245-5627.</b>
<b>HANDICAPPED PARKING PERMIT</b>	 New application form from the DMV available on the <a href="http://www.ct.gov/dmv.org">www.ct.gov/dmv.org</a> or in the Senior Center office.
<b>NOTARY SERVICES</b> At The Senior Center By Appointment	Heather Castrilli, Gina Millan <u>Call the Senior Center for an appointment</u>
<b>Meals-On-Wheels</b> 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 <b>Requires 4-5 days notice and doctor or nurse referral.</b>
<b>Madison Food Pantry Donations</b>	Donations to the Food Pantry are welcome. Please contact Madison Community Services, (203)245-3031.

### AARP Safe Driving Courses 2011

The Guilford & Madison Senior Center have created a Shoreline Guilford/Madison AARP Safe driving Classes offered to seniors to sharpen driving skills & benefit from a discount on auto insurance. Advance registration is required: AARP members \$12.00 & Non Member \$14.00. Please make checks payable to AARP and bring your membership card with you at time of registration.

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

**Classes held 1-5 PM @ Guilford Community Center on March 11, May 11, June 10. The April 7 class will be held from 6-10 PM.**

**Classes held 12-4 PM @ Madison Senior Center on July 11, August 8, September 12, October 3, November 14.**

### CARD PLAYING & MAH JONGG

Tuesdays: Bridge, Canasta; Thursdays: Pinochle, Setback & Mah Jongg. On-Going through the year 1:00-4:00 PM.

**Call the Senior Center if interested in learning Mah Jongg. Lessons will be held on Wednesday at 1:00 PM.**

### COMPUTER FREE TIME

The computer area has a very busy schedule for personal use but please call to check on times available for you. Be sure to sign in at the office.

### SCHILLER SHORELINE INSTITUTE FOR LIFE-LONG LEARNING

This exciting program offers meaningful intellectual programs to retired & semi-retired citizens of Guilford & Madison, who share a love of learning! Membership: \$25 for the year. Classes in Madison as follows.

Living a Better Life: March 3, 10, 17, 2011 @ 10:00 a.m.-11:00 a.m. Lower Level Act. Rm.

History WW1 part 2 March 8, 2011 @ 10 a.m.-12:00 p.m. Lower Level Act. Rm.

### AARP INCOME TAX ASSISTANCE PROGRAM

**Thursday, February 10, 2011 @ FCC Lower Level Activity Rm. 12:00-4:00 PM, by appointment.**

Free Confidential tax counseling will be available for low to middle-income taxpayers. IRS certified tax counselors offer assistance in filing your tax returns. Taxpayers need to bring, ID, 2009 tax return, 2010-income report, all 1099 forms, W-2 forms for each employer, unemployment compensation and all other forms that indicate Federal and or Connecticut income taxes paid in 2010.

Please be sure you bring all your forms with you to your appointment.

## **PROGRAMS & TRIPS**

**Refund requests issued, if your seat can be filled from the waiting list.**

### **SINGING IN THE RAIN,**

**THURSDAY, MARCH 31, 2011 PROG. # 700101-A**

Is one of the most beloved and celebrated musicals of all time. Enjoy a pre-show lunch from an excellent menu @ the Westchester Dinner Theatre located in Elmsford, Ny. Depart from the comm. Lot Rte. 79 @ 9:00 AM \$98 pp

### **A TASTE OF PROVIDENCE**

**FRIDAY, APRIL 15, 2011 PROG. # 700104-A**

We will stop at Geppetto's located on DePasquale Square on Historic Federal Hill famous for it legendary pizza-grilled, oven-baked and gourmet. The chef delights and entertains the group with his table side demonstration of the techniques used in grilling the perfect pizza. He'll prepare, serve and answer food related questions while we enjoy our full-course luncheon.

5-course meal includes: House salad w/ homemade honey mustard vinaigrette

Rhode Island style Calamari, Penne Pasta w/ Pink Vodka Sauce

Geppetto's famous Grilled Pizza and Tiramisu for dessert. 9:00 AM Depart comm. Lot, Rte. 79. \$60 pp

### **BABES IN HOLLYWOOD**

**SUNDAY, JUNE 12, 2011 PROG. # 700005-A**

**(If interested in this program sign up soon to reserve your seat tickets are limited).**

Get ready to swing, sway and swoon to over 30 of the most glorious song of the 20<sup>th</sup> Century as you go on a magical journey from the soundstages of Hollywood to the stages of Broadway in a salute to the legendary musical careers of Judy Garland & Mickey Rooney. Leave Comm. Lot rte 79 @ 9:15 AM \$57 pp

### **1000 ISLANDS OF NEW YORK STATE**

**TUESDAY, JUNE 21-23, 2011**

1000 Islands Adventure Romantic Castles & Scenic Waterways.

This trip includes two nights lodging at the Riveredge Resort, a 4-Diamond award-winning hotel that overlooks the St. Lawrence Seaway. You will have a narrated tour of the St. Lawrence aboard the Uncle Sam's Cruise boats, as well as a walking tour of the Castles. On the way home, a stop at the Turning Stone Casino where everyone will receive a Bonus Casino Package. **Fees: Single-\$589 -#700142A, Double- \$469pp -#700142B, Triple \$429pp--#700142C**

### **LOBSTER BASH @ AMARANTE'S SEA CLIFF**

**FRIDAY, JULY 15, 2011 PROG. # 700006-A**

Amarante's Sea Cliff overlooking the Long Island Sound. Perfect setting to enjoy a Down East Clam Bake lunch and show with entertainer Bobby Justin. Leave the comm. Lot on rte 79 @ 10:30 AM. Meal choice Rib eye steak or Lobster. Fee \$64

### **Health Lecture Series with Dr. Prasad**

This class is to provide basic information to the public as to the current ideas and resources available for the topics to be discussed. It is our hope that this may provide empowerment to help understand the condition and resources available. Dr. Prasad has been in practice for 20 years. Teaching in Medicine, she also volunteers for the uninsured population, both in clinics and shelters and practices in the inner city. Each class will involve a 30 minute lecture followed by an interactive session whereby there can be an exchange of experiences, information and questions. Pre-Registration is required. All classes are held at the Memorial Town Hall, Upper Level from 7:00 to 8:00 pm.

#### **April 4, 2011 Lyme Disease Program #302050A**

Fee: \$5.00 per person

#### **May 2, 2011 Asthma Program #302050B**

Fee: \$5.00 per person

#### **May 16, 2011 Hypertension Program #102050B**

Fee: \$5.00 per person

#### **June 6, 2011 Obesity Program #102050C**

Fee: \$5.00 per person

**RETURN ADDRESS:**  
**MADISON SENIOR SERVICES COMMISSION**  
**C/O FIRST CONGREGATIONAL CHURCH**  
**26 MEETINGHOUSE LANE**  
**MADISON, CT 06443-2691**  
**TELEPHONE: 203-245-5627**

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

***ADDRESS SERVICE REQUESTED***



**DATED MATERIAL**  
**PLEASE DELIVER PROMPTLY**

## **Winter Weather Storm Closings**

The Activities at the Senior Center will cancel in accordance to the Madison Public School closings.



**As soon as you receive your newsletter, come in to register for the events listed.**