

Trends & Traditions

March 2012

Madison Senior Center News and Activities

MADISON SENIOR CENTER

IS PLEASED TO PRESENT

BOB ANDERSON
"THE PIANO MAN"



FRIDAY MARCH 23, 2012

1:00PM

FEE: \$5.00

VNA PROGRAMS AT MSC

Free Caregiver Consultation - March 7, 10:30a to 2:30p -

Are you a caregiver and need information? If so, schedule a private 30 minute session to discuss concerns and receive information about respite, benefit entitlement programs, senior services and care for the caregiver. Please call ahead to schedule your appointment.

Don't Forget: Memory Matters - March 14, 1 to 2pm -

Learn why exercising your brain is as important as exercising your body. Find out how to maintain and improve brain function. Dispel the myths of memory loss and aging.

Memory Matters - Weds. March 21 to May 2, 1 to 2pm -

Join us for this 7 week program: have fun with brain fitness activities, identify strategies to enhance brain function. Learn about the normal changes as you age. **R \$10, NR \$15**

Fall-Free Living - Thurs. March 22, 1 to 2pm -

Join us and learn why falls happen, specific ways to prevent falls, avoiding household hazards, balance and strength building exercises, and to schedule an individual fall risk assessment.

Home Care Safety Solution - Fri. March 30, 1 to 2pm -

Learn how to prevent and reduce risks, plus learn about personal emergency response systems. Discover what you can do in your home to help keep you safe and find out what questions you should be asking when hiring help.

To register for these programs please call the Visiting Nurses Association at (866) 474-5230.

SENIOR CENTER CLUBS & GROUPS

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

Chess Club



Crossword Puzzle Club

Madison Senior Singles Group



Choral Group

Train Club



Current Events Discussion Group



Downtown Walkers Group

Hiking Club



Poker Club

Biking Club



Wii Club

If you are interested in joining or participating in one or more of the groups above, please call us at (203) 245-5627.

MOVIE MATINEE @ MSC

Join us for an afternoon movie at the Madison Senior Center. Each Friday will be showing a classic or a newer movie, as well as, a movie provided by SSILL. If you have a movie that you would like to watch, let us know and we will try to schedule it in for next month. **Movies start at 1:00pm. No Fee.**

Upcoming movies are:

March 2 - Duck Soup and Seabiscuit

March 9 - Flying Deuces and The Blind Side

March 16 - The Inspector General and Bringing Up Baby

March 30 - The Bank Dick and Four Seasons

PIZZA PARTY @ THE SENIOR CENTER

Come enjoy some pizza with friends at the Madison Senior Center.

Monday, March 12, 2012 at 12:00pm.

Senior Center Café

Fee: \$3.00

**Must pre-register by
March 5, 2012**



2 General Information/Municipal Agent For The Elderly Information



PROGRAM REGISTRATION REMINDER

Please be sure to register for your programs at least one week in advance so we can make sure that we have enough people to run the class. If not, then the class will surely be postponed or canceled.

REMINDER: SENIOR & DISABLED TAX RELIEF PROGRAM

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

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

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. To qualify, an applicant must meet specific income & asset guidelines. 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. **Single maximum: \$2655 per month, Couple \$3472 per month. Due to State budget cuts the Energy Assistance Benefits have been reduced. Please plan ahead as your contribution towards your heating bill will be larger.**

MEDICARE SAVINGS PROGRAM

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

MADISON FOOD PANTRY

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

SNAP PROGRAM (Formerly Food Stamps)

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

TOWN OF MADISON "SAFETY CHECK LIST"

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

SAFELINK WIRELESS CELLPHONE

Provides eligible low-income households a free cell phone, mobile access to emergency services, and 3 different plan choices with free minutes of airtime monthly for 1 year. A qualifying customer must participate in one of the following programs: CEAP, CHAP (state energy assistance), ConnPACE, Federal Public Housing Assistance/ Section 8, Food Stamps, Medicaid/ Title 19, Personal Care Assistance, Refugee Program, Rental Assistance, SAGA, State Supplement to the Aged, Blind, or Disabled, SSI, TFA.

MADISON SENIOR CENTER

29 Bradley Road, Madison, CT 06443

PHONE: (203)245-5627

FAX: (203)245-6186

WEBSITE:

www.madisonct.org/seniors

HOURS:

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

SR. COMMUNITY CAFÉ

(203)245-5686

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

DIAL-A-RIDE

(203)245-5695

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

SENIOR COMMISSION

Chair: Maureen Lopes

Vice-Chair..... Gerard Kerins

Secretary:..... Robert Hale

Members Mitchell Cohan

..... Patricia Melady

..... Leslie Marcarelli-Naizby

..... Barry Miller

..... Wendy Oberg

..... Marcy Sanders

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

LIAISON TO BOARD OF SELECTMAN

Diane Stadterman

SENIOR CENTER STAFF

Director:..... Scot Erskine

Sr. Services Supervisor..... Joe Petrella

Municipal Agent Heather Castrilli

Recreation Supervisor:..... Carrie Gazda

Secretary:..... Ellie Gillespie

Bus Driver: Michael Rand

Bus Driver: Helen Sneider

Bus Driver: Pat Cocchiario

Café Manager Jodie Shevlin

3 Programs & Services



MEDICARE MONDAY

Monday, Mar. 5, 2012 9–11:00a
Unbiased information, counseling, and assistance on Medicare, Supplemental Insurance & Medicare Advantage Plans. Carlos A. Maynard assists Madison Residents. By appointment only: Call the Senior Center

BLOOD PRESSURE CHECK

Monday Mar. 12 & 26, 2012 ..12-1:30p
VNA Community Healthcare holds BP Clinics on the 2nd & 4th Mondays of the month @ the Senior Center. **Blood Pressure Monitor also available for use in office. Just ask!**

LEGAL ASSISTANCE

Thursday, Mar. 15, 2012 9–10:00a
Attorneys Thomas Cronan, Michael Sweeney, & Timothy Shields volunteer counseling services on a one-on-one basis. Thank you to our legal team for their monthly assistance! **By appointment only: Call the Senior Center**

NOTARY SERVICES

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

MEALS-ON-WHEELS

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



HANDICAPPED PARKING PERMIT

New application form from the DMV available on the www.ct.gov/dmv.org or in the Senior Center office.

Get Free Help with Your Tax Return

Certified Tax-Aide counselors working through AARP Tax-Aide, a free program. Income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 60 and older. Taxes will be prepared by **appointment only on Thursdays from 12:00 to 3:00 PM.** Call 203-245-5627.

SENIOR CAFÉ

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

DIAL-A-RIDE

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

SENIOR CENTER BUS

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

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



FOOD PANTRY

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

SENIOR ART CLASS

Instruction in drawing, charcoal, pastel, watercolor, acrylics, and oils.

Tuesdays– 1:30 to 3:30p

February 7 to June 26

Fee: \$5

Senior Center Café

Instructor: **Muriel Waldvogel**



HELP A CHILD LEARN TO READ



The Madison Senior Center and Island Avenue School have joined forces and are looking for Seniors who are interested in helping grade school children learn to read. Spend an enjoyable half hour a week being read to by children, discussing stories and making a difference in the lives of students. The program will run on Tuesdays, Wednesdays and Thursdays at various times. **If you are interested in helping out, please contact Joe at the Senior Center (203) 245-5627.**

DESSERT BINGO PROVIDED BY WATROUS NURSING CENTER

Come join us on the first Friday of every month at 1:00pm for an afternoon of Bingo at the Senior Center and dessert. Provided by **Watrous Nursing Center.** **Joyce Beebe** will be your number caller.



COMPUTER LAB

Computer assistance is available from 2:45 to 4:00pm on Thursdays. Please call ahead to confirm that our volunteer is available to help with your computer needs.

GAME ROOM

The room is available on a first-come, first-served basis during normal business hours. Billiards leagues will be playing throughout the year. If you are interested in assisting us in running a league or setting up a league, please contact Joe at 203-245-5627.

SPANISH "DOS"

This is a "stress free" course that will focus on learning practical vocabulary for everyday basic needs. Some of the topics that will be covered are; common phrases, clothing, places and parts of the body.

Mondays - 10:30a to 11:30a

March 19 to April 9.....4 Classes
R \$22 NR \$32

Activity Room 2

Instructor: Elaine Jackson

4 Fitness Programs / Dance Programs



BASIC PILATES CORE/FLEX

Overall strength training combined with basic Pilates this program is designed to increase overall body strength and core stability. Participants will build muscle strength and increase flexibility.

Tuesdays - 10:00a to 11:00a

March 13 to April 10.....5 Classes

R \$33 NR \$43 - *Free Trial Class 3/6/12*

Exercise Room 1 & 2

Instructor: Kris Reaske

Thursdays - 10:00a to 11:00a

March 15 to April 12.....5 Classes

R \$33 NR \$43 - *Free Trial Class 3/8/12*

Exercise Room 1 & 2

Instructor: Kris Reaske

BOOMER YOGA

Boomer Yoga is an energetic approach to yoga that includes a rejuvenating 60 minute workout. This class promotes strength and flexibility while reducing stress. Beneficial for those who have arthritis, lower back discomfort and more.



Tuesdays - 9:00a to 10:00a

February 21 to March 27.....5 Classes

No Class March 6, 2012

R \$55 NR \$65

Exercise Room 1 & 2

Instructor: Karen Gomez

Thursdays - 5:30p to 6:30p

February 23 to April 5.....5 Classes

No Class March 1 & 8, 2012

R \$55 NR \$65

Exercise Room 1 & 2

Instructor: Karen Gomez

CHAIR EXERCISES

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



Mondays - 10:30a to 11:30a

March 19 to April 9.....4 Classes

R \$13 NR \$23

Exercise Room 1 & 2

Instructor: Pat Velleca

Fridays - 10:30a to 11:30a

March 23 to April 13.....3 Classes

No Class April 6, 2012

R \$10 NR \$20

Exercise Room 1 & 2

Instructor: Pat Velleca

EXERCISE & RELAX WITH YOGA

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

Tuesdays - 3:00p to 4:00p

March 20 to April 10.....4 Classes

R \$35 NR \$45

Exercise Room 1 & 2

Instructor: Pat Velleca

Thursdays - 3:00p to 4:00p

March 22 to April 12.....3 Classes

No Class April 5, 2012

R \$26 NR \$36

Exercise Room 1 & 2

Instructor: Pat Velleca

FITNESS & MOVEMENT

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



Mondays - 9:00a to 10:00a

March 19 to April 9.....4 Classes

R \$13 NR \$23

Exercise Room 1 & 2

Instructor: Pat Velleca

Wednesdays - 9:00a to 10:00a

March 21 to April 11.....4 Classes

R \$13 NR \$23

Exercise Room 1 & 2

Instructor: Pat Velleca

Fridays - 9:00a to 10:00a

March 23 to April 13.....3 Classes

No Class April 6, 2012

R \$10 NR \$20

Exercise Room 1 & 2

Instructor: Pat Velleca

LINE DANCING

Come join us and learn or better your line dancing skills. A great way to exercise while learning something fun to do in your spare time.

Mondays - 2:00p to 3:00p

March 5 to April 9.....6 Classes

R \$22.50 NR \$32.50

Exercise Room 1 & 2

Instructor: Gayle Melonson

LOW IMPACT AEROBICS

Have fun while getting a great workout. Program uses music and low-impact movements designed to increase your heart rate and your enjoyment of exercise as well. Please bring a floor mat.



Tuesdays - 11:00a to 12:00p

March 13 to April 10.....5 Classes

R \$33 NR \$43 - *Free Trial Class 3/6/12*

Exercise Room 1 & 2

Instructor: Kris Reaske

SENIORS IN MOTION

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

Wednesdays - 10:30a to 11:30a

March 21 to April 11.....4 Classes

R \$13 NR \$23

Exercise Room 1 & 2

Instructor: Pat Velleca

SOLID GOLD FITNESS

This unique exercise program combines a stretching, light cardio routine along with weight training that will make you feel wonderful, develop strength, balance, and coordination. More than half of the program is done while you're sitting down. Anyone can do it!

Thursdays - 1:00p to 2:00p

March 29 to April 26.....5 Classes

R \$33 NR \$43

Exercise Room 1 & 2

Instructor: Donna Scott

TAI CHI

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



Mondays - 9:00a to 10:00a

February 27 to April 2.....5 Classes

No Class March 26, 2012

R \$66 NR \$71

Activity Room 2

Instructor: Suzanne Hanley

Fridays - 9:00a to 10:00a

March 2 to March 30.....5 Classes

R \$66 NR \$71

Activity Room 2

Instructor: Luz Shosie

5 Fitness/Dance/Education & Ongoing Programs



TAP DANCE

Did you love tap dancing as a child and your mother always told you not to tap in the house? All you need to do is register for the course, show up and Mardyanne will do the rest. Open to all capabilities! Come join the fun.

Thursdays - 9:00a to 10:00a

February 23 to April 128 Classes
R \$39 NR \$49
Exercise Room 1 & 2
Instructor: Mardyanne Goglia

ZUMBA GOLD



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

Mondays - 1:00p to 2:00p

February 27 to March 265 Classes
R \$33 NR \$43
Exercise Room 1 & 2
Instructor: Kris Reaske

Thursdays - 11:00a to 12:00p

February 23 to March 225 Classes
R \$33 NR \$43
Exercise Room 1 & 2
Instructor: Kris Reaske

ZUMBA FOR ALL

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

Mondays - 6:00p to 7:00p

March 12 to April 95 Classes
R \$33 NR \$43 - *Free Trial Class 3/5/12*
Exercise Room 1 & 2
Instructor: Kris Reaske

Wednesdays- 6:00p to 7:00p

March 14 to April 115 Classes
R \$33 NR \$43 - *Free Trial Class 3/7/12*
Exercise Room 1 & 2
Instructor: Kris Reaske

SENIORS BOOK CLUB



This is a fun way to read a variety of genres, socialize and have fun sharing your thoughts and ideas. **Pre-registration required one month before book is to be picked-up.** The book club meets at 1:00pm at the Madison Senior Center. No Fee.
March 26 - "The Scent of Rain and Lightening" - N. Pickard

SHORELINE INSTITUTE FOR LIFELONG LEARNING

The Shoreline Institute for Lifelong Learning offers intellectual programs to retired and semi-retired citizens of Guilford and Madison, who share a love of learning and passion for expanding their knowledge base. Membership is open to all adults looking to enjoy a few hours of intellectual stimulation and social interaction. Residents from other communities who are interested are also welcome to attend. Membership Fee: \$25 for the year. Registrations accepted at the Madison Senior Center. **Brochures detailing SSILL's programs are available at the Madison Senior Center. If you are interested in receiving SSILL updates via e-mail, contact woberg@hotmail.com**

UPCOMING PROGRAMS AT THE MADISON SENIOR CENTER

DATE/TIME	SPEAKER	TOPIC
March 1—10am	Dr. Woods	Broken Hearts In A Promised Land
March 6 - 10am	P. McKiernan	Shakespeare and Lincoln - Reflections
March 14 - 10am	Dr. Lang	Youth Is Not A Time Of Life...
March 20 - 10am	Don Rankin	Journey into the Universe
April 10, 17 - 10am	C. Fisher	Between the Two World Wars
April 24 - 10am	M. Burns	Poetry of Aging
April 25 - 10am	C. Rizzolo	End of Life Dreams
May 4 - 1pm	J. Guy LaPlante	How to Travel Smarter, Safer, and Cheaper
Feb. 28, March 13, 27 - 10am	K. Kernan	My Life Box 3 Parts
May 18 - 10am	D. Thomas	African American Experience

Card Play at the Senior Center

PROGRAM	DAY	TIME
Bridge – Drop in and join us for a game.	Thursdays	1– 4:pm
Canasta – Come join us for a game, if it has been a while, we will help refresh your skills.	Tuesdays	1– 4:pm
Chess Club – Looking to play some chess? We are looking for players – Call to sign-up.	TBD	TBD
Mah Jongg – All levels welcome.	Thursdays	1– 4:pm
Pinochle – We are looking for players. Call the Senior Center if you are interested.	Tuesdays	1– 4 pm
Poker – We are looking for players. Call the Senior Center if you are interested.	TBD	TBD
Setback – We are looking for players. Call the Senior Center if you are interested.	Tuesdays	1– 4:pm

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MARCH 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 Tap Dance 10:00 SSILL Presentation 11:00 Zumba Gold 1:00 Solid Gold Fitness 2:45 Computer Assistance	2 9:00 Tai Chi 1:00 Dessert Bingo w/ Watrous 1:00 Movie Matinee
5 9:00 Medicare Monday 9:00 Tai Chi 1:00 Zumba Gold 2:00 Line Dancing 6:00 Zumba For All (Trial)	6 10:00 SSILL Presentation 10:00 Basic Pilates (Trial) 11:00 LI Aerobics (Trial) 1:30 Art Class	7 9:30 St. Pats Trip Aqua Turf 10:30 Caregiver Consults 6:00 Zumba For All (Trial)	8 9:00 Tap Dance 11:00 Zumba Gold 1:00 Solid Gold Fitness 10:00 Basic Pilates (Trial) 2:45 Computer Assistance	9 9:00 Tai Chi 11:00 Lenny and Joe's 1:00 Movie Matinee
12 9:00 Tai Chi 12:00 Blood Pressure 12:00 Pizza Party 1:00 Zumba Gold 2:00 Line Dancing 6:00 Zumba For All	13 9:00 Boomer Yoga 10:00 Basic Pilates 11:00 LI Aerobics 1:30 Art Class	14 10:00 SSILL Presentation 1:00 Don't Forget: Memory Matters Seminar 6:00 Zumba For All	15 9:00 Tap Dance 9:00 Legal Assistance 10:00 Basic Pilates 1:00 Zumba Gold 1:00 Solid Gold Fitness 2:45 Computer Assistance 5:30 Boomer Yoga	16 9:00 Mohegan Sun Trip 9:00 Tai Chi 1:00 Movie Matinee
19 9:00 Tai Chi 9:00 Fitness & Movement 10:30 Chair Exercises 10:30 Spanish "Dos" 1:00 Zumba Gold 2:00 Line Dancing 6:00 Zumba For All	20 9:00 Boomer Yoga 10:00 SSILL Presentation 10:00 Basic Pilates 11:00 LI Aerobics 1:30 Art Class 3:00 Ex & Relax w/ Yoga	21 9:00 Fitness & Movement 10:45 Long Wharf Trip 10:30 Srs. In Motion 1:00 Memory Matters 6:00 Zumba For All	22 9:00 Tap Dance 10:00 Basic Pilates 1:00 Zumba Gold 1:00 Fall Risk Seminar 2:45 Computer Assistance 3:00 Ex & Relax w/ Yoga 5:30 Boomer Yoga	23 9:00 Tai Chi 9:00 Fitness & Movement 10:30 Chair Exercises 1:00 The Piano Man
26 9:00 Fitness & Movement 10:30 Chair Exercises 10:30 Spanish "Dos" 12:00 Blood Pressure 1:00 Zumba Gold 1:00 Book Club 2:00 Line Dancing 6:00 Zumba For All	27 9:00 Boomer Yoga 10:00 Basic Pilates 11:00 LI Aerobics 1:30 Art Class 3:00 Ex & Relax w/ Yoga	28 9:00 Fitness & Movement 10:30 Srs. In Motion 1:00 Memory Matters 6:00 Zumba For All	29 9:00 Tap Dance 10:00 Basic Pilates 1:00 Solid Gold Fitness 2:45 Computer Assistance 3:00 Ex & Relax w/ Yoga 5:30 Boomer Yoga	30 9:00 Tai Chi 9:00 Fitness & Movement 10:30 Chair Exercises 1:00 Movie Matinee 1:00 Homecare Safety Solutions Seminar



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Madison Senior Center
29 Bradley Road
Madison, CT 06443

PRSR STANDARD
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03/2012

DAY TRIPS

ST. PATRICKS DAY PARTY at the AQUA TURF - Wednesday, March 7, 2012

Spend a festive Holiday afternoon enjoying traditional Irish melodies and dance tunes played by the New York Irish Show Band featuring Tommy Flynn. Enjoy donuts and coffee on arrival, door prizes and fun throughout the day! Indulge in a family style dinner including tossed salad, penne pasta, corned beef, cabbage, scrod, potatoes, vegetables, and dessert. Didn't you know everyone's Irish on St. Patrick's Day? **Depart from the Senior Center at 9:30am. Fee: \$50.00.**

LENNY & JOE'S WESTBROOK - Friday, March 9, 2012 - Leave Senior Center at 11:00pm - Lunch on Your Own.

MOHEGAN SUN ON YOUR OWN- Friday, March 16, 2012

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

LONG WHARF THEATRE AND HOMETOWN BUFFET - Wednesday, March 21, 2012

Lunch is included today at the Hometown Buffet. Following lunch you will enjoy a matinee at the Long Wharf Theatre for a performance of **Bell, Book & Candle**. Gillian Holroyd, a lively free spirit, is unlucky in love and restless in her life. So when she watches the love of her life, Shep Henderson, get engaged to her college rival, she uses every magical trick up her sleeve to stop the impending wedding. Gillian learns that love is the strongest spell of them all in this delightful romantic comedy.

Depart from the Senior Center at 10:45am. Fee \$70.00.

VACATION PACKAGE

DISCOVER SWITZERLAND, AUSTRIA and BAVARIA—September 19 - 28, 2012

Highlights include Bern, Chateau de Chillon, Montreux, GoldenPass Panoramic Train, Gstaad, Lucerne, Innsbruck, Austrian Alps, Salzburg, Mirabell Gardens, St. Peter's Restaurant, Bavaria, Oberammergau and the Tyrolean Folklore Show. 10 days, 12 meals included. Only two hotels. **Double \$3149, Single \$3499, Triple \$3119.**