

Trends & Traditions

March 2013



Madison Senior News and Activities

Senior Singles Group

An active group looking for members to go to movies, lunches, dinners, concerts, plays, outdoor activities. Interested? Call 203-245-5627. **Next Meeting: Tues. Mar. 12th at 5:30p FREE**



Isaac the Pet Therapy Dog

Studies show, holding an animal provides benefits including relaxation, lower blood pressure, improved long/short-term memory. Isaac will stop be stopping in for visits.

Lunch & Learn- SNAP Program Thurs., March 14th @ 12:30pm

Are you choosing between eating and paying other bills? You may qualify for assistance paying for food costs. William Ruffeth of *End Hunger Connecticut* discusses the SNAP program guidelines. **For lunch, contact Jodie in the Café there is a suggested donation of \$3. (203)245-5686.**

MADE STRONGER CHALLENGE



A fun and friendly, community-wide, 6-week healthy living team challenge, brought to you by MADE. The goal is not necessarily about weight loss, but about implementing at least one healthier habit & embracing a lifestyle of wellness. Raffle prizes are awarded at the end of the program. **Fee \$10. Health & Wellness Seminars every Wed. at 1 pm Topics include: "One Word" Resolution, The Happiness Club, Meditation, Nutrition & Fitness.**



CAR FIT

How well does your car "fit" you? Is it adjusted correctly to keep you safe? CarFit is an educational program that offers you the opportunity to check how well your vehicle "fits". CarFit is an event where trained occupational therapy technicians from Quinnipiac University guide mature drivers through a 12-point checklist with their vehicle. This is not on-the-road driving. **Call to Register. Mar. 28th, 1:30-3:30pm**

FAMILY CAREGIVER SUPPORT GROUP

Free

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. During the meeting, your loved ones can take part in a supervised activity run by the program director. Group will meet the 3rd Tuesday of the month. The 1st meeting is **Tues., Mar. 19th from 11:00am-12:00.** Please register at the MSC



AARP INCOME TAXES

Get Free Help with Your Tax Return AARP Certified Tax-Aide counselors provide free income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 60 & older. **Taxpayers MUST bring copies of their 2011 tax return.** Taxes will be prepared on Wednesdays from 12:00 to 3:30PM **Call (203) 245-5627 for an appointment. No Walk-ins.**

GUIDED MEDITATION

Novice Meditation course for stress reduction teaching your body to be more in tune with your mind. Bring mats and positive energy. Instr.: Stephanie O'Sullivan. **Thurs., March 7th- March 28th 1-2pm Fee: \$20**

LUNCH BUNCH TRIPS

Meals on your own

Wednesday March 6th

Depart MSC at 10:00am

Lunch at **Atticus Café** & bookstore after enjoy chamber music at The Yale Center for British Art

Bus Fee: \$2

Friday March 15th

Depart MSC at 10:00am

Lunch at **Ruby Tuesday's** in Cromwell & shopping at K-Mart/Xpect Discount

Bus Fee \$2

Friday March 22nd

Depart MSC at 11:15am

Brunch at the **Shoreline Diner** in Guilford, **Tour Pinchbeck Rose Farm.** Please wear comfortable shoes. Rose Tour at 1p A donation to the Rose Farm is encouraged. Bus Fee: \$2

MEDICARE "TURNING 65" SEMINAR

Wed., April 10th - 5:30 to 7:30pm

Free

Are you a baby boomer? Are you confused about Medicare & the various plans? Confused by Social Security? What to learn how to maximize your retirement benefits? Key information will be discussed regarding making important decisions. Guest speakers: **Carlos Maynard**, a Medicare expert, and **Craig Bernard** of *Madison Investment Center.* **Space is limited.**

Women's Empowerment Group

Journaling and Communication Skills

Review the art of communication and self-esteem. Discuss the difference between passive and aggressive. How can we be assertive? Decorate journals and then write about areas we would like to work on. **Mon. March 11th, 12:45p FREE**

Birthday Cards and Boundaries

Create individualized birthday cards for each participant while discussing personal boundaries learned over the years. How do we recognize when people cross our boundaries? How do we communicate our boundaries have been crossed. **Mon. March 25th, 12:45pm FREE**



MADISON SENIOR CENTER

29 Bradley Road, Madison, CT 06443

PHONE: (203)245-5627

FAX: (203)245-6186

WEBSITE: www.madisonct.org/seniors

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

SR. COMMUNITY CAFÉ

(203)245-5686

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

DIAL-A-RIDE (203)245-5627

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

MUNICIPAL AGENT FOR THE ELDERLY (203)245-5687

SENIOR COMMISSION

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

The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be **March 14th, 2013 at 5:30pm**

LIAISON TO BOARD OF SELECTMAN Diane Stadterman

SENIOR CENTER STAFF

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

IMPORTANT TAX DOCUMENTS

If you file for any state or local programs it is important that you hold on to all your 1099's and income benefit statements. Year end statements should be in the mail starting January 1st. Tuck them away in a save spot for the upcoming year.

SENIOR & DISABLED TAX RELIEF PROGRAM

Friday, February 1, 2013 -Wednesday, May 15, 2013.

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. Income, age, and residency requirements in order to be eligible and qualify for the program. Stop in Center for a complete list of updated guidelines. **2012 income taxes must be filed prior to appointment. Maximum Qualified Income \$61,672.**

CONNECTICUT ENERGY ASSISTANCE PROGRAM

The Connecticut Energy Assistance Program assists CT residents by paying a portion of heating costs for the winter season. An applicant must meet specific income & asset guidelines. The asset limit for homeowners is \$10,000 & for renters is \$7,000. Proof of all income, rent, & utility expenses, & bank statements for the 4-week period prior to the date of the application are required. ***Specific income guidelines not available at time of printing. Please plan ahead to contribute toward your heating expenses this season.**

MADISON FOOD PANTRY

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

MEDICARE SAVINGS PROGRAM

This program assists eligible participants pay their Medicare Part B premiums monthly. Additionally, co-pays for prescriptions will be lowered to between \$2.60 - \$6.50. 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: \$2,308.88 and for a couple: \$3,127.28**

“SAFETY CHECK LIST”

Are you concerned for your safety in your home in the event of another Hurricane or do you know someone you are worried about? The “safety check list” will be utilized in the case of an emergency, such as Hurricane Sandy and will provide us with the necessary information so we can check in with you and make sure you are safe. To add your name to the list, please contact the Senior Services Department at (203) 245-5627.

What's Going On!!

FOOD PANTRY DONATION LOCATION

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



MOVIE MATINEE @ MSC



Movies start at 1:00pm. No Fee.

March 1st *The Shop around the Corner*

March 8th *To Have and Have Not*

March 15th *The Awful Truth* March 22nd *The Quiet Man*

March 29th **CLOSED** These movies are brought to you by **SSILL**.

MEDICARE MONDAY

Mon. March 4th..... 9 - 10:00am
 Information, counseling, & assistance for Medicare, Supplemental Insurance & Medicare Advantage Plans. Carlos A. Maynard assists by appointment only.



WELL RIGHT NOW CLINICS

Mon. March 11th & 25th.... 12 - 1:30pm
 VNA Community Healthcare holds Well Right Now Clinics on the 2nd & 4th Mondays of the month.



LEGAL ASSISTANCE

Thurs. March 21st 9 - 10:00am
 Attorneys from Cronan and Sweeney volunteer counseling services on a one-on-one basis. **By appointment only: Call the Senior Center**

NOTARY SERVICES

Tuesday, March 12th 10 - 12pm
By appointment only, on the 2nd Tuesday, monthly, at the Senior Center. 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
 Meals delivered around noon to the homebound or recently recovering. **Requires 5 days notice & doctor referral.**

HANDICAPPED PARKING PERMIT

Available on the www.ct.gov/dmv.org or in the Senior Center office.



Craft with Kristen
 Wed., March 27th at 12:30p

Join Kristen for a fun filled craft making beaded Easter Eggs! **Fee: \$5**
Registration Deadline: Tues. Mar. 20th

Wii Bowling

Every Wednesday, 1 - 2 pm
 Seniors Across the country are playing the Wii, providing a gentle low-impact aerobic exercise.



Digital Photography Class

This course will guide you from taking a picture to processing them on your computer. Instructor: Steve Smith.
Mon., March 4th – 25th
7-8:30p Fee: R:\$40 NR:\$50

SENIOR CAFÉ

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

DIAL-A-RIDE

M, W & F - 8:45a to 3:30p
 A transportation service designed for the needs of the elderly and disabled. Madison residents only. Rides are provided to a 14 town region for medical & legal appointments, work, & personal business. 48 hour advance notice required on a first-come, first-served basis. Call (203)245-5627 for a ride.



SENIOR CENTER BUS

Monday - Friday 9:00a to 3:30p
 A fixed route bus service to the senior center, downtown, special events, grocery shopping and other locations around town. Call the Senior Center for a schedule.



ART 101

Instruction in drawing, charcoal, pastels, watercolor, acrylics, and oils.
Tues. Mar. 5th - May 28th 1:30 - 3:30p
Fee: \$5 Instructor: Muriel Waldvogel



Lunch & Bowl AMF Lanes Old Saybrook

3 games of bowling, shoe rentals, lunch and a soft drink all for \$10, paid for at AMF, at the time you bowl.
Thurs, Mar. 14th-10:15a -1:30p Fee:\$3

Middlesex Hospital Managing Your Back Pain

Back pain is a result of injury to the various structures of the spine. It is difficult to determine the exact source of back pain, even with testing. Learn what you can do to protect your back, improve your posture and prevent further injury.
Thursday March 28th 10:30-11:30a



Bingo !

Dessert Bingo

1st Friday of the month at 1:00pm
 Friday, March 1st

St. Margaret's Church Bingo

2nd Wednesday of the month. Bingo starts at 12:00pm. Bring a bag lunch!
 Wednesday, March 13th

TECH SUPPORT

Have an I-Pad or a smart phone and don't know how to use it? "Facebook and Skype" What's that?
 Get all your questions answered for free at the Madison Senior Center. Scranton Memorial Library Teen Advisory Group and Madison Youth & Family Services will be offering **free "drop-in"** learning sessions. Teen Volunteers will be available to answer your questions. **FREE!!**
Mon. March 25th 5:00-6:00pm

SHOPPING TRIPS

Bus fee is \$2, Lunch on your own

Fri. March 1st	Depart MSC:1p Big Y in Guilford
Mon. March 4th	Depart MSC: 10a Westfield Mall in Meriden
Mon. March 11th	Depart MSC: 1p Shoprite in Clinton
Fri. March 15th	Depart MSC:10a Cromwell/K-Mart



Spanish For Travel



Focus on expressions for shopping and asking questions. Visit Spain, Mexico, Puerto Rico and Cuba. Explore history and culinary specialties of each country. Inst.: E. Jackson **Mon. Mar. 11th - Apr. 1st** at 10:30am **R\$26 NR\$31**

BUNCO CLUB

St. Patty's Day Bunco

Bunco is a game of dice and a hand-ful of luck! If you don't know how to play, we can teach you. We're looking for 12 regular players to play on a monthly basis, maybe that's you. Sign up at the Senior Center to save your spot. **3rd Tues-** day of the Month. **Tues. Mar. 19th 1 - 3p**

Exercise With Patty Velleca

CHAIR EXERCISES

Seated exercise. Focusing on muscle tone, joint flexibility, and cardiovascular strength.



Mondays - 10:30a to 11:30a

Jan. 7th to Mar. 25th 10 Classes

April 8th to June 24th.....10 Classes

No Class May 20 & 27 R\$33 NR \$43

Fridays - 10:30a to 11:30a

Jan. 11th to Mar. 15th 10 Classes

April 12th to June 21st 10 Classes

No Class May 24 R \$33 NR \$43

SENIORS IN MOTION

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

Wednesdays - 10:30a to 11:30a

Jan 9th to March 13th 10 Classes

April 10th-June 26th. 10 Classes

No class May 15 & 22 R \$26 NR \$36

EXERCISE & RELAX YOGA

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

Tuesdays - 3:00 to 4:00pm

Jan. 8th to Mar. 12th 10 Classes

April 9th-June 18th 10 Classes

No Class 5/21 R \$66 NR \$76

Thursdays - 3:00 to 4:00pm

Jan. 10th to March. 14th 10 Classes

April 10th-June 20th 10 Classes

No Class 5/23 R \$66 NR \$76

FITNESS & MOVEMENT

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



Mondays - 9:00 to 10:00am

Jan.7th to March 25th 10 Classes

April 1st-June 24th 10 Classes

No class 5/ 20,5/27R \$33 NR \$43

Wednesdays - 9:00 to 10:00am

Jan 9th to March 13th 10 Classes

April 10th to June 26th 10 Classes

No class May 15 & 22 R \$33 NR \$43

Fridays - 9:00 to 10:00am

Jan. 11th to March 15th 10 Classes

April 12th-June 21st 10 Classes

No class May 24 R \$33 NR \$43

TAI CHI

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



Instructor: Suzanne Hanley

Mondays - 9:00 to 10:00am

March 18th- April 15th.....5 Classes

R \$44 NR \$54

Wednesdays 9:00 to 10:00 am

March 13th - April 10th 5 classes

R \$44 NR \$54



LINE DANCING

A great way to keep moving, good exercise, dancing with fun people! Purchase a pass & join us. Passes last until end of June
Mondays - 2:00p to 2:55pm

5 - Class Pass - R \$23 NR \$33

10 - Class Pass - R \$46 NR \$56

SILVER TAPPERS CLASS

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.



Thursdays - 10:00 to 11:00am

Feb. 21st- April 11th8 Classes

R \$50 NR \$60 - Instructor -M Goglia



Sports Discussion Group

Stop in to discuss your team! How well they are playing? *Please call to register* so we can record games that you are interested in analyzing.

Tues. March 5- 26th 10:30-11:30am



Mind Game Challenge

Do you enjoy crossword puzzles, Sudoku, word searches? Come and join us for a mental workout

Thurs. 10:30-11:30am Fee: \$2

Memory Matters 1/UNA Course

Have fun with brain fitness activities. Identify strategies to enhance brain function. What are normal changes as you age? Thurs. 10:00-11:00am
Mar. 14th-May 9th no class April 18th

EXERCISE CLASSES WITH KRIS

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

5 - Class Pass - R \$33 NR \$43

10 - Class Pass - R \$66 NR \$76

All classes taught by Kris Reaske

BASIC PILATES CORE/FLEX

Overall strength training combined with basic Pilates this program is designed to increase body strength and core stability.

Tuesdays - 10:00 to 11:00am

LOW IMPACT AEROBICS

Designed to increase your heart rate and your enjoyment of exercise as well. Please bring a floor mat.

Tuesdays - 11:00 to 12:00pm

ZUMBA FOR ALL

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

Mondays - 6:00 to 7:00pm

ZUMBA GOLD

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

Mondays - 1:00p to 1:55p

Thursdays - 11:10 to 12:10pm

Tour of the Deacon Grave House

Learn the history behind the Deacon Grave House as well as colonial cooking. Refreshments will be provided. Building is two stories but no need to tour both floors, all are welcome!

Mon. Mar 18th Depart:9:30am. Fee \$3

St Patrick's Day Green Ice Cream Social

Come enjoy green ice cream mint-chocolate chip, pistachio or vanilla flavored ice-cream with homemade brownies, whipped cream and sprinkles top it off with a cherry! Enjoy entertainment with Irish Step dancers.

Mon., March 18th at 12:30pm Fee:\$3

BOOK CLUB: Next Meeting:

Mon. March 25th - 1 pm

Discussing: "Butterflies Child"

Call Kristen (203) 245-5695

if you are interested in leading the discussion.



Upcoming Casino Adventures

Mohegan Sun Friday

March 8th

Every turn leads to a new adventure with an indoor 55 foot waterfall, and electrifying water wall, the world's largest and most spectacular indoor planetarium dome, and a glowing crystal mountain. Upon arrival receive a food vouchers and bet coupons. **Depart MSC 9:00am, Bus Fee: \$7**



The Amazing Kreskin Plus Mohegan Sun

April 16th

For six decades, he has astonished millions and dramatized the unique facets of the human mind. Kreskin has appeared on almost every variety show to be had; entertaining and spellbinding MILLIONS with his extraordinary talent and uncanny predictions. Also includes the rest of the day at Mohegan with a \$15 food credit, \$15 betting bonus and snack pack for way home all taxes and service charges, and transportation.



Depart MSC at 9:30am on our way home at 6pm *this trip will arrive back late so please arrange for pickup at the senior center* All for \$43 R and \$48NR



Boston Flower and Garden Show

Friday, March 15th

On this morning we will travel to Boston where an exciting, luxury yacht awaits you. You will enjoy a first class buffet dining experience on the "Spirit", and enjoy a two hour Boston Harbor cruise. After lunch we will enjoy the 2013 Boston Flower and Garden Show. The trip includes transportation, luncheon cruise, admission to the flower show and the driver's gratuity all for **\$116.00 per person *This trip will return to the Senior Center after closing time, so please arrange for a pickup.*** Departure time :TBD

Tribute to Barry Manilow at the Aqua Turf

Tuesday, March 26, 2013

Enjoy an outstanding show featuring the legendary entertainer Barry Manilow's popular songs. The popular songs will be performed by the very talented vocal entertainer Dave Colucci. In addition to the show enjoy, soup and salad with baked salmon or chicken fraicais with vegetable, potato and dessert **\$43.00 per person. Depart Senior Center at 10:00a.**

Charles River Boat Cruise

Monday May 20, 2013



Enjoy a day of cheesecake and cruising! Our first stop will be the Cheesecake Factory in Cambridge, MA. Then sit back and relax on a one hour narrated cruise around the Charles River Basin. Your captain and crew will entertain and educate, pointing out the historic and cultural sights of Boston and Cambridge. Trip includes, transportation, lunch at the Cheesecake Factory, Sightseeing Cruise and Driver's Gratuity. ***This trip will return to the Senior Center after closing, so please arrange for a pickup.*** \$98.00 Per Person **Departure time TBD**

Grand Oak Villa's Italian Festival starring Jack Lynn and Angelo Ruggiero

Tuesday May 21, 2013

The Italian Festival at the elegant Grand Oak Villa in Oakville, CT. Today's show brings together to good friends. Their rat pack style of music features Jack Lynn singing the romantic music of Dean Martin and Angelo Ruggiero singing the smooth standards of Fran Sinatra, Tony Bennett and Perry Como. Enjoy lunch family style prepared by the chef which includes garden salad, rolls, penne pasta, roasted potatoes and mixed vegetables, chicken parmesan and pork loin with gravy, and for dessert enjoy Italian rum cake, coffee, and tea **\$57 per person Departure time TBD**

Exotic Southern Caribbean Cruise aboard the Norwegian Dawn

November 1st—15th

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Low Vision Open House Please come to a Low Vision Open House to “Try Out” devices that assist you with every day activities. The event is free, with a speaker from 10-11a and an opportunity to try out devices such as hand held magnifiers, check-writing aids, special lamps (and more!) from 11-1p. Free goody bags, filled with low vision aids. Event is sponsored by Quinnipiac University Center for Inter-professional Education. Please call to register. Saturday, March 23rd 10am-1pm				1 9:00 Fit & Move 10:30 Chair Exercises 1:00p Movie Matinee 1:00p Dessert Bingo Hand & Foot Shop BigY Glfrd
4 9:00 Medicare Monday Fit & Move Tai Chi 10:00 Shop Meriden Mall 10:30 Chair Exercises 1:00p Zumba Gold 2:00p Line Dancing 6:00p Zumba for All 7:00p Digital Photography	5 10:00 Basic Pilates 10:30 Sports Talk Group 11:00 Low Impact Aero 1:00p Canasta 1:00p Computer Basics 3:00p Yoga	6 9:00 Fit & Move Lunch Bunch Atticus Cafe 10:30 Seniors in Motion 11:00 Discussion Group 1:00p Crochet w/ Bags 1:00p Poker 1:00p Wii Bowling MADE Stronger Seminar	7 10:00 Tap Dance 10:00 Knitting 10:00 Mind Games 11:10 Zumba Gold 1:00p Mah Jongg 1:00p Bridge 1:00p Computers II 3:00p Yoga	8 9:00 Fit & Move 9:00 Mohegan Sun 10:30 Chair Exercises 1:00p Movie Matinee 1:00p Hand & Foot
11 9:00 Fit & Move 9:00 Tai Chi 10:30 Chair Exercises 12:00p Well Right Now 12:45p Women’s Group 1:00p Zumba Gold Shoprite in Clinton 2:00p Line Dancing 6:00p Zumba for All 7:00p Digital Photography	12 10:00 Notary Services 10:00 Basic Pilates 10:30 Sports Talk Group 11:00 Low Impact Aero. 1:00p Canasta 1:00p Computer Basics 3:00p Yoga 5:30p Singles Group	13 9:00 Fit & Move 10:30 Seniors in Motion 11:00 Discussion Group 12:00 St. Margaret’s Bingo 1:00p Poker 1:00p Wii Bowling MADE Stronger Seminar	14 10:00 Tap Dance Memory Matters 10:00 Knitting 10:15 Lunch & Bowl 10:30 Mind Games 11:10 Zumba Gold 12:30 SNAP Lunch 1:00p Mah Jongg 1:00p Bridge 1:00p Computers II 3:00p Yoga 5:30p SR Com. Mtg	15 Boston Flower Show Trip 9:00 Fit & Move 10:00 Lunch Bunch @ Ruby Tuesdays 10:30 Chair Exercises 1:00p Movie Matinee 1:00p Hand & Foot
18 9:00 Fit & Move 9:00 Tai Chi 9:30 Grave House Tour 10:30 Chair Exercises Spanish for Travel 12:00p Well Right Now 12:30 Ice Cream Social & Irish Steppers 7:00p Digital Photography	19 10:00 Basic Pilates 10:00 E-Bay class 10:30 Sports Talk Group 11:00 Low Impact Aero. Caregiver Support 1:00p Canasta 1:00p Computer Basics 1:00 BUNCO 3:00p Yoga	20 9:00 Fit & Move 11:00 Discussion Group 10:30 Seniors in Motion 1:00p Crochet Bags 1:00p Poker 1:00p Wii Bowling MADE Stronger Seminar	21 9:00 Legal Assistance 10:00 Knitting 10:00 Tap Dance Mind Games 10:30 Memory Matters 11:10 Zumba Gold 1:00p Mah Jongg 1:00p Bridge 1:00p Computers II 3:00p Yoga	22 9:00 Fit & Move 10:30 Chair Exercises 11:15 Lunch Bunch Shoreline Diner & Pinchbeck Tour 1:00p Movie Matinee 1:00p Hand & Foot
25 9:00 Fit & Move 9:00 Tai Chi 10:30 Chair Exercises 12:00p Well Right Now 12:45p Women’s Group 1:00p Zumba Gold 1:00p Book Club 2:00p Line Dancing 5:00p Tech Support 6:00p Zumba for All 7:00p Digital Photography	26 10:00 Basic Pilates E-Bay class Manilow Aqua Turf 10:30 Sports Group 11:00 Low Impact Aero. 1:00p Canasta 1:00p Computer Basics	27 9:00 Fit & Move 11:00 Discussion Group 12:30 Kraft w/ Kristen 1:00p Poker 1:00p Wii Bowling	28 10:00 Tap Dance 10:00 Knitting 10:30 Mind Games Managing Back Pain 11:00 Memory Matters 11:10 Zumba Gold 1:00p Mah Jongg 1:00p Bridge 1:00p Computers II	CLOSED for Good Friday



Madison Senior Center
 29 Bradley Road
 Madison, CT 06443

PRSR STANDARD
 U S POSTAGE PAID
 GUILFORD CT
 PERMIT NO. 295

3/2013



Are you interested in playing horseshoes?
 MSC is looking to start a group in April!!
 Contact Kristen at (203) 245-5695

RETURN SERVICE REQUESTED

COMPUTER CLASSES

Computer Basics For Beginners

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

Tuesdays, February 19th - March 26th - 1:00 to 2:00pm Fee: R \$42 NR \$52 (6 classes)

Computers II

Build upon skills learned in Computer Basics. Practice email skills, learn to manage your inbox, learn about attachments etc. We will learn more about the internet-setting your home page, creating a favorites list, searching the internet , social networking & more.

Thursdays, February 21st - March 28th - 1:00 to 2:00pm Fee: R \$42 NR \$52 (6 classes)

E-Bay: Buying and Selling Online

This is sure to be a fun class, learn how to buy and sell using eBay. Open E-bay & PayPal accounts online, search and bid on an item, pay and complete the transaction. We will also cover advanced tips such as how to investigate sellers, and how to find out what good prices are. You will be shown how to become an eBay seller, what it costs to sell online, how to price your items, taking and uploading a picture, completing the sale, and the best words to describe your item. Please bring with you a camera, charged battery and a pad and pencil as well as any questions you may have. Classes will be 2 hours long.

Tuesdays, Feb. 19th - March 5th - 10:00 to 12:00pm.....Fee R \$42 NR \$52 (3 classes)

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

Ongoing Activities at the Senior Center

Bridge	Thursdays	1- 4 pm	Hand & Foot	Fridays	1- 4 pm	Pinochle	Tuesdays	1- 4 pm
Canasta	Tuesdays	1- 4 pm	Knitting Group	Thursdays	10a-12p	Poker	Wednesdays	1- 4 pm
Mah Jongg	Thursdays	1- 4 pm	Sports Discussion	Tuesdays	10:30-11:30am			