



Trends & Traditions



March 2014



Madison Senior Center

MUSEUM OF THE MONTH TRIP

The New Haven Museum was founded in 1862 as the New Haven Colony Historical Society. It sought to collect, preserve, and make available for research, the materials which document the history of the greater New Haven area. In 1929, the current building on Whitney Avenue was built, designed by J. Frederick Kelly, noted colonial revival architect.



Fri., March 21st Depart MSC at 9:45
Museum Fee (paid at the door) **\$3.00**
Bus Fee **\$2.00**
Lunch on your own at *Lenny and Joe's* in New Haven



No Excuses-Tap Dance Club

We are trying something new here at the Senior center, a Tap dancing Club! Tap dancing is not only great exercise, it's also great for your memory, sequencing skills, large and small motor skills, balance, core muscle work, right and left brain work, a great workout, and fun too! The first meeting will be to meet and discuss the club. **Tap shoes required.** **Registration is required**
Thurs., March 6th 10-11am Free/No instructor

St. Patrick's Day Party

"Beannachtaí na Féile Pádraig" is the Gaelic expression of wishing that you have all the blessings of St Patrick's Day and the "luck of the Irish" to go with them. On St. Patrick's Day everyone is Irish. Come celebrate at the Madison Senior Center. with a traditional Corned Beef and Cabbage, please register with Jodie (203) 245-5686. We will also have delightful Irish step-dancers made possible through "Compassionate Care". You'll also enjoy a few games of *"Blarney Bingo,"* complete with wonderful prizes.

Mon. March 17th 11:30-1:30 **FREE**

MADISON SENIOR CENTER GALLERY OPENING

Our first show will feature work from the talented photographers of the Coastal Camera Club. If you are unable to attend the Opening, the MSC Gallery will be open for viewing Monday-Friday from 8:30am-4pm. For more information please contact the Senior Center at 203-245-5627.

Tuesday, March 4th 7-9pm

Swedish Weaving



Swedish Weaving is a very relaxing and fun needle craft that dates back centuries. The beauty of this needle-craft is that it only requires a few items:

Monk's cloth, 4-ply yarn, a #13 yarn needle, scissors, a pattern, and the desire to create a unique, impressive handcraft. The approximate cost to make a baby blanket is \$20.

At the first class the instructor will explain what is needed.

Bring your own supplies.

Tuesdays, starting April 22nd from 10:45-12:45.

Pre-Registration is required

FREE

MARDI GRAS!

Mardi Gras, French for 'Fat Tuesday', is also called Shrove Tuesday and precedes the somber Catholic period of Lent. Many international cities celebrate Mardi Gras, including New Orleans, Rio de Janeiro and Venice. Join Elaine Jackson for discussion!
Monday, March 10th at 10:30-11:30 **FREE**



US COAST GUARD ACADEMY

United States Coast Guard Academy is honoring us with a music performance and discussion on "Impressionistic Art Through Music". Registration is required and space is limited so sign up fast!

Monday, March 3rd at 10:00am

FREE



Beginner Bridge Lessons



This is an 8 week course consisting of bidding, play, and defense. The lessons will focus on preparing students to play duplicate bridge sponsored by The ACB League but will include guidelines for rubber and social bridge. Please purchase the book, *"Bridge Basics 1, An Introduction"* by Audrey Grant for \$9.66, and to bring to the first class.

Instructor: Constance Graham

Mar. 7th - May 2nd no class April 18th

8 Weeks

10am-Noon

Fee: R \$48 | NR\$58

Very Important Newsletter Notice
Please contact us by April 15th if you wish to continue receiving our newsletter by mail.
(203) 245-5627 or gillespie@madisonct.org



MADISON SENIOR CENTER

29 Bradley Road, Madison, CT 06443

PHONE: (203)245-5627

FAX: (203) 318-0670

WEBSITE: www.madisonct.org/seniors

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

SR. COMMUNITY CAFÉ

(203)245-5686

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

DIAL-A-RIDE (203)245-5627

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

MUNICIPAL AGENT FOR THE ELDERLY (203)245-5687



SENIOR COMMISSION

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

The Senior Commission meets on the second Thursday of the month at the Senior Center.

The next meeting will be

March 13th, 2014 at 5:30pm

LIAISON TO BOARD OF

SELECTMAN.....Diane Stadterman

SENIOR CENTER STAFF

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

SENIOR & DISABLED TAX RELIEF PROGRAM

Monday, February 3rd, 2014 - Thursday, May 15th, 2014.

The Town of Madison and State of Connecticut offer tax relief for age 65 and older or 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 a discount. Stop in for a complete list of updated guidelines. A qualifying applicant will receive a discount off of their property taxes beginning July 2014.

2013 income taxes must be filed prior to appointment.

Maximum Qualified Income \$62,720.

TAX DEFERRAL PROGRAM

Monday, February 3rd, 2014 - Thursday, May 15th, 2014

The Town of Madison offers a tax deferral program for age 65 and older or totally disabled residents, who own and occupy their property as a primary residence. A qualifying applicant will be able to defer up to 100% of the real estate tax, not to exceed \$6,000 in one-tax year. Tax deferrals will be secured by a lien against the property with a current interest rate of 100%. To be eligible, applicant's mortgages, home equity and other liens cannot exceed the assessed value of their homes. Stop in for a complete list of updated guidelines. **Maximum Qualified Income \$62,720. 2013 income taxes and tax relief application must be filed prior to applying for a deferral. Application intake at the Town Assessor's Office.**

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Last Day for deliverable fuel deliveries March 15th!!!!

Asset limit for homeowners is \$10,000 & for renters is \$7,000. Proof of all income, rent, & utility expenses, & bank statements for the month prior to the application date are required. ***Age 60+ Single: \$2683 and for a couple: \$3508, monthly.**

ELECTRIC SUPPLIERS

Recently we have been approached by several seniors who have switched their electric supplier and experienced problems. It is important to be aware of what it means when you switch your supplier. Please take note of the following tips:

What is Supplier Choice?

Your electric bill is divided into two sections: delivery and supply. In 2000, the supply portion of your bill was deregulated, meaning independent companies, called "electric suppliers," can compete to sell or supply you electricity.

Assessing and Switching Suppliers

Switching suppliers is as easy as a phone call or an email signup. Suppliers must be approved by The Public Utilities Regulatory Authority. To compare current rates call Heather for an up to date print out. Read offers carefully, ask suppliers questions.

Take your time when reviewing available offers.

- By shopping for suppliers, you may save money and/or find suppliers that use renewable energy resources. Is the energy price fixed monthly or variable?
- What is the length of the contract? Is there an early termination fee?
- What are my monthly savings if I switch?
- Will the contract automatically renew at the end of the term? How much notice must I give if I don't wish to renew?
- How is the electricity generated: coal, gas, nuclear, hydroelectric, renewable?
- Is a security deposit, enrollment, or other similar fee required?
- Is there a credit check, late payment fee, or other similar fee assessed?
- Do you offer any other services? (Some examples include energy assessments, conservation services, load management, or other energy-related services.)

After You Switch Suppliers

After you switch electric suppliers, Connecticut Light & Power (CL&P) will continue to deliver the electricity you use and bill you on behalf of the electric supplier you have selected. The only difference is that the Generation Service Charge (GSC) rate on your bill will be the rate offered by your chosen electric supplier. You will still receive one electric bill.

MEDICARE COUNSELING

By appointment only
Information, counseling, & assistance.

WELL RIGHT NOW CLINICS

Mon., Mar. 10th & 24th 12-1:30pm
VNA Community Healthcare holds Well Right Now Clinics on the 2nd & 4th Mondays of the month., included blood pressure check.



LEGAL ASSISTANCE

Thurs., Mar. 20th 9-10am
Attorneys from Cronan and Shields offer private 15 min. counseling services Call the MSC for an appointment.

DIAL-A-RIDE

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



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

SENIOR CENTER BUS

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

HANDICAPPED PARKING PERMIT

Available in the Senior Center office. 

MEALS-ON-WHEELS

by The Estuary Council of Seniors
(860) 388-1611 Ext. 207
Meals delivered around noon to the homebound or recently recovering.
Needs 5 days notice & doctor referral.

SENIOR CAFÉ

Monday through Friday at Noon
Age 60+ or disabled, suggested donation of \$3.00. To order: call Jodie, (203) 245-5686 by Noon the day before.

NOTARY SERVICES

By appointment only.

Thursday Book Club

The Book Club will meet at 1pm on:
March 27th
to discuss "The Orphan Train"
Discussion led by Barbara MacDonald

TECH SUPPORT

Have an iPad or a smart phone and don't know how to use it?
"Facebook & Skype" What's that?

Get all your questions answered for free at the Madison Senior Center. Scranton 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. This will take place the last Monday of every month

Monday FREE!!
4:30-5:30 pm. Mar. 31st & Apr. 28th

NEW!! French Class

Parlez-vous Français? All levels welcome; some prior exposure to French helpful. This will be a class to learn conversational phrases and French culture. *Optional conversational French starting at 9:45am*

Fee: R\$34/NR\$44

March 5th– April 9th 10:15-11:15am



BILLIARDS

Currently forming leagues to be held at the Senior Center
Informational meeting to be held on March 13th and will run Tues. & Thurs. Mar. 18th-May 22nd from 1-3pm. Registration is required.



Bingo!

Dessert Bingo 1st Friday of the month at 1pm Friday March 7th



St. Margaret's Bingo
March 12th

Lunch Bunch and Shopping

Mon. Mar. 3rd IHOP in Wallingford
Dollar Tree & Big Lots
Depart MSC at 11:45 Bus Fee \$3

Mon. Mar. 24th Malones
Depart MSC at 11:45 NO FEE

MSC Preview for April

Learn all about the new programs that will take place during the month ahead. Do you have questions about the Newsletter? Do you have suggestions for new programs or special events?
Wed., March 19th 12:30pm

Senior Singles Group

Tuesday, March 11th
MSC at 5:30pm
Dinner on your own to follow
Donohues



ART 101

Instruction in drawing, pastel, watercolor, acrylics and oils.
Tuesdays-1:30-3:30pm
Instr: M.Waldvogel Fee \$5

Exercise With Patty Velleca

CHAIR EXERCISES

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



Mondays - 10:30 to 11:30am

March 24th-April 14th 4 classes

R\$17.00/NR \$27.00

Fridays - 10:30 to 11:30am

March 21st- April 11th 4 classes

R\$17.00/NR \$27.00

SENIORS IN MOTION

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

Wednesdays - 10:30 to 11:30am

March 26th-April 16th 4 classes

R\$13.00/NR\$23.00

EXERCISE & RELAX YOGA

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

Tuesdays 9:30-10:30am

March 25th-April 15th 4 classes

R\$33.00/NR\$43.00

Thursdays 3:00-4:00pm

March 27th- April 17th 4 classes

R\$33.00/NR\$43.00

FITNESS & MOVEMENT

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

Mondays - 9 to 10am

March 24th-April 14th 4 classes

R\$17.00/NR \$27.00

Wednesdays - 9 to 10am

March 26th- April 16th 4 classes

R\$17.00/NR\$27.00

Fridays - 9 to 10am

March 21st- April 11th 4 classes

R\$17.00/NR\$27.00

CAREGIVER SUPPORT GROUP

Join VNA's Caregiver Support Network expert, Molly Standley for an interactive, confidential support group. Share experiences, discuss ideas and problem-solve with other caregivers.



Tues., Mar. 18th 11am-12pm
FREE

TAI CHI

In partnership with & through a grant from the VNA. Enrollees will be asked to participate in a Fall Risk Study during the 12 week program.



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

Instructor: Suzanne Hanley

Mon. - 9am to 10 am

Mar. 31st-June 23rd (no class 5/26)

R \$25 NR \$35

LINE DANCING



A great way to keep moving, exercise, dance and have fun!

Mondays. 2:00pm to 2:55pm

5 Class Pass R \$23 NR \$33

10 Class Pass R \$46 NR \$56

WELLNESS TALKS

We are excited to once again have Middlesex Hospital's Rehabilitation team which composed of Physical Therapists, Occupational Therapists and Speech Therapists providing various informative programs to the Madison Senior Center once again!

The lectures will be:

- Osteoporosis 3/27
- Managing Your Back Pain 8/28
- COPD 10/23

Thursdays from 10:30-11:30am

Pre-Registration is required.

Why Fitness is Important to You!

Join, George Norden, Exercise Physiologist, in a discussion about statistics of falls in the elderly and other complications that arise from lack of strength, cardiovascular endurance and balance. All of which can be avoided with regular aerobic and strength training.



Wed., Mar. 5th at 12:45pm

Registration is required

FREE

EXERCISE CLASSES WITH KRIS

The "exercise pass" is good for 5 or 10-classes taught by Kris and is valid until the end of the fiscal year of purchase. Fiscal Year ends: **June 30th, 2014.**

5 - Class Pass - R \$40 NR \$50

10 - Class Pass - R \$80 NR \$90

All classes taught by Kris Reaske

ZUMBA FOR ALL

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



Mondays - 6 to 7pm

ZUMBA GOLD

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

Mondays - 1:00 to 1:55pm

Thursdays - 11:10 to 12:10pm



Aqua Dome "Silver Splash"

A fun and exciting class designed for active older adults, increasing muscle strength, flexibility and range of motion through water exercise. The focus of this class is building core control. Participants do not need swimming skills.

Weds. 12:00-2:00 Fee \$7/class,
Payable to Aqua Dome upon arrival

If transportation is needed inquire at the Madison Senior Center

Body, Mind & Spirit Workshop

Take an afternoon to reconnect your body, mind and spirit through discussion, gentle movement, relaxation and contemplation. Bring a mat, a small pillow and a water bottle.



Tues., Mar. 11th at 12:30pm FREE

Mohegan Sun Friday

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

Friday, March 14th
Fee: \$7
St. Patrick's Day Celebration at the Aqua Turf

The McLean Avenue Band and the Emerald Fire Dancers will perform. Price includes: Coffee and donuts, door prizes, complimentary beverages, family style luncheon Salad, Pasta, Corned Beef & Cabbage, Baked Scrod, Vegetables, Potatoes and Dessert. **Depart MSC at 9:45am return by 4pm.**

Tuesday March 18th
Fee: \$43
Ivoryton Playhouse
Shout!
Wednesday, March 26th

"*Shout*" is the mod musical magazine that brings back the beautiful "birds" and smashing sounds that made England swing in the 60's. It features terrific new arrangements of such classical tunes as *To Sir With Love*, *Downtown*, *Son of a Preacher Man*, & *Goldfinger*.

Depart MSC at 1:00
Fee: \$35R | \$45NR
Planets and Space at the Museum of Natural History in New York City
Thursday, March 27th

Travel to the New York City Museum of Natural History via motor coach. Visit the \$210 million addition to the museum, *The Rose Center for Earth and Space*. Cutting-edge exhibition techniques will create a thrilling journey for visitors, taking them from the outer reaches of the universe to the inner workings of the Earth. The centerpiece of the Rose Center is an 87-foot sphere housed in a cubic, glass-walled structure. Inside the sphere you will fly on an unforgettable journey through a virtual re-creation of our Galaxy and beyond. This one of a kind Space Show incorporates the latest astronomical images and discoveries by NASA's Jet Propulsion Laboratories and the Hubble Space Telescope. Lunch is included at Pietrasanta, known for their delicious Italian cuisine. Time available to tour on your own as well. (There maybe multiple stops)

Fee: \$98R | \$103 NR
Rodger's and Hammerstein's *South Pacific* at the Thomaston Opera House
Sunday, April 6th

The original Broadway production won 10 Tony Awards and the songs from the show are timeless. Remember "*Some Enchanted Evening*," "*I'm Gonna Wash That Man Right Out of My Hair*" and so many more. Buffet menu: Juice, a selection of hot entrees and breakfast items, salads, pasta dishes, pastries, a dessert table and coffee.

Price includes transportation and ticket to the show.

Fee: \$65R | 70\$NR
Debbie Reynolds at Mohegan Sun
Tuesday, April 15th

Join the Madison Senior Center to see the incomparable Debbie Reynolds at Mohegan Sun. Price includes: 3:00pm Reserved Show Time. Seats: lower level seating. \$30 Casino package: \$10 Meal Voucher good at any eating facility at Mohegan Sun. \$20 Free slot play/or Free Bet. **Depart MSC at 11:15 Depart Mohegan at 5:00pm.**

Fee \$67R | \$72NR
Gardens of London featuring the Chelsea Flower Show
Saturday, May 17th

Discover the horticultural heritage of Britain, at the Chelsea Flower Show on opening day. See the sights of London with a local guide, Buckingham Palace, the Tower of London, Big Ben, and many more. Visit the Royal Botanic Gardens at Kew, which houses one of the world's great collection. Travel to Wisley, a stunning 60 acre estate and enjoy an exclusive RHS gala dinner at this world-renowned garden. *Package includes Round Trip Airfare from New York, Air Taxes and Fees/Surcharges, Hotel Transfers and Transportation to/from Airport, 8 days with 9 meals included: 6 breakfasts and 3 dinners. (Cancellation and waiver insurance are available) Single: \$5,199, Double: \$4,099 Pick up an informative brochure at the Senior Center.*

Newport Ice Cream Train
Thursday, June 5th

Step back and enjoy time aboard a luxury train and enjoy a scenic train ride on a 90 minute journey along Narragansett Bay. Sight-seeing attractions including: Naval Base & aircraft carriers USS Forrestal & USS Saratoga; beautiful Prudence Island in Portsmouth & many handsome ships under sail. Ice Cream Parlor Car: Harken back to the good' ole days— enjoy a hot dog or slice of pizza, a beverage and a soft serve ice cream sundae with your favorite toppings! After the train ride enjoy a scenic 10 mile drive through Newport. See historic mansions on Bellevue Avenue and the beauty of Ocean Drive. Time for shopping and strolling on Bannister & Bowens Wharf area. Includes: Motorcoach, sightseeing attractions and drivers gratuity.

Depart MSC at 8:30 Estimated return: 6:00pm
Fee: \$77R | \$82NR
Rockies Rail Highlights
8 days /11 Meals/6 Breakfasts /1 Lunch /4 Dinners
Thursday, July 3rd-10th

Trip includes transportation to Bradley International Airport and Round trip airfare from Bradley International Airport to the lovely city of Calgary, Alberta. Itinerary at a glance; *Westin Hotel Calgary*, Calgary, Alberta, *The Fairmont Banff Springs Hotel*, Banff, Alberta, *Sawridge Inn and Conference Centre*, Jasper, Alberta, *Via Canada*, Toronto, Ontario, *Westin Baysshore*, Vancouver, British Columbia. Price does *not* include cancellation waiver or insurance at \$315 a person, this would be an additional charge.

Double \$3,999; Single \$4,599; Triple \$3,949 Book now and you will save \$100!

7 Menu

MARCH 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Herb Baked Chicken Qtr., Fresh Sweet Potato, Green Beans, Rye Bread, Fresh Fruit, Milk	4 MARDI GRAS Cajun Pork, Louisiana Rice, Spinach, Applesauce, Biscuit, Swt Potato Pie, Milk	5 Ash Wednesday Fish Almondine, Bkd Potato, Fr. Gr. Beans, Wht Dinner Roll, Strwbry Chiffon or Angelfood Cake w/ Strwbry topping, Milk	6 Chicken Noodle Soup, Potato Crusted Pollock, Confetti Brown Rice, Spinach, Multi-Grain Dinner Roll, Pears, Milk	7 Broccoli Quiche, Stwd Tomato & Zucchini, Tossed Salad w/ Cukes, & Italian Dressing, Oat Bread, Mandarin Oranges, Milk
10 Spaghetti & Meatballs, Broccoli, Parm Cheese, Herbed Breadstick, Peaches, Milk	11 Pork Loin w/ Gravy, Applesauce, Scalloped Potatoes, Peas & Mushrooms, Bread, Fruit, Milk	12 New Orleans Chicken, Brown Rice, Oriental Blend Veg. Bread, Pineapple Tidbits, Milk	13 HAPPY BIRTHDAY Pot Rst w/ Grvy, Mshd Potato, Acorn Squash, Dinner Roll, Apple Juice Choc. Cake, Milk	14 Veg. Barley Soup, Crackers, Seafood Salad Plate, Carrot Raisin Salad, Pumprnckl Bread, Chry Jello w/ Pears, Milk
17 St. Patrick's Day Crmd Beef & Cabbage, Boiled Potatoes, Carrots, Irish Soda Bread, Bread Pudding, Milk	18 Oven Fried Chicken, Mac & Cheese, Spinach, Biscuit, Applesauce, Milk	19 Swedish Meatballs, Noodles, Green & Wax Beans, Oat Bread, Peaches, Milk	20 Spaghetti and Meatballs, California Veggies, Parmesan Cheese, Garlic Breadstick, Milk	21 Vegetable Omelet, Roasted Tomato, Grilled Vegetables, Rye Bread, Pineapple Tidbits, Milk
24 Cheeseburger on Wheat Bun w/ Lettuce and Tomato Coleslaw, Baked Beans, Fresh Fruit, Milk	25 Minnestrone Soup, Spinach Grandioli with Sauce, Tossed Salad w/ Ital. Drssng, Ital. Bread, Ital. Ice, Milk	26 Baked Ham w/ Gravy, O'Brien Potato Mixed Veggies, Oat Bread, Apricots, Milk	27 Turkey w/ Gravy, Stuffing, Bean Blend, Cran. Sauce, Biscuit, Green Jello with Mixed Fruit, Milk	28 Crab Cake with Tartar Sauce, Rstd Potato, Broccoli, Whl Wht Bread, Pineapple Juice, Berry Strudel, Milk
31 Turkey & Bean Chili, Brwn Rice, Chuck Wagon Blend, Corn Bread, Tropical Fruit Salad, Milk	<p><i>Please remember to make your reservation with Jodie Shevlin at (203) 245-5686 by 12 Noon the day before you plan to come for lunch . (If you want to attend on a Monday please call by noon the previous Friday.)</i></p>			





Madison Senior Center
29 Bradley Road
Madison, CT 06443

**PRSRT STANDARD
U S POSTAGE PAID
GUILFORD CT
PERMIT NO. 295**

3/2014

RETURN SERVICE REQUESTED

“ZEST FOR LIFE”

A program combining exercise & a health-wellness seminar. Each week we will focus on a different health topic. Participants will increase overall strength, improve balance and alignment, increase core strength, improve bone density and feel increased energy! This is a “New” Wellness Program for the body and mind based on Pilates principles of exercise and wellness. Please bring an exercise mat & bath towel.

Instructor: RN/Exercise Specialist American College of Sports Medicine Jennifer McManus

Tuesdays 11-12pm Mar. 4th - 25th
Fee: \$38R \$43NR (4 Classes)

COMPUTER CLASSES

Computer Basics For Beginners

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

Tuesdays, March 18th – April 15th 1 to 2:00pm Fee: R \$42 | NR \$52 (5 classes)

iPad for Beginners

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

Thursdays, March 20th - April 17th 1 to 2:00pm Fee: R \$42 | NR \$52 (5 classes)

E-Bay: and “New” Craig’s List

This is sure to be a fun class! You will learn how to Open E-bay & PayPal accounts online, search and bid on an item, pay and complete the transaction, investigate sellers, and find the best deal. Also learn how to become an eBay seller, what it costs, how to price your items, take and upload a picture, complete the sale, and the best words to describe your item. Please bring a camera, charged battery, a pad and pencil, & questions you may have. Classes are 2 hours.

Tuesdays, March 18th – April 1st 10 to 12pm Fee: R \$42 | NR \$52 (3 classes)

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

Ongoing Activities at the Senior Center

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