



Trends & Traditions



March 2015



Museum of the Month

Lunch on your own at *Jordan's Hot Dogs and Mac* in New Haven then off to the **New Haven Museum** to see the exhibit, **"From Clocks to Lollipops: Made in New Haven"** More than 100 objects, advertisements, trade cards, photographs and more from the museum's collection. \$3 admission paid at the door.



Fri., March 20th Depart MSC at 10:30

Bus Fee: \$2

The Adventurous Culinary Club **"Playwright Pub"**



Come on a culinary adventure to explore cuisines from around the world and make new friends! Go somewhere new every month, *on your own*. Prices vary, stop in for a copy of the menu.

Mon., March 23rd Depart MSC at 11:30

Bus Fee \$2

"Gems of Broadway" with Tom Lewy

Join Tom Lewy as he presents his interpretation of Irving Berlin's **"Annie Get Your Gun"** which ran for 1,147 performances on Broadway. This great musical introduced the song, **"There's No Business Like Show Business"** to the world. The story told the life of Annie Oakley Mozee, who was the greatest sharpshooter of her time. After the presentation enjoy lunch in our café (must register with Jodie in the café 24 hours in advance, suggested donation of \$3) following lunch, at 12:45 we will show the movie, **"Annie Get Your Gun"**

Wed., March 25th at 10:30

FREE

Foxwoods Casino

Enjoy time on your own at Foxwoods Casino. Bonus Package \$10 food coupon or **FREE** Festival Buffet **and** Bonus Slot Play.



Depart MSC at 9am return at approximately 4pm

Fri., March 27th

Bus Fee \$7



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. **Taxes are prepared by appointment only** Taxpayers **must** bring copies of their 2013 tax return.

Wednesdays, Feb. 4th - April 15th 10:00am to 2:30

Please call (203) 245-5627 for an appointment.

Basic Drawing

Develop your drawing skills and learn the value of gesture, contour, shading, and composition. This is for beginner and intermediate students. Learn to draw with a variety of mediums (*pencil, charcoal, and ink*) using the human body and still life. Bring a drawing pad and pencil the first day and we will discuss a supply list. Instructor: Jacqueline Peterson



Wednesdays, March 11th - April 15th 10:30
no class March 25th

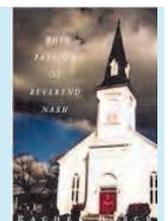
5 weeks
R\$36 | NR\$46

Local Author: Rachel Basch, "The Passion of Reverend Nash"

The story of Rev. Jordanna Nash, Connecticut Congregational minister tested beyond her limits. Jordanna came to the Connecticut town where her sister and four nephews live, in an attempt to escape the loss of her own two babies, as well as to distance herself from her faltering marriage. Basch has a cool, witty voice that holds steady even when the scenes she describes convulse with grief. *Please call (203- 245-5627) to register.*

Mon., Mar. 30th at 1:00

FREE





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

- Vice-Chairs..... Dr. Gerard Kerins
- Wendy Oberg
- Members..... James Ball
- Craig Bernard
- Mitchell Cohan
- Patricia Melady
- Sheri Puricelli
- Marcy Sanders
- Susan Woodall

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

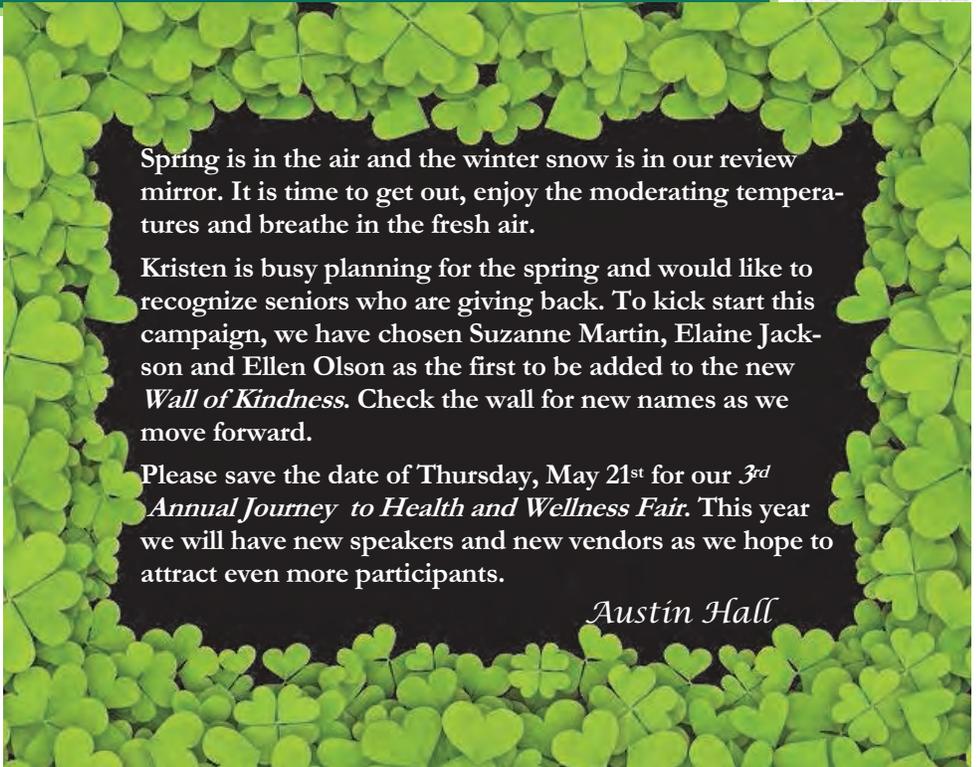
The next meeting will be

March 12th, 2014 at 5:30pm

LIAISON TO BOARD OF SELECTMEN.....Diane Stadterman

SENIOR CENTER STAFF

- Sr. Services Manager Austin Hall
- Asst. Manager Heather Castrilli
- Program Coord Kristen Caramanica
- Secretary: Ellie Gillespie
- Bus Driver: Michael Rand
- Bus Driver: Helen Sneider
- Bus Driver: Dennis Marron
- Bus Driver: Tina Macero
- Café Manager..... Jodie Shevlin



Spring is in the air and the winter snow is in our review mirror. It is time to get out, enjoy the moderating temperatures and breathe in the fresh air.

Kristen is busy planning for the spring and would like to recognize seniors who are giving back. To kick start this campaign, we have chosen Suzanne Martin, Elaine Jackson and Ellen Olson as the first to be added to the new *Wall of Kindness*. Check the wall for new names as we move forward.

Please save the date of Thursday, May 21st for our 3rd *Annual Journey to Health and Wellness Fair*. This year we will have new speakers and new vendors as we hope to attract even more participants.

Austin Hall

ITALIAN FOR FUN



Enjoy the journey learning Italian phrases and expressions, including the weather, travel, shopping and food! This four week-course is interactive with hand-outs of the program. **Instructor: Elaine Jackson**



Monday's March 16th
April 6th
10:30-11:30
R\$29 | NR\$39

"Quilts of Joy"

with Ellen Olson

If you are someone who can sew, cut or iron or wants to learn how to quilt and contribute your time, join us for "Quilts of Joy." Volunteer your time to help create beautiful quilts that are being donated to New Horizons Women's Shelter in Middletown. Please bring scissors, pin cushions (*rotary cutter and board if you have one*) and an excitement for quilting! Please call to register. Instructor: Ellen Olson FREE

Meets Tuesdays from 1:15-3:30

"SAFETY CHECK LIST"

Are you concerned for your safety in the event of a Hurricane or other weather event, or do you have someone you would worry about in the aftermath of an emergency weather event? The "safety check list" will be utilized in the case of an emergency. In the days following an emergency weather event, a representative from Madison Senior Services will contact those on the list. To add your name to the list, call (203) 245-5627.

Always plan and be prepared for at least 3 days following a weather emergency.



BILLIARDS

Next tournament will start February 23rd and go through March

Please give us a call if you are interested!





CONNECTICUT ENERGY ASSISTANCE PROGRAM

Energy Assistance helps to offset heating expenses during the winter. All fuel sources welcome to apply. An applicant must meet income & asset guidelines. Income and assets are counted for all members living in the household who are benefitting from the heat. 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.

MARCH 15th LAST DAY FOR FUEL DELIVERIES

Monthly Income Guidelines: Single: \$2709 Couple: \$3543

REMINDER: SENIOR & DISABLED TAX RELIEF PROGRAM

Monday, February 2nd through Friday, May 15th, 2015

The Town of Madison and State of CT offer tax relief for elderly and/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 the program. Please stop into the Senior Center for a complete list of guidelines. **2014 income taxes must be filed prior to appointment. Maximum Annual Income: \$63,660.**

TAX DEFERRAL PROGRAM

Monday, February 2nd through Friday, May 15th, 2015

Eligible participants can defer payment of the real estate taxes for as long as they meet the qualifications of the program. Deferral of taxes cannot exceed \$8,000 in any one tax year. Tax deferrals will be secured by a lien in the full amount and an interest rate is charged. The current interest rate is 1%. An applicant must first apply for the Tax Relief Program to be eligible for a deferral. **Maximum Annual Income: \$63,660.**

MEDICARE SAVINGS PROGRAM *Updated Program limits*

Helps to pay the monthly Medicare Part B premiums for qualifying participants. Depending on income level this program may also lower co-pays for prescriptions to between \$2.60 \$6.50 and may cover doctor's co-pays, if your doctor accepts State Medical Insurance. There is no asset test of filing deadline for this program.

NEW GUIDELINES EFFECTIVE MARCH 1st 2015 Monthly Max. Income: Single: \$2,413.26 & Couple: \$3,266.88

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: state energy assistance, 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.



FOOD PANTRY

The food pantry is operated by Madison Community Services and available for those residents who need the assistance. The Pantry is located at Orchard Park off Mungertown Rd. and is open on Wednesdays from 11:00 AM – 3:00 PM. **Transportation is available through the Senior Center. Regular Bus Pick up for Concord Meadows will be around 12:30pm.**

Food Pantry Homebound Delivery - If you are unable to leave your home but would like to use the pantry arrangements can be made to have a delivery to your house. Volunteers deliver food from the pantry on Wednesday mornings. A qualifying person will be unable to physically go to the food pantry. Please contact Heather to register for this program.

SNAP PROGRAM (Formerly Food Stamps)

Helps offset food expenses. Money is given to eligible participants monthly, on an EBT debit card to use at local grocery stores. **Monthly Max. Income: Single: \$1,800, Couple: \$2,425.**



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. Discuss different options such as: Curative, Palliative or Hospice Care. Discover ways to be mindful in healing from grief. Group meets the 3rd Tuesday of the month.

Tuesday, March 17th 11 am-12pm FREE



Legacy Writing: *Sharing Life Lessons*

Instructor: **Bob McCandlish**

Revisit life experiences, and capture them in creative writing. Each session begins with a reading to break from our busy lives and prepare for remembering and writing.

**Wk 1: Traveling & Journeys Wk 2: First Love & Fun Wk 3: Growing Up
Wk 4: Jobs & Life Callings Wk 5: Family Bonds & gatherings Wk 6: My 3
Wishes Monday's, April 13th-May 18th 1:00 (6 weeks) Fee: \$26 R | \$36NR**

Easy Group Meditation

Instructor: **Bob McCandlish**

Cultivate greater self-awareness, acceptance and a quiet, stable mind. Develop tools to create a more mindful state. Learn to be comfortable with silence. With practice, deeper levels of awareness reveal themselves, time slows and we are more able to manage life from a stable "middle point" rather than quickly react. Sessions begin with a reading from literature, poetry, current event this helps to set the intentions for the practice. Meditations run from 5 to 40 minutes.

Meditation Themes: Week 1: Resistance Week 2: Outside Expectations Week 3: Patience is a Virtue Week 4: Silence & Stillness Week 5: The Power of Allowing Week 6: Self Acceptance & Love Week 7: Following Your Bliss Week 8: The Shift from 'I think' to 'I know' Week 9: Openness & New Journeys

Thurs., April 2nd-May 28th 9 -10am (9 classes) \$45R | \$55 NR

VOLUNTEERS NEEDED

to read to elementary school children at The Country School in Madison on April 27th.

Call Kristen for more details.
203-245-5695



ART 101

This popular class provides instruction in drawing, pastel, watercolor, acrylic and oil. Get your creative juices flowing!



Tuesdays Starting March 3rd

1:30-3:30pm

Fee \$5

Instr: Muriel Waldvogel

Crochet with Mrs. Wimble



Learn how to make beautiful crocheted bags from your recycled plastic shopping bags. Please bring 2-3 colored bags, scissors and large crochet hook size (7-10). **Wednesdays 1-2:30pm**

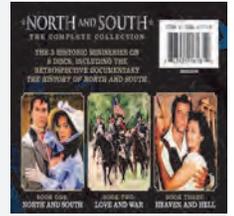
MADISON SENIOR CENTER ART GALLERY

Join the Madison Senior Center as we welcome our latest exhibit by the Coastal Camera Club. Enjoy prints by local photographers showcasing a variety of topics. The show will run from March 2nd thru April 13th and is open Monday thru Friday from 8:30am-4pm (*Center is open some evenings, please call 245-5627, for a schedule*).

The Art Gallery is a rotating gallery with a new local artist every 6 weeks. Future exhibits include Vista Students and Gayle Spence and Cindy Longhini. If you are an artist with interest in exhibiting, please contact the Senior Center.

NORTH and SOUTH TV Series

This Emmy Award-winning adaptation of John Jakes' best-selling trilogy tells the story of the turbulent events and emotions that ignited the Civil War. In the tradition of *Gone with the Wind*, this glorious epic depicts the lives of two families, the Hazards and the Mains, who are geographically and ideologically separated by the war. **FREE**



Mondays & Tuesdays

Jan. 5th-EXTENDED to March 17th at 12:45pm



JOHN ADAMS HBO Mini Series

While our new nation was suffering attacks from both within and without, John Adams had a vision of a nation of "liberty and justice for all." He guided his peers, General George Washington, Benjamin Franklin, and Thomas Jefferson, in setting the values and agenda for a glorious, free America. Adams and his wife Abigail refined these ambitious democratic ideals, and their partnership became one of the most moving love stories in American History. There are 3 discs/7parts.

Mondays & Tuesdays

Mar. 23rd - April 7th at 12:45pm

Intergenerational Book Club

Share your love of books and exchange ideas in the intergenerational book club for seniors and 4th grade students from Country School. Participants will read the same book and gather either at the Senior Center or at the Country School to discuss the book. Discussion led by the student's teacher, Heather Butler. Please call to register

**Informational meeting on Wednesday, March 4th at 10:15am.
Every other week starting Wednesday, March 25th 10:15am**

**LEGAL ASSISTANCE**Thurs., March 19th 9-10am

Attorneys from Cronan and Shields offer private 15 min. counseling services
Call the MSC for an appointment.

**HANDICAPPED PARKING PERMIT**

Available in the Senior Center office.

**NOTARY SERVICES**

By appointment only.

MEDICARE COUNSELLING

By appointment only.

BRIDGE

If interested in learning how to play bridge please contact
 Kristen at (203)245-5695
 New class starting soon!

HEARING CLINICS

Nancy will be at the Madison Senior Center on the 3rd Monday every month, for free hearing testing, hearing aid checks, wax inspection, and listening demonstrations. **By Appointment Only Monday, March 16th**

Sculpture**Explore the Creativity With-in**

Learn sculpture techniques and have fun creating your own pieces. Learn carving, modeling, how forms develop in 3-D, how to produce light and shade and how to make reliefs. Instructor Robert Trupin has been sculpting for over 20 years and studied under world famous sculptor Stanley Bleifeld and master teacher Peter Rubino. All student levels are welcomed, individual instruction provided. **All supplies are included in fee. (5 Classes) Thurs. Feb. 19th-March 19th 1:30-3:30pm Fee: R\$90 | NR\$100**

THINKING OF VOLUNTEERING?

Do you have a favorite activity/craft you would like to teach others? Maybe you would like to be a greeter & direct and assist customers, assist with computer check in process, answer phones, assist with newsletter, Meals on Wheels volunteer drivers.

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. Call for a schedule.

Book ClubThursday, March 26th

Meets at 1 pm to discuss

"A Tree Grows in Brooklyn"

Author: Betty Smith

Discussion led by Barbara MacDonald

MOVIE MATINEE @ MSC**Presented by SSILL***All movies begin at 1:00*

- March 6th "The Petrified Forest"
- March 13th "Young Man with a Horn"
- March 20th "Harper"
- March 27th "The Caine Mutiny"

**Lunch Bunch & Shopping***please note: lunch is on your own*Mon., March 2nd*Killingworth Inn and Café*

Depart at 11:30am \$2 bus fee

Mon., March 9th*Dairy Queen & K-mart in Cromwell*

Depart at 10 am \$2 bus fee

Mon., March 30th*Ashley's Ice Cream*

Depart 12:45pm \$2 bus fee

MEALS-ON-WHEELS

by The Estuary Council of Seniors

(860) 388-1611 Ext. 207

Meals delivered around noon to the homebound or recently recovering. **Need 5 days notice & doctor referral.**

**SENIOR CAFÉ**

Monday through

Friday at 11:45

Serving people ages 60 and up or disabled folks; there is a suggested donation of \$3.00. **To order: call Jodie, (203) 245-5686 by Noon the day before.**

**Bingo!**

Dessert Bingo with Watrous
 Friday, March 6th 1-2:30pm

St. Margaret's Bingo
 Wednesday, March 11th

MEET. MINGLE & MUNCH SOCIAL GROUP

Formally "The Singles Group"
 Do you like to do things, but not alone? At the social club you can join others for activities and fun events. Looking for new members, both men and women, and **new ideas**. Social hour is at **5:00pm** at a local restaurant.

*March 12th Madison Beach Hotel***TECH SUPPORT**

Have an iPad or a smart phone and don't know how to use it? 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.

Mon., March 23rd 4-5pm Free

Please register with Katie Fargo at the Scranton Memorial Library (203) 245-7365 to receive updates regarding cancellations and changes. This also assists the library to schedule an appropriate number of volunteers.



Exercise With Patty Velleca
CHAIR EXERCISES

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



Mondays - 10:30 to 11:30am

March 16th-April 6th

R\$17 | NR \$27 4 classes

Fridays - 10:30 to 11:30am

March 13th-April 10th No class 4/3

R\$17 | NR\$27 4 classes

SENIORS IN MOTION

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

Wednesdays - 10:30 to 11:30am

March 18th-April 8th

R\$13 | NR\$23 4 classes

EXERCISE & RELAX YOGA

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

Tuesdays 9:30-10:30am

March 17th-April 7th

R\$33 | NR\$43 4classes

Thursdays 3:00-4:00pm

March 19th-April 9th

R\$33 | NR\$43 4classes

FITNESS & MOVEMENT

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

Wednesdays - 9 to 10am

March 18th-April 8th

R\$17 | NR\$27 4 classes

Fridays - 9 to 10am

March 13th-April 10th no class 4/3

R\$17 | NR\$27 4 classes

Winter Walk Workout

Get out of the cold and walk indoors with Pat. Move your legs, arms and feet to music.

Mondays -9:15-10am

March 16th-April 6th

R\$17 | NR \$27 4 Classes

Save the Date

Madison Senior Center

Journey to Health & Wellness Fair
Raffle prizes, Vendors, great informational seminars, snacks, and more!

Thursday, May 21st 10-3 pm

TAICHI



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

Instructor: S. Hanley

Mondays, 9-10am (5 weeks)

March 30th-April 27th **R\$30 | NR\$40**



No Excuses Tap Dance 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! Dancers get together to practice weekly without an instructor

Instructor Annette Smith will be here on March 5th, the fee is \$12

Tap shoes & registration required.

Thursdays from 10-11am FREE

Walkie Talkies



Get moving by becoming a member of the MSC walking club. If you are tired of walking alone and want to meet other walkers.

Mon. & Tues. at the MSC 10 am.

Weather permitting (*no snow, ice, or rain*)

Wednesdays at 10

Walking the Madison section of the *Shoreline Greenway Trail*. Starts at Hammonasset State Park. A new parking area is now available just east of the main entrance, on Rte 1.

STRONGER SENIORS

Presented by VNA Community Healthcare. Increase muscle strength, improve flexibility, gait and balance to help avoid falls. Exercises can be performed in a chair or standing. Register at the Senior Center, checks made payable to VNA Community Health Care.

Tuesdays & Thursdays, 1-2 pm

Mar. 17th – June 4th

(No class 5/12, 21)

Fee: \$15

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, 2015.**

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

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

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



nurses Clinic

The VNA holds a Nurses Clinic on the 2nd and 4th Tuesday monthly. Check your blood pressure, pulse and weight; assess your health and work to set goals. The Nurse can also review your medications and help you to create a medication list, and discuss how to prepare for an appointment with your doctor.

Tues. March 10th & 24th 12:30pm



Ballroom Line Dancing

Reminisce with songs and dances you love, enjoy the memories they evoke while having fun and getting fit. Your instructor, Karen Pfrommer, certified through the Imperial Society of Teachers of Dance, began teaching in the 80's, and in 1991 opened her own dance studio “Dance in Rhythm,” in Branford. She currently teaches two ballroom classes at Quinnipiac University, as well as, coaches the Yale Ballroom Newcomer team and club and is the instructor for Sacred Heart University Ballroom Ensemble. No class 2/16

Mon., Mar. 30th-May4th 6 weeks

Fee: \$37R | \$47NR



For all trips please park across the street from the Senior Center at the softball fields.

Mohegan Sun Friday

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

Friday, March 13th

\$7

Mohegan Sun Arena

2015 AAC Women's Basketball Tournament Semi-Final Games

Sunday, March 8th

Enjoy two American Athletic Conference (AAC) Tournament semi-final games, played between the winners of the tournament's quarter-final games held the previous day. Come out and enjoy your favorite female basketball players! Price includes transportation, tickets to the AAC Semi-Final Games, Food Voucher, Casino bonus, and drivers gratuity. There may be multiple stops.

Departure time to be determined.

\$69R | \$79NR

Gavin's Resort

St. Patrick's Day Celebration "A Bit of Ireland in the Catskills"

Thursday, March 12th

Depart MSC with a coffee stop, on your own, en route to the Catskill region of New York. An Irish Luncheon is included at Gavin's Golden Hill Resort. Listen to one of the finest in U.S Irish/American entertainment featuring, sing-alongs with some of your favorite Irish tunes and Irish Step Dancers. Visit the village of East Durham enjoy Irish gift shops and a country store. Meal Selection: corned beef and cabbage, baked salmon or chicken francaise, and a complimentary glass of wine or beer, soda bread, homemade beef barley soup and apple pie a la mode for dessert. driver's gratuity is included. There may be multiple stops.

Departure time TBD

\$90R | \$95NR

Mohegan Sun

Neil Sedaka

Tuesday, April 21st

Singer, songwriter Neil Sedaka will perform many of his recorded hits. Sing along as Neil shares the familiar songs you know so well, "Ob Carol," "Calendar Girl," and "Breaking Up is Hard to Do." Reserved 3:00 show time with seats in the lower level of the Mohegan Sun Arena. Time at the casino before the show to enjoy a gaming package and a meal voucher. Please arrange your own transportation home from the senior center. **Depart MSC at 11:30am.**

Fee: \$80R | \$90NR

The Newport Playhouse

"When The Cats Away"

Thursday, April 23rd

A luncheon buffet of salads, vegetables, homemade meatballs, chicken, ham, baked scrod, cakes, pies, fruit and much more! After lunch, view "When the Cat's Away," a comedy, in which, Mildred and Ethel go off on a trip to Paris and leave their husbands behind. Egged on by Ethel's philandering husband, Humphrey, Mildred's husband George agrees to invite two charming women over. Guess what happens next-the wives come home prematurely! After the show, enjoy a Cabaret by Company members. Price includes transportation, lunch, show and driver's gratuity. There maybe multiple stops. TTBD

Fee: \$100R | \$105NR

Shades of Ireland

Thursday, April 16th-to Saturday, April 25th, 2015

Travel to the Emerald Isle and find yourself surrounded by its "forty shades of green." Soak in the landscapes of rolling hills and feel the warmth of an Irish welcome. Itinerary at a glance: **Day 1:** Over night flight, **Day 2:** begin your tour in Dublin, this evening enjoy some traditional entertainment during a fun filled Irish evening. **Day 3:** Tour Dublin— visit St. Patrick's Cathedral, O'Connell Street, Grafton Street, Phoenix Park, and see the city's trademark Georgian town homes. **Day 4:** Travel to Kilkenny to explore the medieval atmosphere, situated on the banks of the River Nore. Visit the House of Waterford Crystal. **Day 5:** journey to historic Blarney Castle and kiss the famous Blarney Stone to receive the gift of eloquence. **Day 6:** Travel along one of the most beautiful coastal routes in the world, the Rind of Kerry. Shop for traditional Irish goods, enjoy pristine ocean scenery, view the Lakes of Killarney. **Day 7:** Experience the customs and daily life of a traditional Irish family during a memorable visit to the Molanna Dairy Farm. Continue to Limerick to see a panoramic city tour showcasing King John's Castle and the Treaty Stone. **Day 8:** Journey to the stunning 700ft. High Cliffs of Moher for awe-inspiring views of the might Atlantic and Aran Islands. Travel through the vast limestone landscape of the Burren, known for its stark beauty and Neolithic tombsand enjoy a city tour of Galway. **Day 9:** Journey to Irish Whiskey territory. The ancient towns of Tullamore and Kilbeggan, taste the final product during a visit to one of the historic distilleries. Overnight stay on the regal grounds of Cabra Castle, where you will toast the end of this great trip during your farewell dinner. **Day 10:** the tour ends in Kingscourt— travel home. This ten day trip includes: 13 meals: 8 breakfasts, 5 dinners, ground transportation to and from New York Airport Round Trip Air from New York, Air Taxes, and fees/surcharges, hotel transfers. **Fee does not include Cancellation Waiver or Insurance of \$260 pp.**

Fees as of October 17th, 2014: Double \$3,349, Single \$3749 and Triple \$3,319.

"Married to Broadway" at the Aqua Turf Presented by Friendship Tours

Tuesday, May 26th

Ron Sharpe and Barbra Russell first met playing the young romantic leads of Marius and Cosette in "Les Miserables." After being married on stage hundreds of times, they decided to do it for real. Ron and Barbra, and their friends share their love affair with the music of The Great White way. They perform the big show stopping numbers including audiences favorites "Phantom of the Opera," "Cats," "Evita," "West Side Story," and many more. Delicious lunch at the Aqua Turf includes a family style menu of Garden Salad, Pasta, Chicken ala Kathryn, Broiled Scrod with Tomato and Spinach Topping, Vegetables, Potatoes, Rolls, Dessert and Beverage. **Depart Madison Senior Center at 10:00am**

Fee: \$80R | \$90NR

**Newport Flower Show****Newport, RI****Friday June 19th**

The Grand Ballroom of Rosecliff Mansion is the perfect place for bowers of flowers. Colorful displays of specialty plants beckon you closer, out on the terrace. Stroll onto the sweeping lawn and enjoy music, dance, food and interesting vendors from everywhere! The harbor view is spectacular. Free time for shopping and lunch in Newport, on your own. Price includes deluxe motor-coach, sightseeing and **attractions as per flyer and** drivers gratuity. **Depart MSC at 9:00am** Estimated return: 5:30pm

Fee: \$66R | \$76NR**Celebrate Italia****Aqua Turf****Tuesday, July 21st**

Offers a wide variety of American and Italian favorites so that everyone will have a chance to enjoy the celebration. The band, "The Italian Connection," has performed in many prestigious venues such as The Ritz Carlton Hotel, The Four Seasons Hotel, and The World Trade Center. Enjoy Coffee and Donuts, Door Prizes and a Complimentary Beverage. Lunch includes Salad, Pasta with Sausage and Meatballs, Chicken Cacciatore, Vegetables and Dessert. **Depart MSC at 10:00**

Fee: \$48**Bobby Rydell at the Aqua Turf, Presented by Friendship Tours****Wednesday, August 12th, 2015**

Starring in the hit film "Bye Bye Birdie," and performing on countless TV shows. Bobby has earned a reputation as a classic performer. Not only is he a superb singer, he is an outstanding drummer, dancer and actor. A polished performer at a young age, he was the youngest ever to headline the Copacabana. Bobby performs "Wild One," "Volare," "We Got Love," "Kissin' Time," and "Forget Him." Lunch at the Aqua Turf includes a Garden Salad, Pasta, Chicken Francaise and Baked Salmon with Dill Sauce, Vegetable, Potato, Rolls, Dessert, and Beverage. **Departure Madison Senior Center at 10:00 am**

Fee: \$88R | \$98NR**Historic Philadelphia Overnight****Phenomenal Price!!****August 18-19**

Enjoy a fun-filled 2 days in Philadelphia. Explore Longwood Gardens, at the renowned DuPont Estate. Overnight accommodations at the Holiday Inn Express in midtown Philadelphia. A welcome dinner marks our arrival. Day two ride the Ducks Tour on Philadelphia's only land and water tour! Enjoy Reading Terminal Marketplace for shopping and lunch on your own. Price includes motor coach, hotel, 1 dinner, 1 breakfast, sightseeing and admission as per itinerary, driver and tour guides gratuity.

Departure Time 7:30am**\$302 pp Twin/Triple, \$382 pp Single****\$100 deposit due by May 26th with final deposit due by July 7th****Pacific Northwest and California****September 14th-21st, 2015**

This trip features Washington, Oregon and California. Highlights include Seattle, Mt. St. Helens Visitor Center, Portland, Columbia River Gorge, Portland Spirit Cruise, Newport, Bandon State Natural Area, Redwood National Park, Eureka, Avenue of the Giants and San Francisco. **Day 1:** Overnight stay in one of America's picturesque cities, Seattle and welcome dinner **Day 2:** Embark on a sightseeing tour of the "Emerald City," including the colorful restored waterfront area, historic Pioneers Square, and lively Pike Place Market. Departing Seattle, travel south through Olympia and stop at Mount St. Helens Visitor Center. Learn about the 1980 eruption of Mount St. Helens and the history and geology of the state park. Continue to Portland for a two-night stay in "The Best Big City." and stay at the Hotel Eastland. **Day 3:** Drive along the Mt. Hood route to the Columbia River Gorge for a day of sightseeing. Discover the awe inspiring landscapes on a tour of the gorge and the Bonneville Dam, learn about its fascinating hydropower and history. At night, relax on Portland's premier dining and sightseeing cruise, glide along the Willamette River and Lake Oswego for an unforgettable evening. Enjoy a vibrant setting enhanced by dazzling city lights, festive cuisine and live performances. **Day 4:** Journey through what was the promised land for many pioneers during the days of the Oregon Trail. The Willamette Valley contains some of the most fertile agricultural soils of Oregon and nurtures vegetables, flowers, herbs, nuts, and vineyards. Head to the coastal town of Newport for a stop along some of the countries beautiful coastline and the Oregon Dunes National Recreation Area. **Day 5:** Drive to Bandon State Natural Area and be amazed by the scenery along the striking Beach Loop with sights such as Bandon Rocks and Face Rock, known to many from the American Indian Legend. Stop in the picturesque town of Gold Beach. Enter redwood country of California. Travel through Redwood National Park, get close-up to some of the world's largest trees. Arriving in Eureka, enjoy a delightful tour through this historic timber and fishing village and witness the Victorian architecture of Old Town. **Day 6:** Continue through the Redwood Forest and see the "Avenue of the Giants", drive over the Golden Gate Bridge and arrive in the "City by the Bay," San Francisco. Tonight offers exceptional views of San Francisco and the Bay Bridge. **Day 7:** After breakfast discover this amazing city with a sightseeing tour. You will see the Twin Peaks, the Golden Gate Bridge and China Town. Enjoy the rest of your day at leisure to explore on your own. **Day 8:** Your Tour ends, head home. Included in the price: Group transportation from a central location to and from Bradley International Airport, round trip airfare, air taxes and fees/surcharges, hotel transfers, 8 Days & 7 Nights, 10 meals: 6 Breakfasts, 4 dinners. Book by March 13, 2015 and Save \$100 per person. **Not included in price is cancellation waiver insurance, cost of \$205 a person.**

Double: \$2,699, Single: \$3,349, Triple: \$2,669 Reg rates are Double: \$2,799, Single: \$3,449, Triple: \$2,769.



11 Menu



March



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baked Chicken w/ BBQ Sauce, Mashed Swt. Potato, Fiesta Blend, Wheat Dinner Roll, Seasonal Fresh Fruit, Milk	3 Chicken Orzo, Sausage and Pepper Grinder, Roast Potato, Peaches, Milk	4 Mardi Gras Menu Cajun Pork, Louisiana Rice, Spinach, Biscuit, Sweet Potato Pie, Milk	5 Grape Juice, Swedish Meatballs, Egg Noodles, Steamed Green Beans Whole Wheat Bread, Fruited Jello, Milk	6 Crab Cake w/ Tartar Sauce, Mashed Potato, Broccoli, Rye Bread, Scalloped Apples, Milk
9 Cranberry Juice, Hamburger on WW Bun, Sweet Potato Fries, Baked Beans, Butterscotch Pudding, Milk	10 Chicken Primavera, w/ Egg Noodles, Zucchini, Wht. Dinner Roll, Fresh Fruit, Milk	11 Apple Juice, Light Crunch Fish w/ Lemon, Southwest Rice, California Blend, Multigrain Bread, Brownie, Milk	12 Meatloaf w/ Gravy, Smashed Potato, Roasted Veggies, Rye Bread, Mandarin Oranges, Milk	13 Tomato Soup, Grilled Cheese on Whole Wheat Bread, Tossed Salad w/ Italian Dressing, Fruit Cocktail, Milk
16 Beef Barley Soup, Grilled Caesar Salad, Wheat Breadstick, Fresh Fruit, Milk	17 St Paddy's Day Party Potato Bar w/ Broccoli, Cheese, Bacon Bits, Sour Cream, Salad, Dessert, Coffee & Tea <i>Sign Up with Ellie \$5</i>	18 Cranapple Juice, Pot Roast, Mashed Potato, Bean Blend, Wheat Bread, Carrot Cake, Milk	19 Baked Chicken Breast, Pumpkin & Spinach Risotto, Whole Wht Dinner Roll, Tropical Fruit Cup, Milk	20 Cheese Omelet, Spinach, Roast Potato, 12 Grain Bread, Pineapple, Milk
23 Grape Juice, Stuffed Chicken Breast w/ Lemon Cream Sauce, Rice Pilaf, Spinach, Chocolate Cake with White Icing, Milk	24 Seafood Salad w/ Lettuce and Cucumber, Marinated Beets w/ Onion, Wheat Bread, Fresh Fruit, Milk	25 Baked Ham, Scalloped Potato, Green & Wax Beans, 12 Grain Bread, Applesauce, Mandarin Oranges, Milk	26 Chicken Gumbo, Turkey w/ Gravy, mashed Sweet Potato, Broccoli, Cranberry Sauce, Wht. Dinner Roll, Fresh Fruit, Milk	27 Cheese Ravioli, with Tomato Sauce, Parmesan Cheese, Collard Greens, Carrots, Garlic Bread, Vanilla Pudding with Strawberries, Milk
30 Salisbury Steak, with Mushroom Gravy, Bowtie Noodles, Peas & Pearl Onions, Rye Bread, Fruit Cocktail., Milk	31 Happy Birthday Apple Juice, Hot Open Turkey Sandwich on Wheat Bread w/ Gravy, Steak Fries, Steamed Green Beans, Marbled Birthday Cake, 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>		



Find businesses that support your community at SeekAndFind.com

PROTECTING SENIORS NATIONWIDE



\$19.95*/Mo. + 1 FREE MONTH

- > No Long-Term Contracts
- > Price Guarantee
- > American Made



TOLL FREE: 1-877-801-5055

**First Three Months*



LET US PLACE YOUR AD HERE.



Silver Fox Financial
Specializing in Senior Needs

Life and Health, Disability, Plan D Medicare,
Long Term Care and Final Expense Insurance

Susan Finch Wenderoth

Tel: 203-245-7595

SilverFoxFinance@aol.com

**Proudly Serving the
Madison Community**

Swan Funeral Home is dedicated to serving the Madison community. We pride ourselves in providing compassionate care to local families during their most difficult times, when they need us most. Our unmatched selection of services make us the right choice today - and into the future.

Compassion. Dignity. National Transferability. Bereavement Travel. Personal Planning Services. Grief Support. Veterans Benefits.



SWAN FUNERAL HOME

825 Boston Post Road | Madison, CT 06443 | 203-245-2488
www.SwanFuneralHomeMadison.com

THIS SPACE AVAILABLE



**For Information On Advertising,
Please Call Mark Carofano
at 1-800-888-4574 ext 3445 or
Email: mcarofano@4LPi.com**



Liturgical Publications Inc
Connecting Your Community™

*Golden Horizons
Elder Care Svcs.*



**Personal Care
Companions
Homemakers
860-388-1788**

**THIS SPACE IS
AVAILABLE**

SeekAndFind.com

is **NEW** and **IMPROVED**

Now it's even easier to shop these advertisers.
Show them your support!



Connecticut Cremation Service

DIRECT CREMATION:
\$1,245.00 Complete

GRAVESIDE BURIAL SERVICE
\$3,370.00 + Cemetery Charges

Visa/Mastercard & Title 19 accepted
For Info Call 1-800-977-2309

SERVICE

System Service 24/7
Price Protection Plans
Burner Installation
Air Conditioning
Tank Installation
Tank Removal
Conversions



CALL 860-399-8244

PENNYWISE
PREMIUM HOME HEATING OIL & SERVICE



Does your loved one need extra care when you can't be there?

Strong House Adult Day Center
can help with weekday respite!
Nurturing & Home-like, ideal for those with memory impairment

203.245.0524

546 Durham Road, Madison
An affiliate of VNA Community Healthcare

THIS SPACE AVAILABLE



For Information On Advertising,
Please Call Mark Carofano
at 1-800-888-4574 ext 3445 or
Email: mcarofano@4LPi.com



Liturgical Publications Inc.
Connecting Your Community™

County Hearing and Balance

Jeffery W. Worgul, Au.D., Doctor of Audiology
203-245-1950
82 Bradley Road, Madison, CT 06443

THIS SPACE IS
AVAILABLE

Stressed with taxes?

SENIOR TAX SPECIAL*
\$49.95
\$250 value!
New Customers Only.

www.ctsoundtax.com
741 Boston Post Rd, Ste 308
Guilford, CT 06437

By Appointment Only!
Call NOW to reserve your spot!

(203) 200-TAXES
(203) 200-0829

*Senior Special is for seniors 55+. Includes federal & one state return e-filed.



Call Now

to book your appointment to ensure that you receive the senior discount. Appointments fill quickly and space is limited. April 4th, 2015 is the deadline for discount price.



A speedy return to what you love...
your health,
your loved ones,
your life!

At Madison House our short term rehab will get you back on your feet quickly.

- Award-Winning Support Services
- Inpatient & Outpatient Therapy
- Physical, Occupational & Speech Therapies
- Post Surgical Orthopedic and Cardiac Care
- IV Therapy

MADISONHOUSE
CARE & REHABILITATION CENTER
Caring is the Key in Life

Madison House
34 Wildwood Avenue • Madison, CT 06443
(203) 245-8008

Make Your Ad
POP
With Full Color

To advertise here contact LPi today!
1-800-888-4574

HELP PROTECT YOUR FAMILY
CALL NOW! 1-888-862-6429



HOME SECURITY TEAM



Is a Reverse Mortgage right for you?
Ask Sylvia!

(203) 458-5414 or SPatterson@GSByourbank.com

Sylvia Patterson NMLS# 528441 GSB NMLS# 535595

GSB
Founded 1875
Guilford Savings Bank
Your Community. Your Values. Your Bank.
Equal Housing Lender Member FDIC



Madison Senior Center
 29 Bradley Road
 Madison, CT 06443

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

3/2015



When inclement weather arises, the Madison Senior Center will post **closing information on both Channel 3 and Channel 4** as well as an email notice.

If you would like further information regarding the status of individual programs, transportation or the Center, please call 203-245-5627.

COMPUTER CLASSES

Computer Basics For Beginners

For the person who is new or relatively new to computers. Start with the basics - terminology, components etc. what can be done with a computer; composing a letter, e-mail, and an introduction to the Internet. If you have your own laptop, please feel free to bring it with you. **Wed. March 25th-April 22nd 10 to 11:00am** **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. **Wed., March 25th-April 22nd 12-1:00pm** **Fee: R \$42 | NR \$52 (5 classes)**

E-Bay: and "New" Craig's List

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. 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. Classes are 2 hours. If you have your own laptop, please bring it with you. **Thurs., March 12th-March 26th 10-12pm** **Fee: R \$42 | NR \$52 (3 classes)**

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

Open Lab: computers are available for your personal use when classes are not in session from 9am-4pm free

Ongoing Activities at the Senior Center

Bridge	Thurs & Fri.	1- 4 pm	Knitting Group	Tues. & Thurs.	10am-12pm	Hand & Foot	Fridays	1- 4 pm
Canasta	Tuesdays	1- 4 pm	Mah Jongg	Thursdays	1- 4 pm	Set Back	Wednesdays	12:45pm
Crocheting Bags	Wednesdays	1-3 pm	Walking Club	Mon & Tues.	10:00am			