



The Depot Express

MADISON SENIOR SERVICES NEWSLETTER



DEPOT MEETING CENTER
9 OLD ROUTE 79
MADISON, CT 06443

May 2010

OLDER AMERICAN'S MONTH !

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

OFFICE: 245-5627

FAX: 318-0670 MUNICIPAL AGENT: 245-5687

CAFE SITE: 245-5686

SENIOR COMMISSION CHAIR

Patricia Melady
VICE-CHAIR

Maureen Lopes

MEMBERS:

Elizabeth Booth

Robert Hale

Gerard Kerins

Leslie Marcarelli-Naizby

Barry Miller

Wendy Oberg

Marcy Sanders

Liaison to the Board of Selectmen:

Noreen Kokoruda

STAFF

David Melillo

Katherine DeBurra

Gina Millan

Heather Castrilli

Carrie Gazda

BUS DRIVERS

Pat Cocchiaro

Patricia Connelly

Michael Rand

Helen Sneider

Carolyn Tenedine

EXERCISE INSTRUCTOR

Patricia Velleca

CAFÉ MANAGER

Joan Waldron

Senior Recreation Advisory Group...

To attain input from YOU!

We need your ideas for 2010!

Meets 4 times a year! Next Meeting:

May 12, 2010. (2nd Wed. of the month
in May due to Sedona trip!)

Be the first to share your ideas!

Call to volunteer!

TOWN WEB PAGE

www.madisonct.org

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



Madison Senior Services Commission

Meetings are held on the third Thursday of the month. Next meeting:
May 20, 2010 @ 5:30 PM in the Upper Level of the Depot.

March Into May!

National Health & Fitness Day-Celebrate w/us @ Evergreen Woods!

Wednesday, May 26, 2010

Celebrate the 17th annual National Senior Health & Fitness Day with 100,000 adults across
the United States! Our Madison event celebrates with the towns of Branford,

East Haven, Guilford & North Branford at the beautiful location; Evergreen Woods!

Watch the daily calendar to visit each center for a lecture on an important health topic!

The North Branford Senior Center will host a **MASSAGE THERAPY WORKSHOP**;

Thursday, May 20th from 10:30-12:00 Noon @ their center.

Call to register 203-315-6017. Address: 1675 Foxon Road, North Branford!

The common goal for this day is to **KEEP HEALTHY AND FIT!**

Log your minutes in on your sheets and share them with us by May 21st

to compete with other folks on **May 26th**! See calendar page!

RAIL & SAIL @ the INN IN ESSEX

Sunday & Monday, July 18 & 19, 2010 (2 days, 3 GREAT meals!)

Exciting tour featuring the NY Adirondack & Vermont Green Mts! Board the motor coach
in the Commuter Lot & journey to Albany to board the Amtrak Scenic Mt. Rail Journey to

Plattsburg, NY on the 4-hour train ride viewing the beautiful mountains. Upon arrival in

Plattsburg, we rejoin our motor coach & travel to our ferry ride to Grand Island! On the

Island, we will stay @ the beautiful **INN** in **ESSEX**. (home to the New England Culinary

School.) The students greet us with a wine & cheese **WELCOME RECEPTION**. The

evening will host a gourmet outdoor BBQ w/bon fire & entertainment. Bring your bathing

suit. Hotel has an indoor & outdoor pool! Continental breakfast the next morning before

checkout. En route home, we will stop @ the famous Church Street Marketplace. In the

afternoon, we board the Ethan Allen Dinner Boat Cruise for lunch on Lake Champlain.

Return time approximately 7:00 PM. \$385; Single, \$305; Double, \$295; Triple.

\$10 surcharge (pp) if you sign up after MAY 1! (due to train reservations!)

The "Wall of Information"

**We are assembling written information that we have collected from our great
seminars and volunteers are placing them in binders that will be placed in our**

Library on the porch! Some of our health, energy, and financial seminars have

such great information! If you could not attend one for some reason and

would like to have the information, we would be happy to share this with you!

MAY'S MUSEUM OF THE MONTH

Knights of Columbus-Mother Teresa of Calcutta Exhibit! See pg. 7 for details!

Happy Mothers Day! (May 9th)

TRANSPORTATION OPTIONS ON PG. 2

**Dial-a-ride is testing a new schedule with expanded hours
to accommodate requests! Please call to see if we can get you where you need to go!**

203-245-5695! (48 hours notice please!)

MUNICIPAL INFORMATION

Please **Contact Heather @ 245-5687** OR castrillih@madisonct.org for more information...

TAX RELIEF PROGRAM For Information call Heather @ 245-5687

The Town of Madison Senior & Disabled Tax Relief Program will be taking applications through **May 15, 2010**.
Call Heather @ 245-5687 for information on income guidelines, filing requirements & an appointment.

RENT REBATE REMINDERS

Clients, who are planning to file for the Rent Rebate Program in 2010, please contact your electric company to ask for a statement showing proof of payments made in 2009. Drop off a copy, w/Heather, for filing this month-in May.

FOOD STAMPS

Eligible participants are given a set amount of money on an EBT debit card each month to use at local grocery stores.

Monthly income guidelines: Single: \$1,671, Couple: \$2,248. There is no asset limit.

Contact Heather for assistance with filling out an application @ 245-5687.

FOOD PANTRY

The food pantry is operated by Madison Community Services and available for those residents who need the assistance.

It is located in the back of the First Congregational Church on the Town Green. The food pantry is open Wednesdays; 11:00 AM-3:00 PM. For transportation, please call Dial-a-Ride @ 245-5695. 48 hours notice required.

Donations to the food pantry are welcome. Please contact Community Services @ 245-3031.

TRANSPORTATION OPTIONS

48 HOURS NOTICE REQUIRED!

PRE-REGISTRATION REQUIRED!

Madison residents, age 60 or older & disabled residents have transportation service options including the fixed route Madison Senior Bus, Dial-a-Ride & Madison Community Services; Medical Transportation Program. Madison residents may call the Depot, **245-5627** to be mailed a flyer for the programs or use our website to read the information.

VIA SENIOR BUS-245-5627

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

DIAL-A-RIDE-245-5695

Operation of Dial-a-Ride is a public transportation service designed to meet the transportation needs of the elderly & disabled. Rides may be used in a 14 town region for medical, shopping, personal business & work.

COMMUNITY SERVICES-245-3031

Medical Appointment Transportation.

(local & surrounding areas)

7 DAYS NOTICE REQUIRED!

SHORELINE SHUTTLE

ESTUARY TRANSIT DISTRICT ROUTE

Route includes pickup @ the Depot & return Monday-Friday.

Call **(860) 510-0429** to make pick-up arrangements.

Pre-registration required.

This 9-Town Transit Bus (Madison to Old Saybrook) connects with the Dattco Bus to New Haven

@ the Scranton Parking Lot. **TTY 1-800-842-9710.**

Medicare Monday

The 1st Monday of the month, Carlos Maynard volunteers to answer questions about Medicare **by appointment.**

Call Heather to set up an appointment @ 245-5687.

Elder Law & Legal Assistance for Medicare Patients

Call the Center for Medicare Advocacy @ **1-800-262-4414.**

ConnPACE

The filing period for new clients is Nov. 15th to Dec. 31st annually. The annual registration fee is \$45. ConnPACE will not cover Rx's not on your Med. D formulary and will only cover premiums of benchmark Med D plans. If you earn less than \$1353-single & \$1821-couple; you will be placed on the low-income subsidy program instead of ConnPACE and qualify for lower co-pays for your Rx's.

New Simplified Process to attain...

Handicapped Parking Permit . . .

New application form from the DMV available on the www.ct.gov/dmv.org or in the Depot office. The form is now a one-page document that can be faxed by your doctor's office to the DMV expediting the process.

Notary Services @ the Depot by Appointment:

Heather Castrilli, Katherine DeBurra & Gina Millan.

Call the Depot for an appointment.

Meals-On-Wheels

Hot meals are delivered @ noontime to the homebound or just recently out of the hospital & recovering, please call (860) 388-1611; Ext. 207 **Requires 4-5 days notice.**

Meals On Wheels Volunteer Drivers:

The Town of Madison will reimburse drivers 32.5 cents per mile.

MADISON SENIOR SERVICES CALENDAR

MAY 2010 (REGISTRATION OPENS 5/3/10) - Pre-Registration required for ALL events!

Monday	Tuesday	Wednesday	Thursday	Friday
OLDER AMERICANS MONTH! AGE STRONG-LIVE LONG!				
<p>SAVE THE DATE! <u>GROUNDBREAKING “CEREMONY”</u> TBA - SOMETIME IN THE END JUNE!</p> <p>The Building Committee has worked tirelessly on the “New Senior Center Project” and hopes to have a shovel in the ground the last week of June! Please watch for announcements in the newsletter and @ the Depot to gather together, stopping by the project and wishing them well on a date to be determined!</p> <p style="text-align: center;"><u>WHAT A GRAND WAY TO CELEBRATE “OLDER AMERICANS MONTH!”</u></p> <p>REFUND REQUESTS WILL BE ISSUED ONLY IF A SEAT CAN BE FILLED FROM THE WAIT LIST!</p>				
Registration Opens! 3	4	Cinco de Mayo! 5	6	7
<p>Red Rocks of SEDONA! 9:00 AM Fit & Mov 10:30 AM ChairErcise 12:00 PM LUNCH 1:15 PM Leave Depot to visit Line-Dancing Program! See our talented seniors perform & see if you have interest to join the next session! 1:30 PM Line-Dancing</p>	<p>Red Rocks of SEDONA! 9:00 AM Bus/Town 12:00 PM LUNCH 1:00 PM Bus/Town 1:00 PM Card Play 1:30 PM Art Class</p> 	<p>Red Rocks of SEDONA! 9:00 AM Fit & Mov 10:15 AM Srs/Mo 12:00 PM LUNCH w/Elaine Jackson! Enjoyable program to hear about the origin of “Cinco de Mayo!” Thank you Elaine for another great program!</p>	<p>Red Rocks of SEDONA! 9:00 AM – 3:00 PM Grocery Shopping 9:30 AM Bocce Practice 12:00 PM LUNCH 1:00 Cards & Mah Jongg 1:30 PM “Quilts for a Cause!”</p>	<p>Red Rocks of SEDONA! 9:00 AM Fit & Mov 10:30 AM ChairErcise 12:00 PM LUNCH 1:00 PM Wal-Mart & the Guilford Plaza!</p> 
Happy Mother’s Day! 10	11	12	13	Bring a bag lunch! 14
<p>9:00 AM Fit & Mov 10:30 AM ChairErcise 12:00 PM LUNCH 12:30 PM Blood Pressure 1:00 PM Mother’s Day Tea w/B. Gillie on Piano! <u>Bring your own TEA CUP & share memories!</u> 1:30 PM Line-Dancing</p>	<p>9:00 AM Bus/Town 12:00 PM LUNCH 1:00 PM Bus/Town 1:00 PM Card Play 1:30 PM Art Class</p> 	<p>9:00 AM Fit & Mov 10:00 AM Advisory Group! 10:15 AM Srs/Mo 12:00 PM LUNCH 12:00 Noon ST. MARGARET’S Bingo Program!</p>	<p>9:00 AM – 3:00 PM Grocery Shopping 9:30 AM Bocce Practice 12:00 PM LUNCH 1:00 Cards & Mah Jongg 1:30 PM “Quilts for a Cause!”</p>	<p>Leave Depot 8:30 AM for BETTER CT Program! Enjoy the taping of this great CT-television program w/ Scott H! \$5.00 Bus Fee. 9:00 AM Fit & Mov 10:30 AM ChairErcise 12:00 PM LUNCH</p>
17	18	Museum of the Month! 19	5:30 PM MSCC 20	21
<p>9:00 AM Fit & Mov 10:30 AM ChairErcise 12:00 PM LUNCH 12:30 PM “Shopping Shuttle” in Clinton TJ MAXX, Jo Ann’s & Walgreen’s! 1:30 PM Line-Dancing</p>	<p>9:00 AM Bus/Town 12:00 PM LUNCH 1:00 PM Bus/Town 1:00 PM Card Play 1:30 PM Art Class</p> 	<p><u>NO PAT!</u> Leave Depot @ 9:00 AM w/breakfast stop en route Knights of Columbus Museum! Mother Teresa Exhibit! In honor of all Mothers in the month of May! \$5.00 Bus Fee. 12:00 PM LUNCH</p>	<p>9-10 AM LEGAL ASSISTANCE by Appt. 9:00 AM – 3:00 PM Grocery Shopping 9:30 AM BOCCES BEGINS! 10:30-12:00 Massage Therapy @ the North Branford Senior Center! 12:00 PM LUNCH 1:00 Cards & Mah Jongg 1:30 PM “Quilts for a Cause!”</p>	<p>National Health & Fitness Day logs due today! Leave Depot 9:30 AM for Senior Expo in New Haven! (FREE LUNCH!) \$5.00 Bus Fee. 9:00 AM Fit & Mov 10:30 AM ChairErcise 12:00 PM LUNCH</p>
24	25	MARCH INTO MAY! 26	27	Depot Closed Monday! 28
<p>9:00 AM Fit & Mov 10:30 AM ChairErcise Leave Depot @ 11:30 AM for Lenny & Joe’s-out to lunch! 12:00 PM LUNCH 12:45 PM Blood Pressure</p>	<p>9:00 AM Bus/Town 12:00 PM LUNCH 1:00 PM Bus/Town 1:00 PM Card Play 1:30 PM Art Class Leave Depot @ 6:00 PM Program @ Yale/Guilford Medical Center; 6-8 PM; Food Shopping on a Budget!</p>	<p>9:00 AM Fit & Mov Leave Depot @ 9:30 AM National Health & Fitness Day! Celebrate @ Evergreen Woods! 10:15 AM Srs/Mo 12:00 PM LUNCH</p>	<p>9:00 AM – 3:00 PM Grocery Shopping 9:30 Bocce @ the Surf Club 12:00 PM LUNCH 1:00 Cards & Mah Jongg 1:30 PM “Quilts for a Cause!”</p>	<p>9:00 AM Fit & Mov 10:30 AM ChairErcise 12:00 PM LUNCH 12:45 PM Leave Depot for Van Wilgens ! Plant something beautiful this weekend to commemorate Memorial Day! <u>Depot Closed Monday-May 31!</u></p>

SENIOR COMMUNITY CAFÉ

Lunch @ 12:00 NOON! Please be on time! Lucky Lunch Fridays include a free raffle!

All meals include Bread & Butter, Milk, Coffee & Tea. All Soups come with Unsalted Crackers.
All Soups, Entrees, Gravies, Sauces, Salad Dressings & Desserts are Low Fat, Low Sodium.

FOOD SHOPPING ON A BUDGET! (Program @ Yale/Guilford Medical Center)

Tuesday, May 25, 2010 @ 6:30-8:00 PM.

We must reserve our spaces if available! Transportation provided!

<p><u>Birthdays Cake Day!</u> 3 Teriyaki Chicken Rice Chinese Vegetables Birthday Cake! <u>Happy Birthday Joan!</u> Thank you for all you do for our lunch program!</p>	<p>4 Sausage & Peppers Oven Fried Potatoes Mixed Vegetables Fruited Jell-O</p>	<p>5 Shells & Meatballs w/Marinara Sauce California Blend Veg. Salad Seasonal Fruit</p>	<p>6 Beef Stew Salad Special Cookie</p> 	<p><u>LUCKY LUNCH</u> 7 Clam Chowder Confetti Veg. Cheese Quiche Yellow & Green Beans Fresh Fruit Cup</p>
<p>10 Lentil Soup Veal Roulade w/Mushroom Gravy Whipped Potatoes Salad Mandarin Oranges 12:45 PM Blood Pressure w/the VNA</p>	<p>11 Roast Fresh Ham Sweet Potato Mixed Vegetables Oatmeal Raisin Cookie</p> 	<p>12 Southern Fried Chicken Mac & Cheese Salad Orange 12:00 PM St. Margaret's Bingo Program</p>	<p>13 Turkey w/Gravy Stuffing California Blended Veg. Pound Cake Lemon Layer Cake</p>	<p><u>LUCKY LUNCH</u> 14 Oven Fried Fish Potatoes Au Gratin Zucchini Tropical Fruit Cup</p> 
<p>17 BBQ Chicken Patty Mac & Cheese Spinach Sliced Pears</p>	<p>18 Roast Pork w/Gravy Red Rice Vegetable Medley Chocolate Chip Cookies</p>	<p>19 Cream of Carrot Soup Angus Burger California Blend Veg. Green Beans Mandarin Orange</p>	<p>20 Honey Glazed Chicken 1/4 Wild & White Rice Combo Peas & Mushroom Tropical Fruit Cup</p>	<p><u>LUCKY LUNCH</u> 21 Eggplant Rollatini w/Marinara Sauce Mixed Vegetables Salad Pineapple Tidbits</p>
<p>24 Cream of Mushroom Soup Grilled Chicken Petite Corn Salad Fruit Cocktail 12:45 PM Blood Pressure w/the VNA</p>	<p>25 Turkey Kielbasa Sauerkraut Green Beans Apricots</p>	<p>26 Swedish Meatballs Noodles Mixed Vegetables Melon</p> 	<p>27 Hot Dogs Baked Beans Creamy Cole Slaw Watermelon Ice</p>	<p><u>LUCKY LUNCH</u> 28 Oven Fried Fish Potatoes Puffs 3 Bean Salad Chocolate Mousse w/Topping</p>

HAPPY BIRTHDAY TO ALL THE MAY BIRTHDAYS!

Celebrate with us on Birthday Cake Day!

Please let Joan know early that your birthday is in the month of MAY!

Join us on Birthdays Cake Day and receive a special surprise to celebrate your day!

(Attendance required on Birthdays Cake Day!) This month; May 3, 2010.

May 3rd is Joan's birthday and we thank her for her special touches that add so much to the lunch program!



We are fully aware that emergencies arise that cannot be controlled. Please remember that when you order lunch with the Café, it must be ordered 24 hrs in advance with account for wasted lunches not consumed. If you cannot attend a luncheon that you have reserved, please call 245-5686, even to leave a message on the answering machine. If you cancel a trip or call the office to say you are not coming in, please call the Café in addition to cancel lunch. There may be last minute calls to fill these spots.

Thank you for your cooperation.

FITNESS & MOVEMENT

SESSION DATES:

9:00 – 10:00 AM Depot, LL
Monday, Wednesday & Friday.
Class Fees-Monday-\$30,
Wednesday-\$30, Friday-\$30.



SENIORS-IN-MOTION

10:15 – 11:15 AM, Depot, UL
Wednesday.
\$30.00 Class Fee.

CHAIR EXERCISE CLASS

10:30 – 11:30 AM, Depot, UL
Mondays & Fridays
Class Fee: Free.



EXERCISE & RELAX

w/HATHA YOGA w/Pat Velleca.
Tuesday & Thursday
@ Memorial Town Hall. \$68.00 Class Fee.

Low impact aerobics for mature folks interested in maintaining & continuing good health. Good cardiovascular workout combined with muscle & joint strengthening.

Bring sneakers, cool comfortable clothing & floor mat.
National Health & Fitness Day- Wednesday, May 28, 2010.
 Pat Velleca will pass out the logs to record your fitness time!
Please return them by May 21.

The Center w/the most logged minutes receives a plaque!
 An exercise class designed especially for seniors who want more than just a chair-exercise. Involves some standing.
 Improve balance, strength & stability.
Same dates as Wednesday; Fitness & Movement Classes.

New participants welcome any time! Class designed for those who need to exercise while seated. Benefits: Muscle toning, joint flexibility & cardiovascular strength. Same dates as the Monday & Friday Fitness & Movement Classes. (ChairExercise)
Same dates as Fitness & Movement Classes.

Yoga techniques are used to increase circulation & relaxation. Know your body physically & mentally through Hatha Yoga. Yoga postures provide deep tension release, stress control & an increase in energy. Suitable for all ages & conditions. Loose clothing & mats needed.

Art class taught by Muriel Waldvogel. Learn at your own pace & level of ability. Instruction in drawing, charcoal, pastel, watercolor, acrylics & oils. Please stop by the Depot for a list of supplies needed.

**Thank you to the St. Margaret's
 Bingo Volunteer Coordinators!**

Bridge, Canasta, Pinochle,
 Setback & (Mah Jongg-Thursdays).
Looking for BRIDGE players on Thursdays! Call the Depot for details!

Attention Quilters - Looking for new members!
Call to express interest. A great space to work!
 Call to ask about dates for use of space.

NEW program begins on May 6; 1:30-3:30 PM! – Quilts for a CAUSE!
Have you added your name to our list?

ART 101 – Tuesdays, 1:30 – 3:30 PM
Registration Fee: \$5.00. Last Class June 29th.

BINGO
St. Margaret's Bingo...
Wednesday, May 12, 2010.

CARD PLAYING
Tuesdays & Thursdays 1:00 – 4:00 PM
Wanted BRIDGE players on Thursdays!

QUILTING
Looking for new members!
Pre-register in the Depot.



MONTHLY SERVICES AT THE DEPOT. . .

<p>MEDICARE COUNSELING ... Unbiased information & assistance on Medicare, supplemental insurance, & Medicaid.</p>	<p>Carlos A. Maynard volunteers to assist Madison residents w/Medicare questions. “Medicare Monday” 9:00 to 11:00, <u>by appointment.</u> 1st Monday of the month. Call Heather @ 245-5687 to schedule an appointment.</p>
<p>BLOOD PRESSURE CHECK 12:45 PM @ the Depot. May 10 & 24, 2010</p>	<p>Service provided by VNA Services. BP Clinics held the 2nd & 4th Monday of the month @ the Depot. You may also have your BP checked the 1st & 3rd Tuesday of the month from 8:30-10:30 AM @ the Strong House. <u>Blood Pressure Monitor also available for use in office. Just ask!</u></p>
<p>LEGAL ASSISTANCE, 3RD Thursday Monthly, Next date: May 20, 2010. 9:00 – 10:00 AM. <u>By appointment only!</u></p>	<p>Attorneys Thomas Cronan, Michael Sweeney & Timothy Shields offer counseling services on a one-on-one basis. <u>Appointments Required.</u> Call the Depot 245-5627 to make an appointment. Thank you to our legal team for their monthly assistance!</p>



AARP DRIVING SAFETY PROGRAM COURSES 2010

The Guilford & Madison Senior Centers have created a Shoreline Guilford/Madison AARP Safe Driving Class offered to seniors to sharpen driving skills & enjoy a discount on auto insurance. State law mandates that people 60 & older are entitled to a minimum 5% discount on the liability portion of their policy upon completion of the two-day, 8-hour course.

Classes held @ Guilford Community Center: May 12-13, 1:00-5:00 PM, June 9-10, 1:00-5:00 PM.

Classes held @ Madison Senior Center: July 12-13, 1:00-5:00 PM, August 9-10, 1:00-5:00 PM,

September 13-14, 5:00-9:00 PM, October 4-5, 1:00-5:00 PM, November 8-9, 1:00-5:00 PM.

Advance registration required: AARP members \$12.00 & Non Members \$14.00 checks made payable to AARP.

Please bring your membership card at time of registration or we must charge the full registration price.

AARP also offers an online course @ www.aarp.org/drive

Looking for AARP VOLUNTEERS FOR SAFE DRIVING INSTRUCTORS!

Safe driving is a classroom program, designed to help keep seniors driving safely for as long as possible. The program refreshes driving skills. Participants are entitled by law to get a 5% discount on the liability portion of their auto insurance.

You will be fully trained to prepare you for your role as a DSP Instructor. You receive reimbursement for mileage and approved out of pocket expenses for each class you teach. To volunteer or to obtain additional information,

contact Cliff @ cwmcguire1@comcast.net

ART CLASSES New Members Welcome!

Tuesdays, 1:30 – 3:30 PM-Registration Fee: \$5.00.

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

Classes are held in the lower level of the Depot. **Last day of this year's session-June 29th!**

MEN'S SENIOR SOFTBALL

Games every Tuesday & Thursday morning @ Surf Club.

Stop by the Beach & Recreation Department @ Town Campus for an updated schedule.

Play begins in April! **\$35.00 (includes shirt & hat!) Watch for a visit to a game on the senior bus this summer!**

SENIOR GOLF-Women or Men-ages 55 & up.

Hit the links this season & find that Arnold Palmer hidden inside of you. Play different courses around the state Tuesday (Men's) & Thursday (Women's) including Portland West, Portland, Quarry Ridge, Timberlin, Stanley & others.

For registration information and a schedule contact the Recreation Department @ 203-245-5623. Fee.

LINE DANCING AT MEMORIAL TOWN HALL- Visit to the program on May 3rd to see the dancers perform!

Gayle Melonson is our Line Dancing Instructor for seniors & class is held Mondays-1:30 PM @ the Memorial Town Hall.

Pre-register @ the Depot or Beach & Recreation Department for any session, prior to start of class.

Program # 300301B-4/12 /10-5/17 /10. \$19.50

(Out of town residents -\$5.00 additional fee.)

Please try to register for the session before the first day of class. Thank you for your cooperation!

BOCCE

Thursdays -9:30 AM @ the Surf Club!

Enjoy the beautiful Surf Club while getting some exercise! Great news! With the large of amount of seniors who have signed up for Bocce. The Town departments have meet w/Scot Erskine and will have another Bocce Court completed

by the beginning of Bocce season! May 6th & 13th are practice sessions and the regular

League starts May 20th. Call the Depot to let us know if you are interested in playing this year!

Substitute players are always needed to fill vacancies!

Many subs played every week last year and meet lots of great folks!

\$10.00 includes end of season picnic!



SHORELINE INSTITUTE OF LIFELONG LEARNING

This exciting program will offers meaningful intellectual programs to retired & semi-retired citizens of Guilford & Madison, who share a love of learning! The new brochure is out and the session is full of interesting courses!

Become a member of this great program!

The computer area has a very busy schedule for personal use but please call to check on times that it is available!

Sign in at the office. Looking for some volunteers to help coordinate effort with; Elderwisdomcircle.org

PROGRAMS & TRIPS

Check the Monthly Calendar for daily events & trips!...

**AND PLEASE REMEMBER TO PRE-REGISTER for ALL EVENTS & PROGRAMS
TO AVOID CANCELLING PROGRAMS!**

REFUND REQUESTS WILL BE ISSUED IF A SEAT CAN BE FILLED FROM THE WAITING LIST!

(REGS. OPENS; May 3 for programs-Pre-Registration required for ALL events!)

RED ROCKS OF SEDONA!

May 2-7, 2010.

A wonderful trip to Arizona to enjoy this beautiful area of the United States with its unique geological area & fascinating red rock formations, dessert skies & wondrous historical landmarks! The breathtaking beauty of this area has mesmerized tourists & has been voted the **MOST BEAUTIFUL PLACE IN AMERICA!** The trip includes roundtrip airfare to/from Phoenix; deluxe accommodations in Sedona (5 nights @ Poco Diablo Resort) which lies in the mouth of Oak Creek Canyon, Sedona Trolley, Chapel of the Holy Cross, Tlaquepaque, Uptown Sedona, (delightful eclectic shops & art galleries) Red Rocks Jeep Tour, OR optional Hot Air Balloon Ride (\$200 plus), Grand Canyon National Park, Montezuma's Castle Monument, Toozigoot, the "Wilderness Train"-1st class train tour through the Verde Canyon, (you may glimpse a bald eagle who nest there) & visit to Old Towne Scottsdale. Professional Tour Guide-*David Singing Bear*; native to the area will share wonderful information about the area. 9 Meals-5 breakfasts, 4 dinners, (2 w/dinner shows)

\$1,580-Double (pp), \$ 2,005-Single. \$1,520-Triple.

ADVISORY GROUP

Wednesday, May 12, 2010 @ 10:00 AM.

If you have, any ideas for a new program that you would like to see...

Consider joining the ADVISORY GROUP (**meets 5/12/10**) or call the Depot with your input!

MUSEUM OF THE MONTH! KNIGHT OF COLUMBUS!

Wednesday, May 19, 2010.

Mother Teresa of Calcutta rose to heights of global recognition and respect by her selfless charity to others! The premiere of this exhibit at the museum pays tribute to her many honors including the Nobel Peace Prize and chronicles Mother Teresa's life from childhood to beatification. It includes biographical information, artifacts such as her sari and other religious and personal articles, as well as a full-scale replica of Mother Teresa's convent cell.

Leave Depot @ 9:00 AM. Breakfast stop en route! \$5.00 Bus Fee.

AGENCY ON AGING OF SOUTH CENTRAL CT SENIOR EXPO IN NEW HAVEN

@ the New Haven Athletic Center.

Friday, May 21, 2010 w/FREE LUNCH!

Enjoy our yearly invitation from Sue Hamilton to share this great event! Enjoy the music and fun of Vinnie Carr!

OR enjoy some challenging competition with their annual Wii bowling tournament. BUS FEE-\$5.00.

ARSENIC AND OLD LACE @ the IVORYTON!

Wednesday, June 23, 2010.

A delightful evening of murder and mayhem with the eccentric aunts, crazy nephews and bodies in the basement!

Leave Depot @ 1:00 PM for a 2:00 PM performance. Join us for lunch in the Senior Café @ 12:00 Noon!

Call Joan @ 203-245-5686 to order lunch by Monday, 6/21! **\$30.00.**

THE RIVERHOUSE in Haddam!

Wednesday, June 30, 2010.



Nestled on a secluded ridge atop the banks of the CT River, this brand new state of the art banquet center sets the stage for a delightful summer afternoon! The majestic ballroom w/dramatic vaulted ceiling & 2-story atrium entrance offers river views overlooking the Goodspeed & Haddam Bridge to create a wonderful setting! The versatile entertainer, John Timpanelli will have the audience singing along one minute and switching gears to hilarious comedy the next...a great talent! Enjoy a wonderful meal w/garden salad, rolls, chicken marsala OR salmon w/pineapple salsa, veg. potato, chocolate mousse "martini" & iced tea & lemonade in carafes on the table.

Leave Depot @ 10:30. **\$55.00.**

RETURN ADDRESS:
MADISON SENIOR SERVICES COMMISSION
DEPOT MEETING CENTER
9 OLD ROUTE 79
MADISON, CT 06443-2691
TELEPHONE: 245-5627

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MADISON CT
PERMIT
NO. 140



**DATED MATERIAL
PLEASE DELIVER PROMPTLY**

May 2010- OLDER AMERICANS MONTH! AGE STRONG - LIVE LONG!

SAVE THE DATE! Life Saving Screenings in our Community!

Wednesday, June 9, 2010 @ Madison House Care and Rehabilitation!

Life-Line Screenings for Stroke/Carotid Artery, Heart Rhythm, Abdominal Aortic Aneurysm, Peripheral Arterial Disease and Osteoporosis Screenings will be conducted @ Madison House Care and Rehabilitation! Coordinate transportation with the Senior Center to get these important health screenings completed! Pre-registration is required. Cost for screenings.

TAX RELIEF PROGRAM...

For Information, call Heather @ 245-5687

The Town of Madison, Senior & Disabled Tax Relief Program will be taking applications through the deadline **May 15, 2010**.

Call Heather @ 245-5687 for information on income guidelines, filing requirements & an appointment.

Looking for BRIDGE players on Thursday afternoons! Call the Depot for details!



REGISTRATION OPENS; May 3, 2010!

Thank you for your cooperation!