

Trends & Traditions

May 2012

Madison Senior Center News and Activities

BILLIARDS TOURNAMENT

Test your skills against other players and take part in our 1st Annual Spring Billiards Tournament. This will be a one day **double elimination** tournament.

Lunch will be provided and is included in the entry fee.

When: Wednesday May 30, 2012
Time: First Matches start at 10am
Fee: \$10; includes lunch
Registration Deadline is May 23.



VNA PROGRAMS AT MSC

Living with Chronic Disease - May 9, 1 to 2pm -

Join us and hear about what a chronic condition is. Learn how to be in control and feel better and how to live how you want to live.

Stronger Seniors Now - May 16 to June 20, 1 to 2pm -

Join us for this 6 week program featuring 30 minutes of strengthening exercise (for all levels) and 30 minutes of nurse led motivational health talks. R \$10, NR \$15

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



BILLARDS LEAGUES

Registration deadline is May 18, 2012.

“A” League - for the average to above average player.

“B” League - for the below average to average player.

The league will run from June 1st to September 1st.

Pre-season meeting will be held May 25 at 10:00am

Fee: \$15

Includes end of season luncheon and tournament

COMPUTER BASICS



This six-week course is intended for the beginning computer user. The attendee may be someone who has recently purchased a computer, may be thinking about purchasing one, or may just need additional instruction and practice. Topics to be covered include personal computer basics, email introduction, and more. **Classes are limited to 6 participants. This is a joint program with the Guilford Senior Center.**

Tuesday - 1:00p to 2:00p

May 22 to June 26.....6 Classes

Thursdays - 1:00p to 2:00p

May 24 to June 28.....6 Classes

R \$40 NR \$50 (unless you live in Guilford)

Instructor: Robert Hartz

Computer Lab

NEW AT THE SENIOR CENTER

Hand And Foot



This popular card game is now being offered at the Madison Senior Center. Bring a friend and join us every **Friday starting on May 25 at 1:00pm in the Café.**

Social Security Benefits Seminar

Presented by AG Wealth Management Group & Maria Grice of the Social Security Administration

You've paid into the system for years and now it's your turn to reap the rewards of your hard work. Learn who is eligible for benefits, factors to consider before taking benefits, when to start taking benefits, and strategies for potentially maximizing benefits.

**May 31, 2012 at 12:30pm in the Senior Center Café
PRE-REGISTRATION REQUIRED**

Fall Prevention, Balance and Vestibular Rehabilitation Seminar

PRESENTED BY PHYSIOTHERAPY ASSOCIATES

Join us as Kevin Russell, PT, MSPPT from Physiotherapy Associates will go over preventative exercises and activities that you can do to help prevent falls and a fear of falling. This program will also talk about vestibular rehabilitation.

Tuesday May 8, 2012 at 12:30pm. Please call the Madison Senior Center to pre-register for this seminar.

2 General Information/Municipal Agent For The Elderly Information



MADISON SENIOR CENTER

29 Bradley Road, Madison, CT 06443

PHONE: (203)245-5627

FAX: (203)245-6186

WEBSITE: www.madisonct.org/seniors

HOURS:

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

SR. COMMUNITY CAFÉ

(203)245-5686

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

DIAL-A-RIDE (203)245-5695

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

SENIOR COMMISSION

Chair: Maureen Lopes
Vice-Chair..... Gerard Kerins
Secretary:..... Robert Hale
MembersMitchell Cohan
.....Patricia Melady
.....Leslie Marcarelli-Naizby
.....Barry Miller
.....Wendy Oberg
.....Marcy Sanders

The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be May 10, 2012 at 5:30pm

LIAISON TO BOARD OF

SELECTMAN Diane Stadterman

SENIOR CENTER STAFF

Director:..... Scot Erskine
Sr. Services Supervisor..... Joe Petrella
Municipal Agent Heather Castrilli
Recreation Supervisor:..... Carrie Gazda
Secretary:..... Ellie Gillespie
Bus Driver:Michael Rand
Bus Driver:Helen Sneider
Bus Driver:Pat Cocchiaro
Café ManagerJodie Shevlin

REMINDER: SENIOR & DISABLED TAX RELIEF PROGRAM

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

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

RENT REBATE

May 15th – September 14th 2012

The filing period for the Rent Rebate program has begun. Participants must submit proof of income for 2011 as well as proof of rental, heating, electric, & water payments made in 2011. This proof can easily be obtained by contacting your landlord, oil/gas/propane company, CL&P and Connecticut Water Company. An eligible participant must be age 65 & over or disabled & have incurred rental expenses in 2011, not necessarily in Madison.

Maximum income in 2011 for a single person: \$32,300 & for a couple: \$39,500.

MEDICARE SAVINGS PROGRAM

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

MADISON FOOD PANTRY

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

SNAP PROGRAM (Formerly Food Stamps)

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

TOWN OF MADISON "SAFETY CHECK LIST"

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

MEDICARE "TURNING 65" SEMINAR

Are you getting ready to turn 65? Does Medicare get you confused? Are you concerned about your finances for retirement? Do you need some information about how to select a Medigap or Medicare Advantage Plan Policy? Join Carlos Maynard, our Medicare expert, Craig Bernard of Madison Investments and David Hampton of Professional Secure Assistance (Social Security Expert) for information about what you need to know before you turn 65. **Please call ASAP to reserve your place, space is limited. June 4, 2012 - 6:00 to 8:00pm**

3 Programs & Services



MEDICARE MONDAY

Monday May 7, 2012..... 9-11:00a
Unbiased information, counseling, and assistance on Medicare, Supplemental Insurance & Medicare Advantage Plans. Carlos A. Maynard assists Madison Residents. By appointment only: Call the Senior Center

BLOOD PRESSURE CHECK

Monday May 14, 201212-1:30p
VNA Community Healthcare holds BP Clinics on the 2nd & 4th Mondays of the month @ the Senior Center.

LEGAL ASSISTANCE

Thursday, May 17, 2012 9-10:00a
Attorneys Thomas Cronan, Michael Sweeney, & Timothy Shields volunteer counseling services on a one-on-one basis. Thank you to our legal team for their monthly assistance! **By appointment only: Call the Senior Center**

NOTARY SERVICES

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

MEALS-ON-WHEELS

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

HANDICAPPED

PARKING PERMIT



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

SENIOR CAFÉ

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

DIAL-A-RIDE

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

SENIOR CENTER BUS

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

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



FOOD PANTRY

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



DESSERT BINGO PROVIDED BY WATROUS NURSING CENTER



Come join us on the first Friday of every month (*that the Center is open*) at 1:00pm for an after-noon of Bingo at the Senior Center and dessert. Provided by **Watrous Nursing Center**. **Joyce Beebe** will be your number caller.

ST. MARGARET'S BINGO

Join us for bingo at St. Margaret's Church on the 2nd Wednesday of the month. Bingo starts at 12:00pm. Bring a bag lunch!



MOVIE MATINEE

@ MSC

Join us for an afternoon movie at the Madison Senior Center. Each Friday will be showing a classic or a newer movie, as well as, a movie provided by SSILL. **Movies start at 1:00pm. No Fee.**

Upcoming movies are:

- May 4 - My Little Chickadee & The Nutty Professor
- May 11 - The Bagdad Café and The Pink Panther
- May 18 - Cocoon & Sleeper
- May 25 - The Help & Young Frankenstein

KEURIG COFFEE AT THE MADISON SENIOR CENTER



ONLY 75 CENTS A CUP AVAILABLE FLAVORS

Breakfast Blend, French Roast, Dark Magic, Vermont Country Blend Wild Mountain Blueberry, French Vanilla, Hazelnut Noisette, Caramel Vanilla, Breakfast Blend Decaf, Vermont Country Blend Decaf, Newman's Special Decaf, Dark Magic Decaf, Green Tea, English Breakfast Black Tea, Sleepytime Herbal Tea, Lemon Zinger Herbal Tea, Green Tea Decaf, and Hot Cocoa

SENIOR CENTER CLUBS & GROUPS

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

**Chess Club / Crossword Puzzle Club / Train Club
Madison Senior Singles Group / Choral Group / Wii Club
Current Events Discussion Group / Biking Club
Downtown Walkers Group / Hiking Club / Poker Club**

If you are interested in joining a group call us at (203) 245-5627.

4 Senior Center Activities and Programs



CHAIR EXERCISES

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



Mondays - 10:30a to 11:30a

April 23 to June 259 Classes

No Class May 28, 2012

R \$30 NR \$40

Exercise Room 1 & 2

Instructor: Pat Velleca

Fridays - 10:30a to 11:30a

April 27 to June 229 Classes

R \$30 NR \$40

Exercise Room 1 & 2

Instructor: Pat Velleca

EXERCISE & RELAX WITH YOGA

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



Tuesdays - 3:00p to 4:00p

April 24 to June 19 8 Classes

No Class May 15, 2012

R \$70 NR \$80

Exercise Room 1 & 2

Instructor: Pat Velleca

Thursdays - 3:00p to 4:00p

April 26 to June 14 8 Classes

R \$70 NR \$80

Exercise Room 1 & 2

Instructor: Pat Velleca

LINE DANCING

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

Mondays - 2:00p to 3:00p

April 16 to May 21 6 Classes

R \$27.00 NR \$37.00

Exercise Room 1 & 2

Instructor: Gayle Melonson

FITNESS & MOVEMENT

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



Mondays - 9:00a to 10:00a

April 23 to June 259 Classes

No Class May 28, 2012

R \$30 NR \$40

Exercise Room 1 & 2

Instructor: Pat Velleca

Wednesdays - 9:00a to 10:00a

April 25 to June 20 9 Classes

R \$30 NR \$40

Exercise Room 1 & 2

Instructor: Pat Velleca

Fridays - 9:00a to 10:00a

April 27 to June 229 Classes

R \$30 NR \$40

Exercise Room 1 & 2

Instructor: Pat Velleca

SENIORS IN MOTION

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



Wednesdays - 10:30a to 11:30a

April 25 to June 20 9 Classes

R \$30 NR \$40

Exercise Room 1 & 2

Instructor: Pat Velleca

SENIORS BOOK CLUB



This is a fun way to read, socialize and have fun sharing your thoughts and ideas. **The book club meets at 1:00pm at the Madison Senior Center. No Fee.**

May 21 - Hotel on the Corner or Bitter and Sweet

SOLID GOLD FITNESS

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

Thursdays - 1:00p to 2:00p

May 3 to May 31 5 Classes

R \$33 NR \$43

Exercise Room 1 & 2

Instructor: Donna Scott

TAI CHI

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



Mondays - 9:00a to 10:00a

May 14 to June 18 5 Classes

No Class May 28, 2012

R \$66 NR \$76

Activity Room 2

Instructor: Suzanne Hanley

SENIOR ART CLASS

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



Tuesdays - 1:30 to 3:30p

No Class May 15, 2012

February 7 to June 26

Fee: \$5

Senior Center Café

TAP DANCE

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

Thursdays - 10:00a to 11:00a

April 19 to June 7 8 Classes

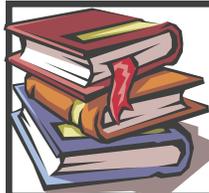
R \$39 NR \$49

Exercise Room 1 & 2

Instructor: Mardyanne Goglia

SEEKING VOLUNTEERS AT THE SENIOR CENTER LIBRARY

Can you give a couple of hours per month to help receive donated books or keep the Library organized? We are looking for 4-5 interested people to work under the guidance of volunteer Barbara Keiser. Barbara has many years of experience in this area and can use your help. If you are interested please contact Ellie at (203) 245-5627 or stop by the Senior Center.



5 Senior Center Activities and Programs



EXERCISE CLASSES WITH KRIS

The following exercise programs are now grouped together under one “exercise pass” which allow you to attend any one of them on any day they are being held. This allows you to set your exercise schedule around your busy day and ensures that you get the most out of the program.

The “exercise pass” is good for 5 or 10-classes taught by Kris and is valid for 6 months from the date of purchase. Once you use up your classes, simply purchase another pass.

5 - Class Pass - R \$33 NR \$43
10 - Class Pass - R \$66 NR \$76

All classes taught by Kris Reaske

BASIC PILATES CORE/FLEX

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

Tuesdays - 10:00a to 11:00a

LOW IMPACT AEROBICS

Have fun while getting a great workout. Designed to increase your heart rate and your enjoyment of exercise as well. Please bring a floor mat.

Tuesdays - 11:00a to 12:00p

ZUMBA FOR ALL

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



Mondays - 6:00p to 7:00p

ZUMBA GOLD

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

Mondays - 1:00p to 2:00p

Thursdays - 11:10a to 12:10p

Classes will not be held on:

Tuesday May 15, 2012

Monday May 28, 2012

Ongoing Activities at the Senior Center

PROGRAM	DAY	TIME
Bridge – Drop in and join us for a game.	Thursdays	1– 4:pm
Canasta – Come join us for a game, if it has been a while, we will help refresh your skills.	Tuesdays	1– 4:pm
Chess Club – Looking to play some chess? We are looking for players – Call to sign-up.	Tuesdays	1-4pm
Discussion Group - Join us for a weekly discussion about TV shows, current events and other topics NEW	Wednesdays	11 am
Hand and Foot - Beginners welcome NEW	Fridays	1-4pm
Mah Jongg – All levels welcome.	Thursdays	1– 4pm
Pinochle – We are looking for players. Call the Senior Center if you are interested.	Tuesdays	1 – 4 pm
Poker – We are looking for players. Call the Senior Center if you are interested.	Wednesdays	1-4pm
Setback – We are looking for players. Call the Senior Center if you are interested.	Tuesdays	1– 4:pm
Walking Club – Join our group for some exercise and socialization NEW	Wednesdays	9am



MEN'S SENIOR GOLF CLUB

For ages 55 and up. Hit the links and find that Arnold Palmer hidden inside you. The home course is Portland West where we will begin and end our season and play every other week. As a group you can decide where you can play the other weeks. Meet at the Madison Senior Center every Tuesday morning. A catered luncheon will be held at the Senior Center. For more information call 203-245-5623. **Registration is required. Fee is \$15 and covers administrative costs and the banquet.**



MEN'S SENIOR TENNIS LEAGUE

All interested players for weekly matches should contact John Sadek at (203)245-1261.

\$10 per player residents / \$15 per player non-resident

SPANISH FOR FUN 2

This 4-week course is designed for travel (asking questions), and includes professions, medical and health terms, foods and geography. Join us for a stress-free enjoyable journey.

Fridays - 10:30a to 11:30a

May 4 to May 25.....4 Classes

R \$22 NR \$32

Activity Room 2

Instructor: Elaine Jackson



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(203) 488-9142
www.theguilfordhouse.com
www.youtube.com/theguilfordhouse

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your loved ones,
your life!*

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Madison House

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

MAY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00 Basic Pilates 11:00 LI Aerobics 1:00 Computer Basics 1:30 Art Class 3:00 Yoga	2 9:00 Fitness & Mvment 10:30 Srs in Motions	3 9:00 Bocce 10:00 Tap Dance 11:00 Zumba Gold 1:00 Computer Basics 1:00 Solid Gold Fitness 3:00 Yoga	4 9:00 Fitness & Mvment 10:30 Chair Exercises 10:30 Spanish 2 1:00 Dessert Bingo 1:00 Movie Matinee 1:00 SSILL Presentation
7 9:00 Medicare Monday 9:00 Fitness & Mvment 9:00 Tai Chi 10:30 Chair Exercises 1:00 Zumba Gold 2:00 Line Dancing 6:00 Zumba For All	8 10:00 Basic Pilates 11:00 LI Aerobics 12:30 Seminar 1:00 Computer Basics 1:30 Art Class 3:00 Yoga	9 9:00 Fitness & Mvment 10:30 Srs in Motions 12:00 St. Margaret Bingo 1:00 Living w/ Chronic	10 9:00 Bocce 10:00 Tap Dance 11:00 Zumba Gold 1:00 Computer Basics 1:00 Solid Gold Fitness 3:00 Yoga	11 9:00 Fitness & Mvment 10:30 Chair Exercises 10:30 Spanish 2 1:00 Movie Matinee
14 9:00 Fitness & Mvment 9:00 Tai Chi 10:30 Chair Exercises 12:00 Blood Pressure 1:00 Zumba Gold 2:00 Line Dancing 6:00 Zumba For All	15 REFERENDUM VOTING SENIOR CENTER CLOSED	16 9:00 Fitness & Mvment 10:30 Srs in Motions 1:00 Stronger Seniors	17 9:00 Bocce 9:00 Legal Assistance 10:00 Tap Dance 11:00 Zumba Gold 1:00 Solid Gold Fitness 3:00 Yoga	18 9:00 Fitness & Mvment 9:00 Mohegan Sun 10:00 SSILL Presentation 10:30 Chair Exercises 10:30 Spanish 2 1:00 Movie Matinee
21 9:00 Fitness & Mvment 9:00 Tai Chi 10:30 Chair Exercises 1:00 Zumba Gold 1:00 Book Club 2:00 Line Dancing 6:00 Zumba For All	22 10:00 Basic Pilates 11:00 LI Aerobics 1:00 Computer Basics 1:30 Art Class 3:00 Yoga	23 9:00 Fitness & Mvment 10:30 Srs in Motions 1:00 Stronger Seniors	24 9:00 Bocce 10:00 Tap Dance 11:00 Zumba Gold 1:00 Computer Basics 1:00 Solid Gold Fitness 3:00 Yoga	25 9:00 Fitness & Mvment 9:30 Griswold Museum 10:30 Chair Exercises 10:30 Spanish 2 1:00 Movie Matinee 1:00 Hand and Foot
28 CLOSED FOR MEMORIAL DAY	29 10:00 Basic Pilates 11:00 LI Aerobics 1:00 Computer Basics 1:30 Art Class 3:00 Yoga	30 9:00 Fitness & Mvment 10:00 Billiards Tourney 10:30 Srs in Motions 1:00 Stronger Seniors	31 9:00 Bocce 10:00 Tap Dance 11:00 Zumba Gold 12:30 Social Sec. Seminar 1:00 Computer Basics 1:00 Solid Gold Fitness 3:00 Yoga	



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Madison Senior Center
29 Bradley Road
Madison, CT 06443

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SENIOR CENTER ACTIVITY ADVISORY COUNCIL

We are currently looking for Madison Seniors interested in taking part in a Senior Center Activity Advisory Board. This board will meet monthly to discuss with staff the types of programs and activities they would like to see happen at the Madison Senior Center. If you are interested in joining our advisory board please contact us at (203)245-5627.

05/2012

DAY TRIPS

MOHEGAN SUN ON YOUR OWN- Friday, May 18, 2012

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

FLORENCE GRISWOLD MUSEUM - Friday, May 25, 2012

Today we head to Old Saybrook and visit the Florence Griswold Museum which is now exhibiting “...isms: Unlocking Arts Mysteries”. At the museum you will get a one-hour guided tour. Bring your own lunch and you can eat on the grounds and enjoy the scenery. **Depart from the Senior Center at 9:30am. Fee \$12.00 (includes admission and tour guide).**

Dolls, Dames & Divas (Through the Decades) starring The Glamour Girls– Thursday, June 7, 2012

Come see the Glamour Girls at the elegant Grand Oak Villa in Oakville, CT. The Glamour Girls, backed by their band, present a song selection ranging from the Swing Era of the 40’s, to the 50’s, and early 60’s Sock Hop and Motown/Soul era, to the disco dance hits of the 70’s to the chart toppers of the 80’s and 90’s. Lunch will be served “family-style” and includes: salad, pasta, potatoes, vegetables, chicken parmesan, pork loin, Italian rum cake and beverages. **Depart from Senior Center at 10:00am. Fee \$49.00 per person.**

Suffolk Downs, A Day At The Races– Monday, June 11, 2012

Today you will enjoy the action-paced excitement of live thoroughbred racing at, Suffolk Downs, located just three miles from downtown Boston. Lunch is included and is a complete hot and cold luncheon buffet. Your day also includes Clubhouse admission, a daily Racing Program and a race named in honor of the group. Don’t miss a “Day At the Races!” ***Proper dress is required; shorts, tank tops and any form of abbreviated attire are not permitted.*** Transportation provided by a deluxe motorcoach. **Depart from the Senior Center at: TBA. Fee: \$64.00 per person. Must register by May 18, 2012.**

VACATION PACKAGE

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

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