

# Trends & Traditions

MAY 2013

Madison Senior News and Activities

## SPRING CONCERT!

Bring your lawn chairs and picnic baskets for a spring concert on the charming Madison Town Green. Enjoy the beautiful sounds of the Old Lyme Town Band while they play everything from classical, jazz, big band and marches to pop and movie-themed medleys. Free and open to the public. **Wed., May 29<sup>th</sup> 7pm-8pm**



## MUSEUM OF THE MONTH is Back!

A new trip will be planned on the third Friday of every month next trip: to the U.S. Coast Guard Museum in New London (admission is free, due to increased security you must bring your US photo ID to enter) then enjoy lunch on your own at "The Shack" in Waterford. **Friday, May 17<sup>th</sup> Depart at 9:30am Bus fee \$2.00**

## Cooking Food For Energy

A class making vegetarian cooking both fun and fulfilling. Learn to incorporate grains, vegetables and soy. The first three classes include a demonstration and samples of recipes. The last class show off what you have learned and bring a healthy dish to share. Led by Associate Chef, Ainjali Dipaola. **Thursday, May 9<sup>th</sup> - May 30<sup>th</sup> 1:00-2:00pm \$21R \$26NR**

## Journey to Health & Wellness Fair

Save the Date

Wednesday, May 15<sup>th</sup> 10:00am - 7:00pm

### Events Schedule

- 8:00am-2:00pm **Yale Digital Mammography Bus**  
(for appointments call 203-200-5251)
- 10:00am-2:00pm **Vendor Fair and Live Music**  
Speakers
- 2:00pm **Madison Police Department & Wells Fargo Bank:**  
*Scams and Frauds*
- 3:00pm **Carlos Maynard Medicare Professional**
- 4:00pm **Veteran's Benefits**
- 5:00pm **Maria Tomasetti, Alzheimer's Association**
- 6:00pm **Open House and Entertainment.**  
Sponsored by the Madison Senior Commission

## SUMMER TRIP PREVIEW

### Elvis in Blue Hawaii and Las Vegas Review starring Brian Weldon

Thursday, June 13<sup>th</sup>

Hop on board a motor-coach and head to a magnificent country club setting called the *Tekoa Country Club* located in Westfield, MA. Brian sings your favorite Elvis songs including: "It's Now or Never," "Can't Help Falling in Love," "Burning Love" and of course "Blue Hawaii." Enjoy coffee and snacks on arrival. Lunch will include a fresh garden salad, vegetable primavera, sausage and peppers, garlic smashed potatoes, green beans almandine, pot roast, Chicken Franchise, Dessert, Coffee, or Tea!

**Fee: \$64 R \$69 NR** Depart MSC at 9:30am return approx. 6:30pm. **Trip returns late transportation home from MSC needed.**

### Suffolk Downs

Friday, June 21<sup>st</sup>

Enjoy action packed excitement of live thoroughbred racing at *Suffolk Downs*, located three miles from downtown Boston.

**Lunch is included:** a hot and cold luncheon buffet. Price also includes clubhouse admission, a daily racing program and a race named in honor of our group! Don't miss a day at the races! **\$72** (driver gratuity included) Depart time TBA.

### A Taste of Providence "Cooking Demo" and Little Italy Tour

Wed. July 17<sup>th</sup>

Begin with a visit to *Scialo Brothers Italian Bakery* and take a mini tour. Next stop at *Geppetto's*, an upscale pizzeria, where you will enjoy a 5 course meal!! House Salad, Calamari, Penne Pasta, four varieties of Pizza's and homemade Tiramisu, coffee, or tea! Followed by a 90 minute bus tour through Little Italy and a stroll across the plaza to *Venda Ravioli's Italian Food Emporium*.

**Fee: R \$75 NR \$80** Depart MSC 8:00am return approx. 6:00pm. **Transportation to and from the MSC needed.**

### Plymouth Getaway

Tuesday & Wednesday, August 20<sup>th</sup> & 21<sup>st</sup>

Delight in all that Plymouth, MA has to offer with a *Pilgrim Belle Harbor Cruise*, a *Mayflower Tour*, wine tasting, and a show at *Dan'l Webster Inn*. Price includes: Deluxe motor-coach transportation to Plymouth, MA. 1 Night Accommodation. 3 meals-1 breakfast, lunch and dinner. 1 bag per person and trip cancellation and interruption insurance **Fee: per person, Double \$287, Single: \$387, and Triple \$267** Non residents please add \$10 per person \$50 deposit due at registration.

### BlackHawk Fishing Trip in Niantic, CT

Date: Summer 2013

Enjoy fishing at sunset. This is a night trip leaving MSC at 2:00 returning at 11:00pm. A minimum of 15 people is needed for this adventure to occur so call the MSC as soon as possible to be put on an "interest list."

**Fee: R\$75 NR\$85**



**MADISON SENIOR CENTER**

29 Bradley Road, Madison, CT 06443

**PHONE:** (203)245-5627

**FAX:** (203)245-6186

**WEBSITE:** www.madisonct.org/seniors

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

**SR. COMMUNITY CAFÉ**

**(203)245-5686**

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

**DIAL-A-RIDE (203)245-5627**

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

**MUNICIPAL AGENT FOR THE ELDERLY (203)245-5687**

**SENIOR COMMISSION**

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

The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be **May 9<sup>th</sup>, 2013 at 5:30pm**

**LIAISON TO BOARD OF SELECTMAN** Diane Stadterman

**SENIOR CENTER STAFF**

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

**IMPORTANT TAX DOCUMENTS**

Plan to file for state or local programs this year? Please keep all your year end 1099's & income benefit statements. Tuck forms in a safe spot for the upcoming year.



**SENIOR & DISABLED TAX RELIEF PROGRAM**

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

The Town of Madison and State of Connecticut offer tax relief for elderly & disabled residents that own and occupy their property as a primary residence. Income, age, and residency requirements in order to be eligible and qualify for the program. Stop in Center for a complete list of updated guidelines. **2012 income taxes must be filed prior to appointment. Maximum Qualified Income \$61,672.**

**RENT REBATE**

**Monday, April 1<sup>st</sup> – Tuesday, October 1<sup>st</sup> 2013**

Participants must submit proof of income for 2012, proof of rental, heating, electric, & water payments made in 2012. This proof can be obtained by contacting your landlord, oil/gas/propane company, CL&P & Connecticut Water Company. Eligible participants are age 65 & over or disabled & have incurred rental expenses in 2012, in Connecticut. **2012 max. income: single: \$33,500 & couple: \$40,900**

**MADISON FOOD PANTRY**

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

**MEDICARE SAVINGS PROGRAM**

Pay the monthly Medicare Part B premiums for qualifying participants. May lower co-pays for prescriptions to between \$2.60 - \$6.50. May also cover doctor co-pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program. **Monthly max. income: Single: \$2,356.68 & Couple: \$3,180.78**

**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: \$1,671, Couple: \$2,248.**

**“SAFETY CHECK LIST”**

Are you concerned for your safety in the event of a Hurricane or do you know someone you are worried about? The “safety check list” will be utilized in the case of an emergency, such as Hurricane Sandy and will provide us with the necessary information to check in on you. To add your name to the list, call **(203) 245-5627.**

**FOOD PANTRY DONATION LOCATION**

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

**What's Going On!!**



**MOVIE MATINEE @ MSC**



No Fee, Movies start at 1:00pm.

**May 3<sup>rd</sup> “Show Boat” - May 10<sup>th</sup> “Sleepless in Seattle” - May 17<sup>th</sup> “A New Leaf”  
May 24<sup>th</sup> “The Exotic Marigold Hotel” - May 31<sup>st</sup> “New Adventures of Heidi”**



### MEDICARE MONDAY

**Mon., May 6<sup>th</sup> ..... 9-10am**  
Information, counseling, & assistance for Medicare, Supplemental Insurance & Medicare Advantage Plans. Carlos Maynard assists by appointment only.



### WELL RIGHT NOW CLINICS

**Mon., May 13<sup>th</sup> & 27<sup>th</sup> ..... 12-1:30pm**  
VNA holds Well Right Now Clinics on the 2<sup>nd</sup> & 4<sup>th</sup> Mondays of the month, included blood pressure check.

### LEGAL ASSISTANCE



**Thurs., May 16<sup>th</sup> ..... 9-10:00am**  
Attorneys from Cronan & Sweeney offer quick 15 minute counseling services on a one-on-one basis. **Call the Senior Center for an appointment.**

### NOTARY SERVICES

**Tues., May 14<sup>th</sup> ..... 10am-12pm**  
**By appointment only**, on the 2<sup>nd</sup> Tues. of the month, at the Senior Center. Please call for an appointment.

### MEALS-ON-WHEELS

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

### HANDICAPPED PARKING PERMIT

Available in the Senior Center office. 

### CRAFT WITH KRISTEN

Join Kristen in making felt poppy pins for Memorial Day. Cutting, and hand stitching are required! **Wed. May 22<sup>nd</sup> at 12:30pm** Fee: \$4 Register by May 20<sup>th</sup>



### Strawberry Social & Picnic

Join the Guilford Seniors to welcome summer with great food, live music and strawberry shortcake! Register at MSC **Wed. June 5 from 11-2pm. Fee \$5.**

### BUNCO TIME!!!

Spring has finally sprung and we are excited for people to start playing BUNCO. **Tuesday May 14<sup>th</sup> at 1:00 pm**



### "Cinco de Mayo"

Elaine Jackson helps us celebrate this Mexican Fiesta with music, handouts and video presentation  
**Mon., May 6<sup>th</sup> 10:30-11:30 am FREE**

### SENIOR CAFÉ

**Monday through Friday at Noon**  
Over age 60 or disabled; suggested donation of \$3. Please call Jodie at **(203)245-5686** by noon the previous day to order lunch.

### DIAL-A-RIDE

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



### SENIOR CENTER BUS

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

### ART 101



Instruction in drawing, charcoal, pastels, watercolor, acrylics, and oils.  
**Tuesdays until May 28<sup>th</sup> 1:30 - 3:30p**  
Fee: \$5 Muriel Waldvogel

### LUNCH BUNCH TRIPS

**\$2 bus fee Meals on your own**  
**Monday May 13<sup>th</sup> Depart 11:30 am**  
Lunch at Pepe's Pizza New Haven & shopping at Ferraro's Market.  
**Friday May 24<sup>th</sup> Depart 11:45 am**  
Lunch at the Brownstone in Guilford will shopping at Walmart to follow



### Walk with Kristen

Take a morning walk with Kristen around beautiful downtown Madison.  
**Tuesdays at 10:00 am**

### Crocheting with Plastic Bags

Do you know how to crochet? Come join Eleanor Wimble to learn how to make beautiful crocheted bags from recycled plastic shopping bags. Please bring 2-3 colored bags, scissors and large crochet hook size (7-10).  
**Wednesdays 1-2:30pm Fee \$3**

### Bingo !

**Dessert Bingo** 1<sup>st</sup> Fri. of the month at 1pm **Fri. May 3<sup>rd</sup>** cosponsored with Watrous Nursing Center

**St. Margaret's Church Bingo**  
2<sup>nd</sup> Wed. monthly. Bingo starts at 12 pm. Bring a bag lunch! **Wed., May 8<sup>th</sup>**

### Food For the Season

A Wellness Workshop  
Explore simple cooking and eliminate processed food. Allison MacLeod of Madison Health & Wellness a coach & founder of the Nutrition Nest will discuss the positive effects simple healthy cooking can have on the body. Rediscover how to listen to & nourish your body. A smoothie demo to start your day & to embrace self-care & healing  
**Tuesday May 7<sup>th</sup> at 10am Free**

### Senior Singles Group

An active group looking for members to join for fun activities. Call 203-245-5627.

**Next Meeting: Tues. May 14<sup>th</sup>**  
**Start @ MSC @ 5:30 then on to Donahues @ 6:30**

### LOCAL BUS TRIPS

*Bus fee is \$2, Lunch on your own*

**Mon. May 6<sup>th</sup>** Depart at 1pm  
Clinton Stop & Shop  
**Mon. May 20<sup>th</sup>** Depart at 1pm  
Durham Ice-Cream Shop  
**Fri. May 31<sup>st</sup>** Depart MSC at 1pm  
Shoprite in Clinton

### 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. During the meeting, your loved ones can take part in a supervised activity run by the program director. Group meets the 3<sup>rd</sup> Tuesday of the month.  
**Tues., May 21<sup>st</sup> 11a-12p**  
Register at MSC.





## Exercise With Patty Velleca

### CHAIR EXERCISES

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



#### Mondays - 10:30a to 11:30a

April 8<sup>th</sup> to June 10<sup>th</sup> 8 Classes  
No Class May 20 & 27 **R\$33 NR \$43**  
Make up class: June 17<sup>th</sup>

#### Fridays - 10:30a to 11:30a

April 12<sup>th</sup> to June 7<sup>th</sup> 8 Classes  
No Class May 24 **R \$33 NR \$43**  
Make up Class: June 14<sup>th</sup>

### SENIORS IN MOTION

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

#### Wednesdays - 10:30a to 11:30a

April 10<sup>th</sup>-June 12<sup>th</sup> 8 Classes  
No class May 15 & 22 **R \$26 NR \$36**  
Make up class: June 19<sup>th</sup>

### EXERCISE & RELAX YOGA

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

#### Tuesdays - 3:00 to 4:00pm

April 9<sup>th</sup>-June 4<sup>th</sup> 8 Classes  
No Class 5/21 **R \$66 NR \$76**  
Make up class: June 11<sup>th</sup>

#### Thursdays - 3:00 to 4:00pm

April 11<sup>th</sup>-June 6<sup>th</sup> 8 Classes  
No Class May 23 **R \$66 NR \$76**  
Make up class: June 13<sup>th</sup>

### FITNESS & MOVEMENT

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

#### Mondays - 9:00 to 10:00am

April 8<sup>th</sup>-June 10<sup>th</sup> 8 Classes  
No class May 20 **R \$33 NR \$43**  
Make up class: June 17<sup>th</sup>

#### Wednesdays - 9:00 to 10:00am

April 10<sup>th</sup> to June 12<sup>th</sup> 8 Classes  
No class May 15 & 22 **R \$33 NR \$43**  
Make up class: June 19<sup>th</sup>

#### Fridays - 9:00 to 10:00am

April 12<sup>th</sup>-June 7<sup>th</sup> 8 Classes  
No class May 24 **R \$33 NR \$43**  
Make up class: June 14<sup>th</sup>

### TAI CHI

Practicing slow movements can improve health, vitality, balance, & concentration. Sessions: 5 Classes

Instr.: S. Hanley

#### Mondays - 9:00 to 10:00am

April 22<sup>nd</sup>-May 20<sup>th</sup>.....R \$44 NR \$54  
June 3<sup>rd</sup>-July 1<sup>st</sup>.....R \$44 NR \$54



### LINE DANCING

A great way to keep moving, & exercise, dancing & have fun! Passes last until end of June Mondays - 2:00 to 2:55pm

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

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

### SILVER TAPPERS CLASS

#### Thursdays - 10:00 to 11:00am

April 18<sup>th</sup>-June 20<sup>th</sup> 9 Classes (one free)  
No class on May 2<sup>nd</sup>  
R \$72 NR \$82 - Instructor -M Goglia



## VNA PROGRAMMING

### Living a Heart Healthy Lifestyle

Learn the facts about heart disease, risk factors, and what they mean to you.

Fri., May 10<sup>th</sup> 10-12 **Free**

### Stronger Seniors

An education and exercise program focusing on heart health and fall prevention. For all exercise levels. Classes will be held on Mon. and Wed. 1-2pm  
No class May 15<sup>th</sup> or 27<sup>th</sup>

Mon. May 13<sup>th</sup> - Wed. June 26<sup>th</sup>

7-week program **\$5R \$10 NR**

### Memory Matters -Part 2

A continuation of the very popular Memory Matters, hosted by VNA. This 7 week program encourages you to fun with brain fitness activities, as well as identify strategies to enhance brain function. Learn about normal changes as you age. **Thurs., May 16<sup>th</sup>- June 27<sup>th</sup> 10-11a or 11-12p Fee: \$5 R \$10 NR**

### Scrapbooking & Card Making

Bring your supplies and join us for an all-day scrapbook and card making workshop. Some tools will be provided to share. Space is limited!

Thurs. May 16<sup>th</sup> 9a-3p **Fee: \$5**

## EXERCISE CLASSES WITH KRIS

The "exercise pass" is good for 5 or 10-classes taught by Kris & is valid until: June 30<sup>th</sup>, 2013.

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

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

*All classes taught by Kris Reaske*

### BASIC PILATES CORE/FLEX

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

**Tuesdays - 10:00 to 11:00am**

### SIMPLY STRETCH & STRENGTHEN

Stretching, light cardio & weight training that will develop strength, balance, and coordination. Can be done in a seated position. Anyone can do it! Join us for fun, smiles, great music and effective exercises.

**Tuesdays - 11:00 to 12:00pm**

### ZUMBA FOR ALL

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

**Mondays - 6:00 to 7:00pm**

### ZUMBA GOLD

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

**Mondays - 1:00 to 1:55pm**

**Thursdays - 11:10 to 12:10pm**

## Middlesex Hospital

### Roll For Control

**Thursday, May 23<sup>rd</sup> 10:30-11:30a**

Strengthening the pelvic floor muscles can help if you have difficulty with bladder and bowel control. Physical and Occupational Therapists will teach simple exercises to improve mild to moderate urgency or stress incontinence. **FREE**

## "FIT for LIFE"

A program combining exercise & a health-wellness seminar. Each week we will focus on a different health topic. Participants will increase overall strength, improve balance and alignment, increase core strength, improve bone density and feel increased energy! Please bring an Exercise Mat & bath towel. Instructor: Jennifer McManus  
Wed. May 22<sup>nd</sup> - June 12<sup>th</sup>  
**Fee: \$38R \$43NR (4 Classes)**



# 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

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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

### Exceptional Caring...

- Short-Term Rehabilitation
- Post-Operative Care
- Respite Care
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- Wellness Services
- Admission 7 Days a Week
- Resident & Family Education
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Nursing & Rehabilitation Center

Chester, CT

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www.rydershealth.com



## The Guilford House

Rehabilitation ~ Healthcare ~ Hospitality

109 West Lake Avenue, Guilford, CT

To Pre-book your rehab stay, contact the Admissions Department at  
**(203) 488-9142**

www.theguilfordhouse.com  
www.youtube/theguilfordhouse

## County Hearing and Balance

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



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.

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(203) 245-8008

## Your Business Should Be Here



## Golden Horizons Elder Care Services, Inc.

Providing personal care, homemakers, companions, 24/7 care, hourly & live-in services and more since 1996!

860-388-1788 ~ www.goldenhorizonseldercare.com



## Is a Reverse Mortgage right for you? Ask Sylvia!

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

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**GSB**  
Founded 1876  
**Guilford Savings Bank**  
Your Community. Your Values. Your Bank.  
Equal Housing Lender Member FDIC

7 Menu

May 2013



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Please remember to make your reservation with Jodi Shevlin by 12 Noon the day before you plan to attend at (203) 245-5786. (If you want to attend on a Monday please call by noon the previous Friday.)</i></p>		<p><b>1</b> Minestrone Soup, Crackers, Tilapia Florentine, Mashed Squash, Broccoli, Multigrain Dinner Roll, Carrot Cake, Milk</p>	<p><b>2</b> Baked Ziti w/ Parmesan Cheese, Italian Blend, Caesar Salad with Croutons and Dressing, Garlic Bread, Fresh Fruit, Milk</p>	<p><b>3</b> Meatloaf w/ Gravy, Mashed Potato, Peas and Onions, Oat Bread, Mandarin Oranges, Milk</p>
<p><b>6</b> Herb Baked Chicken Qtr., Fresh Sweet Potato, Green Beans, Rye Bread, Margarine, Fresh Fruit, Milk</p>	<p><b>7</b> Stuffed Pepper, Mashed Potato, Carrot Coins, Wheat Rolls, Margarine, Grape Juice, Lemon Cookie, Milk</p>	<p><b>8</b> Hot Open Turkey Sandwich, w/Gravy on Oat Bread, Steak Fries, Calif Blend Veggies, Vanilla Pudding w/Berry Topping, Milk</p>	<p><b>9</b> Chicken Noodle Soup &amp; Crackers, Stuffed Salmon w/ Lemon Dill Sauce, Confetti Brown Rice, Spinach, Multigrain Dinner Roll, Pears, Milk</p>	<p><b>10 Mother's Day</b> Eggplant Rollatini, Cauliflower, Parmesan Cheese, Tossed Salad w/ Cucumber and Ital. Dressing, Garlic Bread, Strawberry Shortcake Whipped Cream, Milk</p>
<p><b>13</b> Spaghetti with Meatball Marinara, Broccoli, Parmesan Cheese, Breadstick, Peaches &amp; Milk</p>	<p><b>14</b> Pork Loin w/Gravy, Applesauce Garnish Scalloped Potato, Peas and Mushrooms, Multigrain Bread, Fresh Fruit, Milk</p>	<p><b>15</b> New Orleans Chicken, Brown Rice, Oriental Blend Veggies, Wheat Bread, Pineapple Tidbits, Milk</p>	<p><b>16 Birthday Cake Day</b> Pot Roast w/ Gravy, Mashed Potato, Acorn Squash, Wheat Dinner Roll, Apple Juice, Choc. Cake, Milk</p>	<p><b>17</b> Veg. Barley Soup, Crackers, Seafood Salad Plate, w/ Lettuce, Tomato &amp; Carrot-Raisin Salad, Pumpnickel Bread, Cherry Jello w/ Pears, Milk</p>
<p><b>20</b> Lite Crunch Fish, Tarter Sauce, Swt. Potato Fries, Zucchini, Whole Wht. Bread, Cranberry Juice, Choc. Chip Cookie, Milk</p>	<p><b>21</b> Chicken Breast w/ Lemon Sauce, Couscous Pilaf, Scandinavian Blend Veggies, Wht Dinner Roll, Fresh Fruit, Milk</p>	<p><b>22</b> Swedish Meatballs, Noodles, Green &amp; Wax Beans, Oat Bread, Peaches, Milk</p>	<p><b>23</b> Lentil Soup &amp; Crackers, Chef Salad, Turkey, Ham, Cheese, Tossed Salad w/ Cukes, Frnch Dressing, Croissant, Mandarin Oranges, Milk</p>	<p><b>24</b> Pineapple Juice, Turkey Hot Dogs, Baked Beans, Cole-slaw, Mustard, Ketchup, Relish, Wht Hot Dog Buns, Watermelon, Milk</p>
<p><b>27</b> <b>CLOSED for MEMORIAL DAY</b></p>	<p><b>28</b> Beef Onion Soup, Crackers, Spinach Ravioli, Meatball, Tossed Salad w/ Tomato, Ital. Dressing, Ital. Bread, Ital. Ice, Milk</p>	<p><b>29</b> Baked Ham w/Gravy, O'Brien Potato, Mixed Vegetables, Oat Bread, Apricots, Milk</p>	<p><b>30</b> Turkey w/ Gravy, Stuffing, Bean Blend, Cranberry Sauce, Biscuit, Green Jello with Mixed Fruit, Milk</p>	<p><b>31</b> Cod w/ Lemon Dill Sauce, Roasted Potato, Broccoli, W Wht Bread, Pineapple Juice, Berry Strudel, Milk</p>



BESIDE YOU AT EVERY TURN  
Reg.#HCA.0000127

- Live-in caregivers
- Personal care assistants
- Homemakers
- Medication supervision

203.458.5990 [LIFETIMECareatHome.com](http://LIFETIMECareatHome.com)

An affiliate of VNA Community Healthcare



Madison Senior Center  
 29 Bradley Road  
 Madison, CT 06443

PRSRT STANDARD  
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 GUILFORD CT  
 PERMIT NO. 295

5/2013

**Be on the lookout for “New”  
 BOOK CLUB: starting in June!!**

**RETURN SERVICE REQUESTED**

## **COMPUTER CLASSES**

### **Computer Basics For Beginners**

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

**Tuesdays, May 14<sup>th</sup>– June 11<sup>th</sup>- 1:00 to 2:00pm**

**Fee: R \$42 NR \$52 (5 classes)**

### **Laptops and iPads**

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

**Thursdays, May 16<sup>th</sup>– June 13<sup>th</sup>- 1:00 to 2:00pm**

**Fee: R \$42 NR \$52 (5 classes)**

### **E-Bay: Buying and Selling Online**

This is sure to be a fun class, learn how to buy and sell using eBay. Open E-bay & PayPal accounts online, search and bid, pay & complete the transaction. Advanced tips: how to investigate sellers, & finding the best deal. How to become an eBay seller, what it costs, how to price your items, taking and uploading a picture, completing the sale, & marketing your item. Please bring a camera, charged battery, a pad and pencil, & questions you may have. Classes will be 2 hours long.

**Tuesdays, May 14<sup>th</sup>– May 28<sup>th</sup> - 10:00a to 12:00pm**

**Fee: R \$42 NR \$52 (3 classes)**

### **“NEW” Shopping the Internet**

Learn about principles of online shopping, explore different online shopping tools, and more. All to improve your internet shopping experience. Pre-requisite: basic computer skills.

**Thursday May 16<sup>th</sup> - 10:00a to 12:00pm**

**Fee: R \$13.50 NR \$23.50 (1 Class)**

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

## **Ongoing Activities at the Senior Center**

<b>Bridge</b>	Thursdays	1– 4 p	<b>Hand &amp; Foot</b>	Fridays	1– 4 p	<b>Pinochle</b>	Tuesdays	1– 4 p
<b>Canasta</b>	Tuesdays	1– 4 p	<b>Knitting Group</b>	Thursdays	10a-12p	<b>Poker</b>	Wednesdays	1– 4 p
<b>Mah Jong</b>	Thursdays	1– 4 p	<b>Sports Discussion</b>	Tuesdays	10:30-11:30a	<b>Wii Bowling</b>	Wednesdays	1-2 p
<b>Coupon Exchange Club</b>	Thursdays	10:00 a	<b>Bocce</b>	Thursdays	9 -10 a 10 -11a			