

Trends & Traditions

MADISON SENIOR NEWS



Madison Senior Center
C/O First Congregational Church
26 Meetinghouse Lane
Madison, CT 06443

November 2010

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

MUNICIPAL AGENT: 203 245-5687

MAIN OFFICE: 203-245-5627

FAX: 203-318-0670

CAFE SITE: 203-245-5686

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

Scot Erskine

David Melillo

Gina Millan

Heather Castrilli

Carrie Gazda

BUS DRIVERS

Pat Cocchiaro

Patricia Connelly

Michael Rand

Helen Sneider

Carolyn Tenedine

CAFÉ MANAGER

Joan Waldron



SENIOR CENTER WEB PAGE

<http://www.madisonct.org/seniorsvcs/index.shtml>

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

TOWN WEB PAGE

www.madisonct.org

MADISON SENIOR SERVICES COMMISSION

Meetings are held on the third Thursday of the month. Next meeting:
November 18, 2010, 5:30 PM in the Hammonasset Room at the Town Hall.

LOCATION CHANGE & NEW BUILDING UPDATE

The Depot Closes But Senior Services Continue!

Although Madison's Senior Center at the Depot closed on October 1, 2010 to make way for the new Ambulance and Senior Center buildings, our Senior activities and services are continuing in our temporary center located in the First Congregational Church on the Green (26 Meetinghouse Lane). We so appreciate their support. This newsletter will provide monthly updates.

THE WII BOWLING LEAGUE

Wednesday, November 17, 2010 @ 1:00 PM FCC Prog. # 700303-A

Come join Carrie Gazda; Recreation Supervisor, Gina Millan & Jennifer Paventi of New England Home Care to have fun and learn how Wii bowling works.

This is a fun game. Everyone can participate, no one excluded.

You can even sit in a chair and play.

WOODWORKING WORKSHOP

Wednesday, December 15, 2010 Prog. # 403004-A

Carrie Gazda has arranged a fun workshop. Participants will be making a Memory box for yourself or as a gift for someone special.. Simple to build, all pieces cut and ready to assemble. Tools to complete the project will be supplied.

Instructors: Woody Wilkins & Shari LaRiviere. **Fee of \$31 includes all the materials needed.**



CHRISTMAS SPECTACULAR @ RADIO CITY

MONDAY, DECEMBER 13, 2010 Prog. # 700129-A

The Radio City Christmas Spectacular starring the world famous Rockettes is an unparalleled show featuring the signature high kicks and precision choreography. These show stopping numbers include the legendary "Parade of the Wooden Soldiers," and "New York at Christmas," a dynamic holiday celebration.

Lunch at the renowned Carmine's, a wonderful Southern Italian Restaurant where food is served in abundant portions.

Leave Commuter Parking Lot at 7:00 AM, arrive home at approximately 6:00 PM, Fee: \$145 pp.

MUNICIPAL INFORMATION

For more information, please contact Heather Castrilli at (203) 245-5687 OR castrillih@madisonct.org

ANNOUNCEMENTS/CURRENT SOCIAL SERVICE PROGRAMS

CONNECTICUT ENERGY ASSISTANCE PROGRAM

The Connecticut Energy Assistance Program assists CT residents by paying for a portion of their heating costs for the winter season. To qualify, an applicant must meet specific income & asset guidelines. The asset limit for homeowners is \$10,000 & for renters the limit is \$7,000. Proof of all income, rent, & utility expenses, as well as bank statements for the 4-week period prior to the date of the application are required. Application intake begins **October 1, 2010 for Deliverable Fuel Clients and October 25 for Utility Clients. Please call (203)245-5687 to pick up a checklist, or with questions about the specific income guidelines, or to schedule an appointment.**

MEDICARE D OPEN ENROLLMENT PERIOD

The open enrollment period (Nov. 15th - Dec. 31st) for the Medicare D Program is fast approaching. Now is the time to look at your plan, make sure you have the appropriate coverage, and consider making changes. Assistance is available.

SNAP PROGRAM (Formerly Food Stamps)

This program helps offset food expenses. Eligible participants are given a set amount of money each month on an EBT debit card to use at local grocery stores. Monthly income guidelines: **Single: \$1,671, Couple: \$2,248.**

FOOD PANTRY

The food pantry is operated by Madison Community Services and available for those residents who need the assistance. The pantry is located in the back of the First Congregational Church on the Town Green and is open Wednesdays from 11-3. **Transportation available, call Dial-a-Ride, 203-245-5695. Regular Bus Pick up for Concord Meadows-10:15AM.**

ANGEL FOOD MINISTRY

In these tight economic times, we all could use a little help in making ends meet! Bethel Assembly of God Church, Guilford, CT operates a program that can help lower your food costs. Preorder food through Angel Food Ministries & receive substantial savings. For more information, you can visit their website:

<http://www.guilfordbethel.org/AngelFoodInfo.htm>. Stop in at the senior center to pick up this months menu or call (203)453-5171 or 203-245-1385. SNAP benefits are accepted.

CONNPACE

ConnPACE or the CT Pharmaceutical Assistance Program helps participants offset the costs of their Rx's. The filing period for new clients is Nov. 15th to Dec. 31st annually with an annual registration fee of \$45 per person. ConnPACE only cover Rx's on your Med. D formulary and will cover premiums of benchmark Med D plans.

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. There is no asset test for this program. **Maximum monthly income for a single: \$2,091.67 and for a couple: \$2,816.67**

TRANSPORTATION OPTIONS

<p><u>DIAL-A-RIDE</u> Madison Senior Center 203- 245-5695 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. Please call to be mailed the rules and regulations. 48 HOURS NOTICE REQUIRED!!</p>	<p><u>SENIOR BUS</u> Madison Senior Center 203-245-5627 Fixed routes to the senior center, downtown, special events, hot lunch program, & Thursday grocery shopping. See enclosed monthly calendar for route schedule. 48 HOURS NOTICE REQUIRED!!</p>	<p><u>MADISON COMMUNITY SERVICES:</u> 203-245-3031 Madison Community Services has a group of volunteers who will take Madison residents to Medical Appointments. This program operates locally and in the surrounding areas. 7 DAYS NOTICE REQUIRED!</p>	<p><u>SHORELINE SHUTTLE</u> Estuary Transit District 860-510-0429 TDD & TTY 1-800-842-9710 The 9-Town Transit Bus operates on a route from Old Saybrook to Madison. Stops in Madison include the train station, the senior center and at the Scranton Gazebo to connect with the Dattco bus. Call for pick-up arrangements PRE REGISTRATION REQUIRED!</p>
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NOVEMBER 2010 ACTIVITIES CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
11:30AM – Flanders Fish House for lunch 12:00 PM LUNCH	9:00 AM Bus/Town 12:00 PM LUNCH Mexican Cultural Celebration w/ Elaine Jackson 1:00 PM Bus/Town 1:00 PM Card Play Vote Today- Transportation available	12:00 PM LUNCH 1:00pm - Bingo	9:00 AM – 3:00 PM Grocery Shopping 12:00 PM LUNCH 1:00 PM Cards & Mah Jongg	Leave FCC @ 11:30 AM Wendy's & Branford Wal-Mart 12:00 PM LUNCH
8	9	10	11	Museum of the Month 12
No Lunch Exercises Classes Held @ Surf Club 1:00 PM Safe Driving @ the Surf Club Fish Tale & Ocean State Job Lot Leave Rte 79 Comm. Lot @11:30am	No Lunch 1:00 PM Safe Driving @ the Surf Club 1:30 Art Class will be held @ The Town Campus Gym Activity Room	No Lunch Exercises Classes Held @ Surf Club 12:00 pm ST. Margaret's Bingo Program # 700123-A	Veterans Day Closed	No Lunch Exercises Classes Held @ Surf Club Ct. Science Center-West Hartford-10:30 tour. Lunch on your own at Town Line Diner. \$22PP Bus leaves Rte.79 Comm. Lot at 9am
15	16	17	18	19
12:00 PM Thanksgiving Feast @ The Surf Club	9:00 AM Bus/Town 12:00 PM LUNCH 1:00 PM Bus/Town 1:00 PM Card Play	12:00 PM LUNCH <u>1:00 PM Wii Orientation- with Recreation Supervisor Carrie Gazda – come join the fun ☺</u>	9-10 AM LEGAL ASSISTANCE by Appt. 9:00 AM – 3:00 PM Grocery Shopping 10:45 AM Depart – RTE 79 Commuter lot for The Kate 12:00 PM LUNCH 1:00 Cards & Mah Jongg	12:00 PM LUNCH 1:00 PM Care Giver Seminar with VNA – Jane Olson
22	23	24	25	26
12:00 PM LUNCH 12:00 PM Blood Pressure 9:30 AM Christmas Tree Shop & Outback steak house	9:00 AM Bus/Town 12:00 PM LUNCH 1:00 PM Bus/Town 1:00 PM Card Play	12:00 PM LUNCH 1:00pm Last Minute Grocery Shopping ☺ Call Dial-a-Ride for transportation.	Happy Thanksgiving Senior Center Closed	Happy Thanksgiving Senior Center Closed
29	30	Reminder: Saturday, November 6, 2010, bus leaves Commuter Lot @ 6:00 AM for Kittery, Maine.		
12:00 PM LUNCH 1:00PM Seminar Diabetes Part 1 (How to avoid diabetes denial, & take care of yourself)	9:00 AM Bus/Town 12:00 PM LUNCH 1:00 PM Bus/Town 1:00 PM Card Play			

SENIOR COMMUNITY CAFÉ

Lunch begins at 12:00 PM

1 Potato Leek Soup Grilled Chicken w/ Gravy Mixed Veg. Tangerine	2 Veg. Beef Soup Chicken Fajitas Peppers & Onions White Rice Mandarin Orange Slices	3 Roast Virginia Ham w/ Pineapple Glaze Sweet Potatoes Peas & Mushrooms Melon	4 BBQ Beef Ribs Whipped Potatoes Calif. Blend Veg. Ice Cream Cup	LUCKY LUNCH 5 Veg. Beef soup Seafood Salad On a Bed of Lettuce Orange
8 No Lunch	9 No Lunch	10 No Lunch	11 Closed No Lunch	No Lunch
15 Thanksgiving Feast at the Surf Club 12:00pm	16 Cream of Carrot Soup Sausage & Peppers Tossed Salad Chocolate Pudding w/ Topping	17 Roasted Turkey w/ Gravy Cranberry Sauce Mixed Veg. Pumpkin Pie w/ Topping	18 Meat Canneloni w/ Tomato Sauce Tossed Salad Fruit Cocktail	LUCKY LUNCH 19 Oven Baked Fish Potato Puffs Tossed Salad Fruited Jello
22 Crispy Chicken Drummies Macaroni & Cheese Green Beans Seasonal Fruit 12:00 PM Blood Pressure w/the VNA	23 Birthday Cake Day Cream of Broccoli Soup Turkey Kielbasa/ Sauerkraut Red Bliss potatoes Belgian Carrots Birthday Cake	24 Stuffed Shells Peas w/ Mushrooms Tossed Salad Sliced Pears	25 Happy Thanksgiving Closed	LUCKY LUNCH 26 Closed
29 Chicken Teriyaki Sweet Potatoes Chinese Veg. Sliced Peaches	30 Beef Stew Corn Green Beans Orange	<p>Please remember to call to order lunch by 12:00 PM the previous day. To order lunch held on a Monday, call the Friday before.</p> <p>Lucky Lunch Fridays include a free raffle for those purchasing lunch.</p> <p>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.</p>		

HAPPY BIRTHDAY TO ALL THE NOVEMBER BIRTHDAYS!

Celebrate with us on Birthday Cake Day

November 23, 2010

Receive a special surprise to celebrate your day!

Please make Joan aware of your birth date, to receive a surprise.

(Attendance is required on Birthday Cake Day)



If you cannot attend a luncheon that you have reserved, please call Joan in the Café at 203-245-5686. There may be last minute calls to fill your spot. Thank you for your cooperation.

EXERCISE AND RELAX WITH YOGA

Instructed by Pat Velleca. Learn Yoga techniques are used to increase circulation and relaxation. Know your body physically and mentally through Hatha Yoga. Yoga postures provide deep tension release, stress control, and an increase in energy. Suitable for all ages and conditions. Loose clothing and mats needed. **Classes held at the Congregational Church.**

Program # 204203 A

Day: Tuesday
Dates: 10/5-11/23 no 10/12
Time: 3:00-4:00pm
Fee: \$53.00

Program # 204203 B

Day: Thursday
Dates: 10/7-12/2 no 11/11 & 11/25
Time: 3:00-4:00 pm
Fee: \$53.00

CHAIR-EXERCISE

Instructed by Pat Velleca. Designed for those who need to exercise while seated. Benefits: muscle tone, joint flexibility, and cardiovascular strength.

SENIORS IN MOTION

Instructed by Pat Velleca. Designed for seniors who want more than Chair Exercise, includes some standing. Improve balance, strength and stability.

Program # 204206 A

Day: Monday
Dates: 10/4 to 12/6
No class 10/11
Makeup 12/13
Time: 10:30 – 11:30am
Fee: \$9
Non Resident: \$14

Program # 204206 B

Day: Friday
Dates: 10/8-12/10
No Class 11/26
Makeup 12/17
Time: 10:30-11:30am
Fee:\$9
Non Resident: \$14

Program # 204205 A

Day: Wednesday
Dates: 10/6 -12/8
No Class 11/24
Makeup 12/17
Time: 10:15-11:15am
Fee: \$27.00

FITNESS & MOVEMENT

Instructed by Pat Velleca. Low impact aerobics for folks interested in continuing good health. Good cardiovascular workout combined with muscle and joint strengthening. Please Bring Sneakers, cool, comfortable clothing and a floor mat. Held at the Senior Center Meeting Center.

Program # 204204 A

Day: Monday
Dates: 10/4 to 12/6
No Class 10/11
Make up 12/13
Time: 9:00-10:00am
Fee: \$27.00

Program # 204204 B

Day: Wednesday
Dates: 10/6-12/8
No Class 11/24
Make up 12/17
Time: 9:00-10:00am
Fee: \$27.00

Program # 204204 C

Day: Friday
Dates: 10/8 to 12/10
No Class 11/26
Make up 12/17
Time: 9:00-10:00am
Fee: \$27.00

LINE DANCING AT HUBLEY HALL FIRST CONGREGATIONAL CHURCH

Gayle Melonson is our Line Dancing Instructor for seniors. Classes held Monday's at 1:30 PM on the Hubley Hall First Congregational Church. Pre-register @ the senior center or at the Beach & Recreation Department.

Session B:

Prog.#203100-B
November 1 – December 6
Fee: \$27.00

FALL COMPUTER CLASSES

Fall Session of Computer Classes held on Tuesday mornings. Each session runs for 4 weeks, \$20.00 per session.

Session C

Prog. # 100115-C
October 5, 12, 26, November 12
9:00-10:00 AM

Session D

Prog. # 100115-D
October 5, 12, 26, November 2
10:00-11:00 AM

Session E

Prog. # 100115-E
November 9, 16, 30, December 7
9:00-10:00 AM

Session F

Prog. # 100115-F
November 9, 16, 30, December 7
10:00-11:00 AM

ART CLASSES

Tuesday @ the Congregational Church 1:30-3:30 PM

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

Session A

Prog. # 703400-A
September 7 – November 30
Resident Fee: \$13.00
Non-Resident: \$18.00

Session B

Prog. # 703400-B
December 7 – February 22
Resident Fee: \$12.00
Non-Resident Fee: \$17.00

Session C

Prog. # 703400-C
March 1 – June 28
Resident Fee: \$18.00
Non-Resident Fee: \$23.00

MONTHLY SERVICES & INFORMATION

MEDICARE MONDAY Monday, November 1, 2010 9:00 – 11:00 AM	Unbiased information, counseling, & assistance on Medicare, Supplemental Insurance & Medicare Advantage Plans. Carlos A. Maynard, a volunteer and Heather Castrilli assist Madison Residents. By appointment only: Call Heather 203-245-5687
BLOOD PRESSURE CHECK November 22, 2010 12:00-1:30 PM @ the Congregational Church	 VNA Community Healthcare holds BP Clinics on the 2 nd & 4 th Mondays of the month @ the Senior Center. <u>Blood Pressure Monitor also available for use in office. Just ask!</u>
LEGAL ASSISTANCE, November 18, 2010. 9:00 – 10:00 AM.	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 203-245-5627.
HANDICAPPED PARKING PERMIT	 New application form from the DMV available on the www.ct.gov/dmv.org or in the Senior Center office.
NOTARY SERVICES At The Senior Center By Appointment	Heather Castrilli, Gina Millan <u>Call the Senior Center for an appointment</u>
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 <u>Requires 4-5 days notice and doctor or nurse referral.</u>
Madison Food Pantry Donations	Donations to the Food Pantry are welcome. Please contact Madison Community Services, (203)245-3031.

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.



*Advance registration required: AARP members \$12.00 & Non Members \$14.00
 Please make checks payable to AARP. Bring your membership card at time of registration.*

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

Classes held @ Madison Surf Club:
November 8-9, 1:00-5:00 PM

CARD PLAYING & MAH JONGG

Tuesdays: Bridge, Canasta; Thursdays: Pinochle, Setback & Mah Jongg. On-Going through the year 1:00-4:00 PM.

Call the Senior Center if interested in learning Mah Jongg.

COMPUTER FREE TIME

The computer area has a very busy schedule for personal use but please call to check on times available for you.
 Be sure to sign in at the office.

LIFE-LONG LEARNING

This exciting program offers meaningful intellectual programs to retired & semi-retired citizens of Guilford & Madison, who share a love of learning! A variety of classes offered. Become a member of this great program. New online registrations will be available for the fall session of classes. Be sure to include your email address with your registration to receive weekly class reminders, notifications of class changes, special guest events not listed in the catalog. Membership: \$25 for the year.

PROGRAMS & TRIPS

Refund requests issued, if your seat can be filled from the waiting list.

KITTERY MAINE

Saturday, November 6, 2010 Prog. # 700128-A

Get started on your Christmas shopping early; enjoy a day at the outlets in Kittery Maine. Stop at Fosters Clambake restaurant for a choice of Lobster or Chicken. Package includes transportation, dinner & coupon booklets for shopping @ the outlets. **Leaves Commuter Lot @ 7:30 AM and Return approx. 8:30 PM Fee: \$ 75 pp.**

THE LOG CABIN CHRISTMAS EXTRAVAGANZA

Wednesday, December 1, 2010 **Prog. # 700130-A** the Berkshires' premier destination, make the holidays special with a trip to the Log Cabin. While dining at the Log Cabin enjoy the Christmas Extravaganza Show of "Rocking around the Christmas Tree." Let us bring back the holidays when life was simple, relaxing and fun filled. Entrees include: Roast Turkey & Baked Scrod, all meals are served family style. **Departure time 8:30am, Return Time @ 5:30pm. Trip leaves from Rte 79 Commuter Lot. Fee: \$75 pp.**

1000 ISLANDS OF NEW YORK STATE

THURSDAY, JUNE 21-23, 2011

1000 Islands Adventure Romantic Castles & Scenic Waterways.

This trip includes two nights lodging at the Riveredge Resort, a 4-Diamond award-winning hotel that overlooks the St. Lawrence Seaway. You will have a narrated tour of the St. Lawrence aboard the Uncle Sam's Cruise boats, as well as a walking tour of the Castles. On the way home, a stop at the Turning Stone Casino where everyone will receive a Bonus Casino Package or go to Cooperstown to learn about baseball's great history.

Fees: Single-\$589, Double- \$469pp

CHRISTMAS BRUNCH AT THE SURF CLUB – DECEMBER 17TH - 11:30am-1:30pm

Come join the staff for a Christmas brunch at the Surf Club – Menu includes Steak Tips w/ Mushroom Sauce, Chicken Tenders with a variety of sauces, Breakfast food will also be served. \$10 per person.

NOW TAKING SUGGESTIONS FOR THE WINTER SCHEDULE

Please contact the Senior Center should you have any interest in a special trip or activity, or informational seminars.

Directions to the Senior Center

North Bound: Take Route 79 South; turn right on Bradley Road, then take a left at the First Congregational Church. The entrance to the senior center is below the fire escape.

South Bound: Take Route 79 North; turn left on Bradley Road, then take a left at the First Congregational Church. The entrance to the senior center is below the fire escape.

Entrance is located at the rear of the Church hall where there is ample parking. Hours will remain the same- 8:30 am to 4:00 pm, Monday thru Friday. The church hall offers seniors activity rooms and classrooms as well as space for lunch.

Gina Millan will be housed in the church hall and reached at telephone # 203-245-5627. The Municipal Agent for Seniors, Heather Castrilli, will also be located in the church hall and her # is 203-245-5687.

RETURN ADDRESS:
MADISON SENIOR SERVICES COMMISSION
C/O FIRST CONGREGATIONAL CHURCH
26 MEETINGHOUSE LANE
MADISON, CT 06443-2691
TELEPHONE: 203-245-5627

PRSRRT STD
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PAID
MADISON CT
PERMIT
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DATED MATERIAL
PLEASE DELIVER PROMPTLY



As soon as you receive your newsletter, come in to register for the events listed.