

Trends & Traditions

MADISON SENIOR NEWS



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

November 2011

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

Website: <http://www.madisonct.org/seniors>

SENIOR COMMISSION CHAIR

Maureen Lopes
VICE-CHAIR

Gerard Kerins

MEMBERS:

Mitchell Cohan

Robert Hale

Patricia Melady

Leslie Macarelli-Naizby

Barry Miller

Wendy Oberg

Marcy Sanders

Liaison to the Board of Selectmen:

Diane Stadterman

STAFF

Scot Erskine

Joseph Petrella

Heather Castrilli

Carrie Gazda

BUS DRIVERS

Pat Cocchiaro

Michael Rand

Ed McLaughlin

Helen Sneider

CAFÉ MANAGER

Joan Waldron



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

TOWN WEB PAGE

www.madisonct.org

Main Line: 203-245-5627

Fax: 203-318-0670

Café Site: 203-245-5686

MADISON SENIOR SERVICES COMMISSION

Senior Commission meetings are scheduled for the second Thursday of the month. The next meeting is November 10, 2011 at 5:30 pm in the Hammonasset Room at the Town Hall.

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, such as, Hurricane Irene. The “safety check list” will be utilized in the case of an emergency, and will provide us with the necessary information so we can check in with you and make sure you are safe. To add your name to the list, please contact the Senior Services Department at (203)245-5627.

THE MADISON SENIOR CENTER – A NEW VISION

What role does a Senior Center play within a community? Many people believe that a Senior Center is a place where they don't belong. Some feel that it is a place for inactive, immobile people who are past their prime or don't have anything else to do. The belief that a Senior Center is any one of these may have been true in the past, but a new vision for Senior Center's is emerging in American society and The Town of Madison has positioned itself to be in the forefront of this new era.

The opening of the new Madison Senior Center marks the beginning of this new vision and starts a new phase for the Senior Services Department that will enable us to meet the growing need of a growing population. Across the nation, Senior Centers are beginning to define themselves as destination spots that connect adults to vital community services that enable an individual to stay healthy and independent. The Madison Senior Center is doing just that. By utilizing a “holistic” approach, the Senior Center will provide a variety of services that will lift up the spirit, challenge the mind, and keep the body moving. The center will act as a “hub” where individuals can access services, learn a new skill, take an exercise class, play billiards, socialize, eat lunch, participate in a book club or simply come talk and relax with friends. The best part about it though, is that all these activities can happen at the same time which results in a vibrant, lively, active place for all to enjoy. With multiple rooms available for activities, meetings, and educational programs; staff is busy coordinating billiards leagues, tai chi classes, dance classes, lectures, art and crafts classes, card leagues, aerobics classes, yoga classes, computer courses, book clubs, trips, and much more. Senior Center staff members are also busy coordinating clinics, health screening and support groups for those individual who just need a place to talk to someone. If you don't see something that interests you, give us a suggestion, I'm sure we can find a way to accommodate your needs.

As we embark on this new era and vision, we encourage all of you to stop by the new Senior Center and see what all the excitement is about. Step outside the box, try a class, learn something new, meet new friends or just come down for a tour. No matter what you decide, you are always welcome to join us and help create the new vision of the Madison Senior Center.

Joseph Petrella
Senior Services Supervisor

MUNICIPAL AGENT FOR THE ELDERLY INFORMATION

Please contact Heather Castrilli at (203) 245-5627 OR castrillih@madisonct.org

ANNOUNCEMENTS/CURRENT SOCIAL SERVICE PROGRAMS

CHANGES TO OPEN ENROLLMENT PERIOD FOR MEDICARE D

The federal government has changed the open enrollment dates for The Medicare D Program. The new open enrollment period is October 15th, 2011 to December 7th, 2011. Please take a look at your current Health & Prescription Drug Insurance. Are you happy with the coverage and cost? If not, you might consider making a change.

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Intake begins October 3rd for Oil/Propane/Wood clients and October 24th for Electric/Gas.

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. **Single maximum: \$2655 per month, Couple \$3472 per month. Due to State budget cuts the Energy Assistance Benefits have been reduced. Please plan ahead as your contribution towards your heating bill will be larger.**

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

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.**

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, call Dial-a-Ride, (203)245-5695. Regular Bus Pick up for Concord Meadows 10:15 a.m.

SAFELINK WIRELESS CELLPHONE

Safelink Wireless provides eligible low-income households a free cell phone, mobile access to emergency services, and 3 different plan choices with free minutes of airtime monthly for 1 year. A qualifying customer must participate in one of the following programs: CEAP, CHAP (state energy assistance), ConnPACE, Federal Public Housing Assistance/Section 8, Food Stamps, Medicaid/ Title 19, Personal Care Assistance, Refugee Program, Rental Assistance, SAGA, State Supplement to the Aged, Blind, or Disabled, SSI, TFA.

REMINDER: SENIOR & DISABLED TAX RELIEF PROGRAM

Filing period: 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 remember to save all 2011 tax information and 1099's.**

SENIOR CENTER PROGRAMS

	<h2 style="text-align: center;">Exercise and Relax with Yoga</h2>		<h2 style="text-align: center;">Line Dancing</h2>								
<p>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. Classes held at FCC. Instructor: Pat Velleca.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p style="text-align: center;"><u>Session A</u></p> <p>Day: Tuesdays Dates: 9/20 to 11/8 Time: 3:00 to 4:00p Fee: \$60.00</p> </td> <td style="width: 50%; vertical-align: top;"> <p style="text-align: center;"><u>Session B</u></p> <p>Day: Thursdays Dates: 9/22 to 11/10 Time: 3:00 to 4:00p Fee: \$60.00</p> </td> </tr> </table>		<p style="text-align: center;"><u>Session A</u></p> <p>Day: Tuesdays Dates: 9/20 to 11/8 Time: 3:00 to 4:00p Fee: \$60.00</p>	<p style="text-align: center;"><u>Session B</u></p> <p>Day: Thursdays Dates: 9/22 to 11/10 Time: 3:00 to 4:00p Fee: \$60.00</p>	<p>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. Classes held at FCC. Instructor: Gayle Melonson.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p style="text-align: center;"><u>Session B</u></p> <p>Day: Monday Dates: 10/24 to 11/28 Time: 1:30 to 2:30p Fee: \$27.00 (R) \$37.00 (NR)</p> </td> <td style="width: 50%; vertical-align: top;"> <p style="text-align: center;"><u>Session C</u></p> <p>Day: Monday Dates: 1/02 to 2/6/12 Time: 1:30 to 2:30p Fee: \$22.50 (R) \$32.50 (NR)</p> </td> </tr> </table>		<p style="text-align: center;"><u>Session B</u></p> <p>Day: Monday Dates: 10/24 to 11/28 Time: 1:30 to 2:30p Fee: \$27.00 (R) \$37.00 (NR)</p>	<p style="text-align: center;"><u>Session C</u></p> <p>Day: Monday Dates: 1/02 to 2/6/12 Time: 1:30 to 2:30p Fee: \$22.50 (R) \$32.50 (NR)</p>				
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	<h2 style="text-align: center;">Chair Exercise</h2>		<h2 style="text-align: center;">Seniors in Motion</h2>								
<p>Designed for those who need to exercise while seated. This program focuses on muscle tone, joint flexibility, and cardiovascular strength. Classes held at FCC. Instructor: Pat Velleca.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p style="text-align: center;"><u>Session A</u></p> <p>Day: Mondays Dates: 9/26 to 12/12 No Class: 10/10, 11/21,28 Time: 10:30 to 11:30a Fee: \$9.00</p> </td> <td style="width: 50%; vertical-align: top;"> <p style="text-align: center;"><u>Session B</u></p> <p>Day: Fridays Dates: 9/23 to 12/9 No Class: 11/11,18, 25 Time: 10:30 to 11:30a Fee: \$9.00</p> </td> </tr> </table>		<p style="text-align: center;"><u>Session A</u></p> <p>Day: Mondays Dates: 9/26 to 12/12 No Class: 10/10, 11/21,28 Time: 10:30 to 11:30a Fee: \$9.00</p>	<p style="text-align: center;"><u>Session B</u></p> <p>Day: Fridays Dates: 9/23 to 12/9 No Class: 11/11,18, 25 Time: 10:30 to 11:30a Fee: \$9.00</p>	<p>Designed for seniors who want more than Chair Exercise, this class will include standing exercises to help improve balance, strength, and stability. Classes held at FCC. Instructor: Pat Velleca.</p> <p><u>Session A</u></p> <p>Day: Wednesdays Dates: 9/21 to 12/7 No Class: 11/23, 11/30 Time: 10:15 to 11:15am Fee: \$27.00</p>							
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	<h2 style="text-align: center;">Fitness and Movement</h2>		<h2 style="text-align: center;">Art Classes</h2>								
<p>Low impact aerobics for folks interested in continuing good health. Good cardiovascular workout combined with muscle and joint strengthening. Please bring sneakers, a floor mat, and cool, comfortable clothing. Classed held at FCC. Instructor: Pat Velleca.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p style="text-align: center;"><u>Session A</u></p> <p>Day: Mondays Dates: 9/26 to 12/12 No Class: 10/10, 11/21,28 Time: 9:00 to 10:00a Fee: \$27.00</p> </td> <td style="width: 50%; vertical-align: top;"> <p style="text-align: center;"><u>Session B</u></p> <p>Day: Wednesdays Dates: 9/21 to 12/7 No Class: 11/23,30 Time: 9:00 to 10:00a Fee: \$30.00</p> </td> </tr> <tr> <td style="vertical-align: top;"> <p style="text-align: center;"><u>Session C</u></p> <p>Day: Fridays Dates: 9/23 to 12/9 No Class: 11/11,18,25 Time: 9:00 to 10:00a Fee: \$27.00</p> </td> <td></td> </tr> </table>		<p style="text-align: center;"><u>Session A</u></p> <p>Day: Mondays Dates: 9/26 to 12/12 No Class: 10/10, 11/21,28 Time: 9:00 to 10:00a Fee: \$27.00</p>	<p style="text-align: center;"><u>Session B</u></p> <p>Day: Wednesdays Dates: 9/21 to 12/7 No Class: 11/23,30 Time: 9:00 to 10:00a Fee: \$30.00</p>	<p style="text-align: center;"><u>Session C</u></p> <p>Day: Fridays Dates: 9/23 to 12/9 No Class: 11/11,18,25 Time: 9:00 to 10:00a Fee: \$27.00</p>		<p>Instruction in drawing, charcoal, pastel, watercolor, acrylics, and oils. Instructed by local Madison artist Muriel Waldvogel. Classed held at FCC. List of needed art supplies is available at the Senior Center.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p style="text-align: center;"><u>Session D</u></p> <p>Day: Tuesdays Dates: 9/6 to 11/29 Time: 1:30 to 3:30p Fee: \$13.00 (R) \$18.00 (NR)</p> </td> <td style="width: 50%; vertical-align: top;"> <p style="text-align: center;"><u>Session E</u></p> <p>Day: Tuesdays Dates: 12/6 to 2/21 Time: 1:30 to 3:30p Fee: \$12.00 (R) \$17.00 (NR)</p> </td> </tr> <tr> <td style="vertical-align: top;"> <p style="text-align: center;"><u>Session F</u></p> <p>Day: Tuesdays Dates: 3/6/12 to 6/26/12 Time: 1:30 to 3:30p Fee: \$17.00 (R) \$22.00 (NR)</p> </td> <td></td> </tr> </table>		<p style="text-align: center;"><u>Session D</u></p> <p>Day: Tuesdays Dates: 9/6 to 11/29 Time: 1:30 to 3:30p Fee: \$13.00 (R) \$18.00 (NR)</p>	<p style="text-align: center;"><u>Session E</u></p> <p>Day: Tuesdays Dates: 12/6 to 2/21 Time: 1:30 to 3:30p Fee: \$12.00 (R) \$17.00 (NR)</p>	<p style="text-align: center;"><u>Session F</u></p> <p>Day: Tuesdays Dates: 3/6/12 to 6/26/12 Time: 1:30 to 3:30p Fee: \$17.00 (R) \$22.00 (NR)</p>	
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SENIOR CENTER PROGRAMS

	<h2 style="text-align: center;">Adult Tai Chi</h2>		<h2 style="text-align: center;">Solid Gold Fitness</h2>						
<p>T'ai Ch'uan is a gentle and profound way of nourishing body, mind and spirit. It is a moving meditation based on principles of traditional Chinese medicine, martial arts, and the teachings of the Tao Te Ching. Practicing the slow movements can improve health, vitality, balance, concentration and mindful</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> <p style="text-align: center;"><u>Session A</u></p> <p>Day: Mondays Dates: 11/28 to 12/19 (4 weeks) Time: 9am to 10:00am Fee: \$53.00 (R) \$58.00 (NR) Instr. S. Hanley</p> </td> <td style="width: 50%; border: none;"> <p style="text-align: center;"><u>Session B</u></p> <p>Day: Wednesdays Dates: 11/30 to 12/28 (5 weeks) Time: 9am to 10:00am Fee: \$66.00 (R) \$71.00 (NR) Instr. S. Hanley</p> </td> </tr> <tr> <td colspan="2" style="border: none;"> <p style="text-align: center;"><u>Session C</u></p> <p>Day: Fridays Dates: 1/06 to 2/03/12 (5 weeks) Time: 9am to 10:00am Fee: \$66.00 (R) \$71.00 (NR) Instr. Luz Shosie</p> </td> </tr> </table>		<p style="text-align: center;"><u>Session A</u></p> <p>Day: Mondays Dates: 11/28 to 12/19 (4 weeks) Time: 9am to 10:00am Fee: \$53.00 (R) \$58.00 (NR) Instr. S. Hanley</p>	<p style="text-align: center;"><u>Session B</u></p> <p>Day: Wednesdays Dates: 11/30 to 12/28 (5 weeks) Time: 9am to 10:00am Fee: \$66.00 (R) \$71.00 (NR) Instr. S. Hanley</p>	<p style="text-align: center;"><u>Session C</u></p> <p>Day: Fridays Dates: 1/06 to 2/03/12 (5 weeks) Time: 9am to 10:00am Fee: \$66.00 (R) \$71.00 (NR) Instr. Luz Shosie</p>		<p>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! Join us for fun, smiles, great music and effective exercises. Instructor: Donna Scott</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> <p style="text-align: center;"><u>Session A</u></p> <p>Day: Tuesdays Dates: 11/29 to 12/27 Time: 1:00p to 2:00p Fee: \$33.00 (R) \$38.00 (NR)</p> </td> <td style="width: 50%; border: none;"> <p style="text-align: center;"><u>Session B</u></p> <p>Day: Thursdays Dates: 12/1 to 12/29 Time: 1:00p to 2:00p Fee: \$33.00 (R) \$38.00 (NR)</p> </td> </tr> </table> <p><u>Fun Fact:</u> Did you know that exercising helps increase your energy levels, boosts brain power and helps melt away stress.</p>		<p style="text-align: center;"><u>Session A</u></p> <p>Day: Tuesdays Dates: 11/29 to 12/27 Time: 1:00p to 2:00p Fee: \$33.00 (R) \$38.00 (NR)</p>	<p style="text-align: center;"><u>Session B</u></p> <p>Day: Thursdays Dates: 12/1 to 12/29 Time: 1:00p to 2:00p Fee: \$33.00 (R) \$38.00 (NR)</p>
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	<h2 style="text-align: center;">Spanish For Fun</h2>		<h2 style="text-align: center;">Zumba Gold</h2>						
<p>This is a “stress free” course that will focus on learning practical vocabulary for everyday basic needs. Some of the topics that will be covered are; days of the week, months of the year, and numbers, colors and more.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 100%; border: none;"> <p style="text-align: center;"><u>Session A</u></p> <p>Day: Mondays Dates: 10/31, 11/7, 11/14, 11/21 Time: 10:30am to 11:30am Fee: Free</p> </td> </tr> </table>		<p style="text-align: center;"><u>Session A</u></p> <p>Day: Mondays Dates: 10/31, 11/7, 11/14, 11/21 Time: 10:30am to 11:30am Fee: Free</p>	<p>Come party yourself into shape with this Latin inspired, easy-to-follow, calorie burning, dance fitness-party. Feel the music and let loose. Memorial Town Hall, Upper Level; Instructor: Donna Scott</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> <p style="text-align: center;"><u>Session A</u></p> <p>Day: Monday Dates: 11/21 to 12/19 Time: 1:00p to 2:00p Fee: \$33.00 (R) \$38.00 (NR)</p> </td> <td style="width: 50%; border: none;"> <p>Donna will be offering a FREE trial class on 11/14 at FCC. Come try it out and see what its all about.</p> </td> </tr> </table>		<p style="text-align: center;"><u>Session A</u></p> <p>Day: Monday Dates: 11/21 to 12/19 Time: 1:00p to 2:00p Fee: \$33.00 (R) \$38.00 (NR)</p>	<p>Donna will be offering a FREE trial class on 11/14 at FCC. Come try it out and see what its all about.</p>			
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VOLUNTEER OPPORTUNITIES

Senior Center Volunteers

We are always looking for individuals who would like to volunteer their time, teach a class or instruct a program. Interested individuals should contact Joe Petrella at (203)245-5627 or petrellaj@madisonct.org

Madison Meals On Wheels

If you are interested in volunteering to deliver Meals to homebound seniors, please contact Heather Castrilli at (203)245-5627.

Ongoing Programs

PROGRAM	DAY	TIME
Billiards – Currently forming leagues to be held at the New Senior Center. Call for more info.	TBD	TBD
Bridge – Drop in and join us for a game.	Thursdays	1:00 – 4:00 pm
Canasta – Come join us for a game, if it has been a while, we will help refresh your skills.	Tuesdays	1:00 – 4:00 pm
Computer Free Time - Need time on a computer? Call (203)245-5627 for an appt.	Monday thru Friday	By Appointment
Mah Jongg – All levels welcome.	Thursdays	1:00 – 4:00 pm
Mah Jongg Lessons – Call the Senior Center if you would like to learn.	Wednesdays	1:00 pm
Pinochle – We are looking for players. Call the Senior Center if you are interested.	Tuesdays	1:00 – 4:00 pm
Setback – We are looking for players. Call the Senior Center if you are interested.	Tuesdays	1:00 – 4:00 pm
Wii Bowling – We are looking for players. Call the Senior Center if you are interested.	Wednesdays	1:00 – 4:00 pm

SENIOR COMMUNITY CAFÉ

Lunches are served Monday, Wednesday, Thursday and Fridays at 12:00pm. Please remember to call to order lunch by 12:00pm on the previous day. To order lunch held on a Monday, call the Friday before. All meals include bread and butter, milk, coffee & tea. All soups come with unsalted crackers. Soups, entrees, gravies, sauces, salad dressings and desserts are low fat, low sodium. **Lucky lunch Fridays include a free raffle for those purchasing lunch.** If you cannot attend a luncheon that you have reserved, please call Joan in the Café at 203-245-5686.

AARP SAFE DRIVING COURSES 2011

The Guilford & Madison Senior Center have created a Shoreline Guilford/Madison AARP Safe driving classes offered to seniors to sharpen driving skills & benefit from a discount on auto insurance. Advance registration is required: AARP members \$12.00 & Non Member \$14.00. Please make checks payable to AARP and bring your membership card with you at time of registration. AARP also offers an online course at www.aarp.org/drive **Madison Senior Center Classes: November 14th 12-4 PM – This is the last class until July of 2012 so register today.**

MADISON SENIOR’S BOOK CLUB

This is a fun way to read a variety of genres, socialize and have fun sharing your thoughts and ideas. **Pre-registration required one month before book is to be picked-up.** Upcoming books are as follows; November 21st – One Day by D. Nicholls, December 19th – Blame by M. Huneven. All new books can be picked-up after discussion of previous book. **The book club meets at 1:00pm**

SCHILLER SHORELINE INSTITUTE FOR LIFE-LONG LEARNING

The Shoreline Institute for Lifelong Learning offers intellectual programs to retired and semi-retired citizens of Guilford and Madison, who share a love of learning and passion for expanding their knowledge base. Membership is open to all adults looking to enjoy a few hours of intellectual stimulation and social interaction. Residents from other communities who are interested are also welcome to attend. Membership Fee: \$25 for the year. Registrations accepted at the Madison Senior Center. **Brochures detailing SSILL’s programs are available at the Madison Senior Center.**

VNA SEMINAR – FOOD SAFETY: “TO TOSS OR NOT TO TOSS”

Take a walk through the “do’s and don’t” of food handling. Learn the safe way to prepare and store food, how to keep leftovers safe, what to do with those “doggie bags”, and determine when it’s time to toss those items from the refrigerator or freezer. **Monday, November 14, 2011. 1:00pm start. Pre-registration for this program is appreciated.**

THANKSGIVING LUNCH CATERED BY THE OLD SCHOOL HOUSE DELI

Come join us for a special Thanksgiving luncheon catered by The Old School House Deli on **Monday November 21, 2011 at 12:00pm.** Lunch will include turkey, stuffing, mashed potatoes, sweet potatoes, vegetables, cranberry sauce, gravy, cake, coffee/tea and a beverage. **Must register for lunch by November 10, 2011** so we can give a head count to the caterer. **Cost of the luncheon is \$12.00.**

NOVEMBER 2011 ACTIVITIES CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<p>Remember to turn your clocks back an hour on 11/6/11</p>	<p>9:00a Grocery/Town 9:00a Sr. Basketball 1:00p Grocery/Town 1:00p SILL Presentation 1:00p Card Play 1:30p Art Class 3:00p Yoga</p>	<p>9:00a Fit & Move 10:15a AM Srs in Motion 11:30a Olive Garden North Haven</p>	<p>9:00a Grocery/Town 9:00a Sr. Basketball 1:00p Grocery/Town 1:00p Cards & Mah Jongg 3:00 PM Yoga</p>	<p>9:00a Fit & Move 10:30a Chair Exercises 1:00p Dessert Bingo w/ Joyce Beebe</p>
7	8	9	10	11
<p>9:00a Fit & Move 10:30a Chair Exercises 10:30a Spanish 4 Fun 11:30a Ocean State Job Lot / Fish Tale 1:30p Line Dancing</p> <p>CLASSES MOVED TO MEMORIAL HALL</p>	<p>9:00a Grocery/Town 9:00a Sr. Basketball 1:00p Grocery/Town 1:30p Art Class 3:00p Yoga</p> <p>Art Class moved to Lower Memorial Town Hall</p> <p>No Card Play</p>	<p>9:00a Fit & Move 10:15a Srs in Motion 12:00p St. Margaret's Bingo</p> <p>CLASSES MOVED TO SURF CLUB</p>	<p>9:00a Grocery/Town 9:00a Sr. Basketball 1:00p Grocery/Town 9:45a 4 Troops Grand Oak Villa 3:00p Yoga</p> <p>Last day to Register for Thanksgiving Lunch No Card Play/ Mah Jongg</p>	<p>Closed For Veteran's Day</p>
14	15	16	17	18
<p>9:00a Fit & Move 10:30a Chair Exercises 10:30a Spanish 4 Fun 12:00p AARP Safe Driving 12:00p Blood Pressure 1:00p VNA Seminar Food Safety 1:30p Line Dancing</p>	<p>9:00a Grocery/Town 9:00a Sr. Basketball 1:00p Grocery/Town 1:00p Card Play 1:30p Art Class 3:00p Yoga</p>	<p>9:00a Fit & Move 10:15a Srs in Motion 11:30a Kohl's / Wendys in Branford</p>	<p>9:00a Grocery/Town 9:00a Sr. Basketball 9:00a LEGAL ASSISTANCE (By appt only) 1:00p Grocery/Town 1:00p Cards & Mah Jongg 3:00p Yoga</p>	<p>9:30a Hamden Mart/ McDonalds 1:00p Wii Bowling</p>
21	22	23	24	25
<p>10:30a Spanish 4 Fun 12:00p Thanksgiving Lunch \$12.00 Catered by Old School House Deli 1:00p Book Club 1:00p Zumba Gold 1:30p Line Dancing</p>	<p>9:00a Grocery/Town 9:00a Sr. Basketball 1:00p Grocery/Town 1:00p Card Play 1:30p Art Class 3:00p Yoga</p>	<p>9:30a X-Mass Tree Shop / Cracker Barrel Milford 1:00p Wii Bowling</p>	<p>Closed For Thanksgiving</p>	<p>Closed For Thanksgiving</p>
28	29	30		
<p>9:00a Tai Chi 9:30a Essex River Museum / Lunch 12:00p Blood Pressure 1:00p Zumba Gold 1:30p Line Dancing</p>	<p>9:00a Bus/Town 9:00a Sr. Basketball 1:00p Bus/Town 1:00p Card Play 1:00p Solid Gold Fitness 1:30p Art Class 3:00p Yoga</p>	<p>9:00a Tai Chi 9:30a CT Supreme Court Tour / Lunch at Max's 1:00p SILL Presentation 1:00p Wii Bowling</p>	<p>Please remember to register for every program so we can plan accordingly.</p>	

Monthly Services and Information

MEDICARE MONDAY Monday, November 7, 2011 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 203-245-5627
BLOOD PRESSURE CHECK November 14 & 28, 2011 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. Blood Pressure Monitor also available for use in office. Just ask!	
LEGAL ASSISTANCE, November 17, 2011 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 <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 Requires 4-5 days notice and doctor or nurse referral.	
Madison Food Pantry Donations	Donations to the Food Pantry are welcome. Please contact Madison Community Services, (203)245-3031.	

DAY TRIPS

Refund requests issued with 2 weeks advanced notice or if your seat can be filled from the waiting list.

4 TROOPS - CONCERT SALUTE TO OUR ARMED FORCES – THURSDAY, NOVEMBER 10, 2011

Held at the Grand Oak Villa. Three young men and one young woman, all Officers who served on the front lines of Iraq and Afghanistan, come together to sing on behalf of all the troops, to honor their sacrifices and to create awareness with their patriotic songs. **Leave Commuter Lot time TBA, Fee: \$65 pp. Lunch is included.**

ESSEX RIVER MUSEUM HOLIDAY TRAIN SHOW– MONDAY, NOVEMBER 28, 2011

Don't miss this family-friendly, locomotive extravaganza featuring a fully operational, HO scale layout with interactive components. Designed by train Artist Steve Cryan, the Holiday Train Show exhibit is great for those who are young at heart. **Leave Senior Center at 9:30am. Fee: \$7.**

CT SUPREME COURT /LUNCH @ MAX'S DOWNTOWN - WEDNESDAY, NOVEMBER 30, 2011

Come with us for a trip to Hartford. Sit in the courtroom and view Connecticut's State History, from the beautiful state oak tree panels that cover the walls, to the famous murals entitled "The Fundamental Orders, 1638-1639" and "The Allegory of Education", which grace the wall and ceiling. Learn about the importance of this courtroom. Walk through the Museum of CT History. **Leave Senior Center at 9:30am. No Fee.**

HOLIDAY CABARET AND FOXWOODS CASINO – MONDAY, DECEMBER 5, 2011

Arrive at Foxwoods Resort Casino for 9:45am, for 4.5 hours, that include a complimentary Buffet or \$10 meal Voucher, and game, then depart from Casino at 2:45pm to Cornerstone playhouse for a holiday cabaret show. With all new skits, more sizzle, bigger sets, new songs, and a talented staff, you surely can't miss this one. **Leave Rte 79 Commuter Lot @ 9:00am, Fee: \$36 pp.**

TRIBUTE TO THE GREATEST GENERATION- TUESDAY, DECEMBER 13, 2011

Swing to the Greatest Generation songs from the 30's and 40's. Performed by Jim Fryer. The memorable songs of the era by Glenn Miller, Benny Goodman, Harry James, Duke Ellington, Frank Sinatra and Count Basie. They will also feature new Orleans Dixieland and traditional seasonal songs and more. Lunch included. **Leave Commuter Lot time TBA, Fee: \$55 pp. Lunch is included**

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

<p>PRSR STD U S POSTAGE PAID MADISON CT PERMIT NO. 140</p>

ADDRESS SERVICE REQUESTED



DATED MATERIAL
PLEASE DELIVER PROMPTLY

Congratulation to the 2011 Bocce League Winners!
Team #11
Emil Manna, John Casey, Mary Budwitz, Louis Ursini

TRANSPORTATION OPTIONS

<p><u>DIAL-A-RIDE</u> Madison Senior Center 203- 245-5695</p> <p>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.</p> <p>Please call to be mailed the rules and regulations.</p> <p>48 HOURS NOTICE REQUIRED!!</p>	<p><u>SENIOR BUS</u> Madison Senior Center 203-245-5627</p> <p>Fixed routes to the senior center, downtown, special events, hot lunch program, & Thursday grocery shopping. See enclosed monthly calendar for route schedule.</p> <p>48 HOURS NOTICE REQUIRED!!</p>	<p><u>MADISON COMMUNITY SERVICES:</u> 203-245-3031</p> <p>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.</p> <p>7 DAYS NOTICE REQUIRED!</p>
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