

Trends & Traditions

November 2012 Madison Senior News and Activities

Annual Thanksgiving Feast

Please join us for your first Thanksgiving meal of the season with friends from the center. Meal catered by Old School House Deli: Roasted turkey, mashed potatoes, gravy, veggies and more! Always a wonderful festive event!



Ceramic Painting

Looking to make a handmade gift for the holidays? Join us for an open ceramic painting workshop. You paint it we will fire it for you. This is designed for participants that have some level of craft experience as there is no instructor is present.

Thursdays, Nov. 15, (no class 22) 29, Dec. 6, and 13
12:30-1:30pm Choose: 4 coasters for \$30 for 4 ornaments

Cremation and Your Options

Chris Palumbo from Swan Funeral Home will discuss cremation and your options as well as the importance of having a plan. No specific products will be discuss, this is an informative upbeat discussion!

Monday, Dec. 3rd 1:00pm in the MSC Library
Pre-Registration is Required



DHHS Choral Concert

Come enjoy the beautiful voices of our Madison students. Goodies will be provided as well as coffee for purchase.

Wednesday, Nov. 28th 1:00pm in the MSC Café

Lunch & Bowl

Have lunch and bowl with friends! 3 games of bowling, shoe rentals with lunch and a soft drink are all included in the price. At Saybrook Lanes



Thursday, Nov. 8th Bus leaves at 10:00
R \$12 NR \$14



Veterans Day Celebration



Join us for lunch and to celebrate and give thanks to those who have served our country. Senior Café lunch \$2.00, free entertainment by James Sheehan. Pre-registration is required. **Tuesday, November 13th at 11:30**

LUNCH BUNCH

Come enjoy lunch at the oldest continually run tavern in the United States of America, **The Griswold Inn**, in Essex, CT. **Friday November 2, Depart 11:30.**
Please reserve your spot by **October 26, 2012**



Senior Singles Group "Get Out and Live!"

We are establishing a group for seniors 55 plus to get together to do things and go places! The purpose is to make friends and have fun doing things together such as dining out, movies, travel whatever your interest may be. Our first meeting will be **Tuesday, Nov. 13th 5:30 pm.**

Please call to register

Expert Tech Support from Teens

Were you given an I-Pad or a Tablet and don't know how to use it? How about these crazy smart phones? "Facebook and Skype... what's that?"

Scranton Memorial Library Teen Advisory Group and Madison Youth and Family Services will be offering **free "drop-in"** learning sessions. Teen volunteers will be available to help on topics such as: creating and sending e-mail, word processing, Facebook, Skype, downloading e-books, tablets, cell phone and any other general tech questions. **Volunteers available to answer your questions on: Mon. Nov. 26 5:00p to 6:00p**

Digital Camera Photography Class

This class is perfect for anyone who has received or bought a digital camera and isn't comfortable with how it works. Learn to use your camera and its capabilities. This course will guide you from taking a picture to processing it on your computer.

Wednesdays Nov. 7th—28th 3 Classes
No Class: 11/21 7:00pm to 8:30pm
R \$40 NR \$50 - Instructor: Steve Smith

Wii Bowling

Seniors across the country are playing the Wii, which provide a gentle, low-impact aerobic exercise. Kristen Caramanica will challenge you to a Wii bowl off!! Once a month on Wednesdays
Wednesday, November 7th at 1:00pm

EXERCISE BASICS FOR BEGINNERS

An adult exercise class designed for everyone who knows they need to exercise, but don't know where to begin. Light hand weights, a mat and your own body weight are all that you need. *Come learn how to exercise to maintain core strength, flexibility and good posture.*

Tuesdays and Thursdays (meets twice a week)
Nov. 13 to Dec.18 (no class Nov.22) 9 to 10 am
NEW PRICE!!! R \$48 NR \$58..... (10 Classes)
Mondays and Wednesdays - (meets twice a week)
Nov. 14 to Dec. 17 - 7 to 8 pm
NEW PRICE!!! R \$48 NR \$58(10 Classes)



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)245-5627

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



SENIOR COMMISSION

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

The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be November 8, 2012 at 5:30pm

LIAISON TO BOARD OF SELECTMAN Diane Stadterman

SENIOR CENTER STAFF

Acting Director.....Scot Erskine
 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

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Application intake begins October 1st, 2012

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. **Specific income guidelines not available at time of printing.* Please plan ahead to contribute toward your heating expenses this season.

MEDICARE ANNUAL ELECTION PERIOD

October 15th – December 7th, 2012

This is the time of year to be thinking about your health insurance options for 2013. Is your Medicare D Plan covering all your prescriptions? Are you happy with your Medicare Advantage Plan? Do you feel you are paying too much for your Medicare Supplemental Plan? Counseling available to help select the right insurance options for you.

MEDICARE SAVINGS PROGRAM

The Medicare Savings Program assists eligible participants with paying their Medicare Part B premiums each month. In addition, participants will have \$2.60 co-pay for generic Rx's and \$6.50 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: \$2,308.88 and for a couple: \$3,127.28.

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 special arrangements can be made 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.

Club Corner

BUNCO CLUB

Bunco is a game of dice and a handful of luck!

If you don't know how to play, we can teach you. We're looking for at least (12) regular players to play on a monthly basis...maybe that's you. A minimum of (8) players is needed to play. Sign up at the Senior Center to save your spot.

**Third Wednesday of the Month
 Wednesday, November 21st, 1 to 3pm**

BOOK CLUB

The book club meets on the 4th Monday of the month at 1:00pm.

Nov. 26th Discussion of:
 Jane Eyre

Next Book: Room
 by Emma
 Donoghue

Calling all serious Cribbage Players interested in joining a new club

3 Programs, Seminars, Services & Activities



MEDICARE MONDAY

Monday, November 5th9-11:00a
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



WELL RIGHT NOW CLINICS

Monday Nov 26th.....- 1:30p
VNA Community Healthcare holds Well Right Now Clinics on the 2nd & 4th Mondays of the month @ the Senior Center. Please call for an appointment.

LEGAL ASSISTANCE



Thursday Nov. 15th.....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

Tuesday Nov. 13th10a-12p
Available by appointment only on the 2nd Tuesday of the month. **Please call the Senior Center to schedule your appointment.**

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 at least 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.



Italian For Fun

This four-week course will include basic greetings, numbers (telling time), days of the week, months of the year, asking questions, shopping and phrases for travel and ordering in restaurants.

**Mondays, Oct. 22 to Nov.19 .
(No Class 11/12/12)
10:30 to 11:30pm - Fee: \$25.00
(need a minimum of 8)**

Instructor: Elaine Jackson

AARP DRIVER SAFETY CLASS

The AARP Driver Safety Course is a refresher course primarily aimed at the 60+ year old driver.

The class will be held from 12:30 pm to 4:30 pm. Nov. 14th
AARP Member \$12.00
Non-Member \$14.00

Dessert Bingo

Mon. Nov. 2nd

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. **Joyce Beebe** will be your number caller.



ST. MARGARET'S BINGO

Wed. Nov. 14th

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!



FREE COMPUTER SUPPORT

Learn or update your computer skills in one-to-one with Quinnipiac students, individual computer sessions at the senior center. Progress as slowly or quickly as you need! **Sign up for 2-4 weeks of one-hour sessions on Tuesdays from September 4- December 4, 2012. (10 to 11am or 11 to 12pm)**

Pre-registration is required; Call the Senior Center to sign up and book your spot.



OUT-OF-TOWN SHOPPING

All busses leave for shopping at 1:00 pm. This month we will be traveling to the following destination:

**Nov 16—\$ Store/Walmart Guilford
Nov. 30—Expect/Marshalls**

East Haven

Fee: \$2 Transportation Fee

Miss Martha's Bake Shoppe Holiday Mini Pies

Holidays are the perfect time for pie, but sometimes a big pie is just too much. So, you'll be making Mini Pies such as apple and pumpkin.

**Monday Nov. 19th, 2012 -
1:45 to 3:45p - 12 Max.**

Fee: \$6.00 (increase in price is to cover cost of materials)

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

Sept. 17 to December 10 10 Classes

No Class 11/12 & 11/19

R \$33 NR \$43

Instructor: Pat Velleca

Fridays - 10:30a to 11:30a

Sept. 28 to Dec. 14 10 Classes

No Class 11/16 & 11/23

R \$33 NR \$43

Instructor: Pat Velleca

YOGA FOR ALL!

Learn Hatha Yoga techniques that are used to increase circulation and relaxation.

Yoga postures provide deep tension release, self-control, and increase energy. Suitable for all ages and conditions.



Tuesdays - 3:00p to 4:00p

Sept 18 to Dec 4 10 Classes

No Class 11/06 & 11/20

R \$66 NR \$76

Instructor: Pat Velleca

Thursdays - 3:00p to 4:00p

Sept 20 to Dec 6 10 Classes

No Class 11/15 & 11/22

R \$66 NR \$76

Instructor: Pat Velleca

LINE DANCING

A great way to keep moving, good exercise, dancing with fun people! Purchase a pass and join us when you are available. Passes last for 6 months.

Mondays - 2:00p to 2:55p

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

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

Nov. Class Dates: 5th, 19th, 26th

Dec. Class Dates: 3rd, 10th

ARE YOU AN INSTRUCTOR?

Do you know anyone that would like to teach a class that may be of interest to our seniors? For more information, please call (203) 245-5695 ask for Kristen.



FITNESS & MOVEMENT

Low impact aerobics for folks interested in continuing good health. Good cardiovascular workout with muscle and joint strengthening.



Mondays - 9:00a to 10:00a

Sept. 17 to Dec. 10 10 Classes

No Class 11/12 & 11/19

R \$33 NR \$43

Instructor: Pat Velleca

Wednesdays - 9:00a to 10:00a

Sept. 19 to Dec 5 10 Classes

No Class 11/21

R \$33 NR \$43

Instructor: Pat Velleca

Fridays - 9:00a to 10:00a

Sept. 28 to Dec. 14 10 Classes

No Class 11/16 & 11/23

R \$33 NR \$43

Instructor: Pat Velleca

SENIORS IN MOTION

This class will include standing exercises to help improve balance, strength, and stability.



Wednesdays - 10:30a to 11:30a

Sept. 19 to Dec 5 10 Classes

No Class 11/21

R \$26 NR \$36

Instructor: Pat Velleca

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

Oct. 29 to Dec. 3 5 Classes

No Class 11/12/12

R \$44 NR \$54

Instructor: Suzanne Hanley

TAP DANCE CLASS

Love tap dancing as a child and were always told not to tap in the house? Register for the course, and Mardyanne will help you refresh your steps!

Class on hold until minimum of 10 students register. Call if interested.

Are all your friends playing Mah Jongg and you want to learn? We can teach you! Call to join the group!

EXERCISE CLASSES WITH KRIS

The "exercise pass" is good for 5 or 10-classes taught by Kris and is valid for 6 months from the date of purchase.

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 body strength and core stability.

Tuesdays - 10:00a to 11:00a

LOW IMPACT AEROBICS

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

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

Mondays - 1:00p to 1:55p

Thursdays - 11:10a to 12:10p

ART 101

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



Tuesdays - 1:30 to 3:30p

October 2 to January 30th

No Class 11/6, 12/25/12, 1/1/13

Fee: \$5

Instructor: Muriel Waldvogel

MOVIE MATINEE @ MSC

Movies start at 1:00pm. No Fee.

Nov. 2 - The Descendants

Nov. 9 - Iron Lady

Nov. 16 - While You Were Sleeping

Nov. 30 - The Fighter

SSILL movies will also be shown. on each day above and are listed in the SSILL Catalog.



Ivoryton Playhouse to see “The Kitchen Witches” —Wednesday November 7, 2012

Its Martha Stewart meets Jerry Springer in this 2003 comedy of the dueling divas who stir up main course of fun with a side dish of drama. Dolly Biddle and Isabelle Lomax—archrivals in life and love—are tricked into appearing on a cooking show together on their public access channel. Look out as spoons fly and family secrets are aired. **Depart the Senior Center at 1:15pm. Fee: \$35.00. Must register by October 15th so we can order tickets.**

Radio City Christmas Spectacular starring the Rockettes - Thursday November 15, 2012 (No Minimum Tour so it will go!) - This morning we will depart from Madison en-round to NYC where we will first enjoy lunch at the famous Italian Restaurant **CARMINE’S**. Your meal will be serviced family style with platters of rigatoni & broccoli and chicken parmigiana. After lunch we head for Radio City Music Hall and enjoy the 2012 edition of the Radio City Christmas Spectacular. **Fee: \$162 per person includes; transportation, show, lunch and driver’s gratuity. Departure TBD**

The Diamonds Live—Silver Bells & Diamonds Holiday Show at Foxwoods- Wednesday November 28, 2012
The Diamonds’ new holiday show, Silver Bells and Diamonds, combines the best of The Diamonds with high energy holiday favorites along with The Diamonds classic tunes from the 50’s and 60’s featuring their signature harmony filled vocals and entertaining stage presence. You’ll enjoy the show along with gaming at Foxwoods, a lunch buffet and \$10 Keno voucher. **Fee \$45**
Depart Senior Center at 9:00am.

Goodspeed Opera House to see “Something’s AFOOT”- Thursday November 29, 2012

An old English mansion. A raging thunderstorm. Ten strangers. Murder, mystery, music and comedy abound the guest when one by one the guest disappear—knocked off by cleverly fiendish devices. Join the fun as Miss Tweed the amateur sleuth sets out to solve the crimes...but the butler didn’t do it! With songs like “I owe it all to Agatha Christie,” **Depart the senior center at 1:00pm. Fee: \$51.00. Must register by Nov. 9th so we can hold those seats.**

Christmas in Hawaii at the Hu Ke Lau with Bright Nights - Thur. Dec. 6, 2012 (No Minimum Tour

This morning we head to Chicopee, MA and the Hu Ke Lau Restaurant and Dinner Theater. Upon arrival, you will receive a Lei greeting, then sit down to a complete luncheon featuring a *choice of Prime Rib or Stuffed Boneless Chicken*. Following lunch, you will enjoy the “Christmas in Hawaii” show featuring Polynesian dancers. After the show, we will depart for the **Holyoke Mall and the Christmas Tree Shop**. Our next stop is in Springfield for **Bright Nights** at Forest Park, New England’s largest lighting display. **Fee: \$75, transportation, lunch and show, admissions where applicable and driver’s gratuity. Departure TBD.**

Festival of Silver Lights at Hubbard Park Monday December 10, 2012 -

Start your evening off with dinner at Ruby Tuesdays in Meriden then start your bus tour through a spectacular display of 200,000 white lights and 300 colored lighted characters throughout the park. Displays in trees, on ponds, and nestled in the natural habitat. **Fee is \$7.00 (dinner is not included in the cost) Depart Senior Center at 5:00 pm.**



Winter Wonderland at the Aqua Turf - Tuesday December 18, 2012

Today we head to the Aqua Turf for a family style luncheon and entertainment by “**The Sin Sisters Band**”. Lunch will include salad, pasta, Chicken Kathryn, salmon, potatoes, vegetables, dessert and a complimentary glass of wine or beer. **Fee \$42. Depart Senior Center at 10:00am.**

Mohegan Sun Overnight— Wednesday and Thursday January 30-31, 2012

Enjoy an overnight stay at Mohegan Sun., which is nothing less than extraordinary. Gamble on your own and enjoy your time at the casino. There is shopping, dining, live entertainment and a swimming pool. A truly perfect way to escape the cold of winter! Surprise casino bonus package. **Fee: \$170pp Double, \$240pp Single, \$160pp Triple.**

UCONN WOMEN’S BASKETBALL GAME Saturday February 16, 2013

Enjoy a 4:00pm game between the UCONN Women Huskies as they take on the Rutgers’s Scarlet Knight’s at Rutgers Athletic Center in Piscataway, NJ. Enjoy making wonderful memories at a UCONN Basketball Get-a-way!!

Fee: \$66.00 includes transportation and tickets to game Dinner on your own. Departure time: TBA



Save the Date: CT Flower Show-February 21, 2013 (Snow Date: February 22, 2013)

Exotic Southern Caribbean Cruise aboard the Norwegian Dawn - November 1—15, 2013 (yes, 2013) -

This is a 14-night cruise experience that departs from Boston, MA and heads to the Deep Southern Caribbean which offers the perfect pink and white sand beaches, crystal-clear waters and exquisite island adventures. We will be docking at St. Thomas, USVI, Antigua, Barbados, Curacao, Aruba, Cozumel and ending in Tampa, FL where we will have a flight back home.

Fees: Inside State Room—\$1509, Oceanview—\$1799, Balcony—\$2239. Book early to keep these rates.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>STRONGER SENIORS NOW — A VNA Program Six Week Session beginning Wednesdays October 31st, 1:00-2:00pm Six week program featuring 30 minutes of strengthening exercise (for all levels) and 30 minutes of nurse-led motivational health talks. Topics will include: Goal Setting * Home Safety * Falls Prevention * Medications * Healthy Diet * Get Your “Happy” Back Supported in part by the Town of Madison. Total cost for the series: \$5 for Madison residents; \$10 for non-residents. Scholarships are available. To register, 1.866.474.5230</p>			<p>1 9:00 Exercise Basics 9:30 Sewing 11:00 Social Networking 11:00 Zumba Gold 1:00 Computers II 3:00 Yoga</p>	<p>2 9:00 Fit and Movement 10:30 Chair Exercises 11:30 Lunch Bunch 1:00 Dessert Bingo 1:00 Movie Matinee 1:00 Hand & Foot</p>
<p>5 8:30 Better Connecticut 9:00 Medicare Monday 9:00 Tai Chi & Fit & Move 10:30 Chair Exercises 10:30 Italian For Fun 1:00 Zumba Gold 2:00 Line Dancing 6:00 Zumba for All 7:00 Exercise Basics</p>	<p>6 Madison Senior Center Closed for Voting Day</p>	<p>7 9:00 Fit and Movement 10:30 Seniors in Motion 11:00 Discussion Group 1:00 Stronger Seniors Now 1:00 Wii Bowling 1:15 Ivoryton Playhouse “The Kitchen Witches” 7:00 Exercise Basics 7:00 Digital Camera</p>	<p>8 9:00 Exercise Basics 9:30 Sewing 10:00 Lunch & Bowl 11:00 Social Networking 11:00 Zumba Gold 11:30 Lunch Bunch 1:00 Computers II 3:00 Yoga</p>	<p>9 9:00 Fit and Movement 9:00 Mohegan Sun 10:30 Chair Exercises 1:00 Movie Matinee 1:00 Hand & Foot</p>
<p>12 Madison Senior Center Closed for Veteran’s Day</p>	<p>13 9:00 Exercise Basics 10:00 Pilates 10:00 Free Comp Support 10:00 Social Hour 10:00 Notary 11:00 LI Aerobics 11:30 Veterans Day Celebration 1:00 Computer Basics 1:30 Art 101 3:00 Yoga 5:30 Senior Singles Group</p>	<p>14 9:00 Fit and Movement 10:30 Seniors in Motion 11:00 Discussion Group 12:00 St. Margaret’s Bingo 12:30 AARP 1:00 Stronger Seniors Now 7:00 Exercise Basics 7:00 Digital Camera</p>	<p>15 8:30 Radio City Rockettes 9:00 Exercise Basics 9:00 Legal Asisitance 9:30 Sewing 10:30 Ceramics Painting 11:00 Social Networking 11:00 Zumba Gold 1:00 Computers II</p>	<p>16 10:00 Vet’s Social Group 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Dollar Store & Walmart in Guilford</p>
<p>19 9:00 Tai Chi 10:30 Italian For Fun 11:30 Thanksgiving Feast 1:00 Zumba Gold 1:00 Beginner Computer 1:45 Ms. Martha Bake Shop 2:00 Line Dancing 6:00 Zumba for All 7:00 Exercise Basics</p>	<p>20 9:00 Exercise Basics 10:00 Pilates 10:00 Free Comp Support 10:00 Social Hour 11:00 LI Aerobics 1:00 Computer Basics 1:30 Art 101</p>	<p>21 11:00 Discussion Group 1:00 Stronger Seniors Now 1:00 Bunco Club 7:00 Exercise Basics</p>	<p>22 Madison Senior Center Closed for Thanksgiving</p>	<p>23 Madison Senior Center Closed for Day after Thanksgiving</p>
<p>26 9:00 Tai Chi & Fit & Move 10:30 Chair Exercises 10:30 Ceramics Painting 12:00 Well Right Now 1:00 Book Club 1:00 Beginner Computer 1:00 Zumba Gold 2:00 Line Dancing 5:00 Free Tech Support 6:00 Zumba for All 7:00 Exercise Basics</p>	<p>27 9:00 Exercise Basics 10:00 Pilates 10:00 Free Comp Support 10:00 Social Hour 11:00 LI Aerobics 1:30 Art 101 3:00 Yoga</p>	<p>28 9:00 “Diamonds Live “ @ Foxwoods 9:00 Fit and Movement 10:30 Seniors in Motion 11:00 Discussion Group 1:00 Stronger Seniors Now 1:00 DHHS Performance 7:00 Exercise Basics 7:00 Digital Camera</p>	<p>29 9:00 Exercise Basics 10:30 Ceramics Painting 11:00 Zumba Gold 1:00 Goodspeed Opera House “Somethings Afoot” 3:00 Yoga</p>	<p>30 9:00 Fit and Movement 10:30 Chair Exercises 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Expect & TJ Maxx E. Haven</p>



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

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 An affiliate of VNA Community Healthcare



Madison Senior Center
 29 Bradley Road
 Madison, CT 06443

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11/2012

Are you an instructor?

Do you know anyone that would like to teach a class that may be of interest to our seniors? For more information, please call (203) 245-5695 ask for Kristen.

RETURN SERVICE REQUESTED

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. *Tuesday - 1:00p to 2:00p October 16 to November 20 (No Class 11/6) R \$42 NR \$52*



Computers II

Meant to build upon skills learned in Computer Basics. We will build upon email skills, learn to manage your inbox, learn about attachments etc. We will learn more about the internet like, setting your home page, creating a favorites list, searching the internet for what you are looking for, social networking and more. *Thursdays - 1:00p to 2:00p October 18 to November 15/ R \$42 NR \$52*

Social Networking

Everybody seems to be using Facebook; why not you? Create a Facebook account and keep up with your friends and family. Find out what the grandkids are doing. Post and share photos of your vacation. Find and reconnect with old friends, even high school classmates. Use Twitter to follow, not only your friends and family, but your favorite stars. Search for people you've lost touch with. Investigate genealogical tools and more. Build your own web page if time permits.

Thursdays - 11:00a to 12:00p October 18 to November 15 / R \$42 NR \$52

Beginner Course in Microsoft Word Integrated With the Internet

This program will concentrate on teaching all beginners how to use Microsoft Word and Microsoft Office XP. Creating documents, editing text, formatting, internet access and other areas will be covered. Come join the fun. Please bring a pencil and some paper.

Mondays, Nov. 19, and Dec. 3; 1:00-2:30pm, Mondays, Nov. 26, Dec. 10, 17; 1:00-2:00pm 5 Classes: R \$42 NR \$52

Ongoing Activities at the Senior Center								
Bridge	Thursdays	1- 4 pm	Hand and Foot	Fridays	1- 4 pm	Social Hour	Tuesdays	10 am
Canasta	Tuesdays	1- 4 pm	Mah Jongg	Thursdays	1- 4 pm	Veteran's Social Group	3rd Friday	10 am
Chess Club	Tuesdays	1- 4 pm	Pinochle	Tuesdays	1- 4 pm	Walking (1 Mile)	Wed.	9am
Discussion Group	Wednesdays	11 am	Poker	Wednesdays	1- 4 pm	Walking (2 Miles)	Mon & Thur	7:30am