



Trends & Traditions

November 2013



Madison Senior Center



Thanksgiving Celebration

Join us for a traditional Thanksgiving dinner prepared by "What's Cooking?" Enjoy, freshly roasted turkey with dressing served with potatoes, corn, cranberry chutney, dinner rolls, apple, pumpkin pie and beverages. Always a wonderful and festive event!

Thursday, Nov. 20th at 11:30am **\$13 Fee**

MUSEUM OF THE MONTH TRIP

Ireland's Great Hunger Museum at Quinnipiac University is the only museum of it's kind in North America. It brings the world's largest collection of paintings, sculptures and other visual media relating to the catastrophe to the general public. The collection is supported by one of the finest collections of extant British papers on Ireland from 1780-1923. admission to the museum is FREE. Then enjoy lunch on your own at the Playwright, an authentic Irish Pub.

Friday, Nov. 15th depart PROMPTLY at 9:15am Bus Fee: \$4

Advanced/Beginner Bridge Lessons Part 2

A 6 week session focusing on competitive bidding. The lessons will focus on preparing students to play duplicate bridge as sponsored by the ACB League but will include guidelines for rubber and social bridge. Please purchase the book, "*Competitive Bidding*" by A. Grant for \$9.99 (available on Amazon), & bring to the first class.

No class 11/29 & 12/20 lunch on your own, playing bridge from 1-3pm

Instructor: C. Graham

Fridays, Nov. 8th– Dec. 20th

10:00am-Noon

6 Weeks

Fee: R \$48 NR\$58

EMERGENCY PREPAREDNESS FOR SENIORS

Join Madison Director of Health, John Bowers, for a discussion on how and what you need to prepare for a weather event. How many days food do you need? What type of supplies should you have on hand? Do you have enough heating fuel? Stay informed & safe during a severe weather event. Registration is required.

Friday, Nov. 15th 1:00pm

FREE

Music Sensations

A one hour cooperative discussion that will include music from the 40's and 50's, stories from participants and a forum led by Nate Munic. Participants are encouraged to share how they relate to the music and stories from the time period.

Tuesday, Nov. 19th 1pm-2pm **FREE**



Get Your Flu Shot Here!!

Wednesday, November 6th 11:30am-1:30pm

All vaccines administered by licensed and experienced Nurses from the VNA. Insurances Accepted:

65 years or older:

Medicare Part B

Aetna Medicare

Anthem BCBS Medicare

Connecticare VIP

All Ages:

Aetna

Anthem BCBS

Connecticare



Veterans Day Breakfast and Speaker

Madison Veterans are invited to a breakfast in your honor to celebrate Veteran's Day. Speaker, Lt. Colonel Paul Philpott. Sponsored by the *Old Schoolhouse Deli and Coldwell Bankers*.

Pre-registration is required and space is limited.

Tuesday, Nov. 12th at 8:30am

FREE



Discover Local Authors presents

Sydney Sherman, Author and Medium

Author of "*You Are Not Alone*"

Topic: 'Our Loved Ones *Are* Here...You're Just Not Listening... Connecting to the Other Side

Books will be available for signing.

Advanced signups are strongly recommended

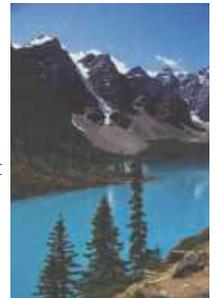
Monday, November 25th at 1:00pm

FREE

TRAVEL PRESENTATION:

Rockies Rail Highlights

Ever wanted to visit the Rockies by train? This is your chance to learn about a trip we are considering taking. Express your interest and hear all about the exciting adventure that awaits you in along the rail through the Rockies. **Thursday, Nov. 7th 1pm-2pm**



To Toss or Not to Toss: Food Safety

Join us to find out the do's and don'ts of food handling, ways to prepare your food safely and how long you should store food. Sponsored by the Madison Senior Center and VNA Community Health Care. Pre-registration is required

Monday, Nov. 18th 1pm-2pm



FREE



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 8:30-4:00pm

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.

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
 Sheri Puricelli
 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 November 14th, 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

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Application intake has begun! Eligible applicants will receive assistance to heat their home. An applicant must meet income & asset guidelines. Asset limit for homeowners is \$10,000 & for renters is \$7,000. Proof of all income, rent, & utility expenses, & bank statements for the month prior to the application date are required. ***Single maximum monthly income age 60 or older: \$2683 and for a couple: \$3508.**

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

MEDICARE ANNUAL ELECTION PERIOD

October 15th – December 7th, 2013

It's the time of year to make changes to your health insurance for 2014. Is your Medicare D Plan covering all your prescriptions? Are you happy with your Medicare Advantage Plan? Paying too much for your Medicare Supplemental Plan? Sick of paying co-pays at the doctor? Counseling is available to help select insurance options.

Top 5 Facts Regarding the Affordable Care Act & Medicare

- 1. Your Medicare coverage is protected.** you don't have to replace your Medicare coverage with Marketplace coverage. Keep your Original Medicare or a Medicare Advantage Plan, you'll still have the same benefits, No Changes Needed.
- 2. You get more preventive services, for less.** Medicare now covers certain preventive services, like mammograms & colonoscopies without charging the Part B coinsurance or deductible. You get a free yearly "Wellness" visit.
- 3. You can save money on brand-name drugs.** Once you hit the donut hole, you'll get a 50% discount when buying Part D-covered brand-name Rx's. The discount is applied automatically at the pharmacy. Donut hole will be closed by 2020.
- 4. Your doctor gets more support.** There are new initiatives to support care coordination, your doctor may get additional funding to ensure consistent treatments.
- 5. The ACA ensures the protection of Medicare for years to come.** The life of Medicare will be extended to at least 2029, due to reductions in waste, fraud, abuse, & Medicare costs. **information from the Medicare.gov website.*

BEWARE of Fraud Related to the Affordable Care Act

The Affordable Care Act has created an opportunity for fraud. This problem will worsen as we get closer to Oct. 1st, when the ACA exchanges open for uninsured Americans. Seniors are already seeing the benefits of the ACA changes. **Seniors who are on Medicare don't have to do anything!! You don't need a new Medicare card, and the government will not call to ask for personal information or money.** File a complaint with the FTC if suspect fraudulent activity.

Follow these tips by consumer groups and government, to help spot fraud:

- There is no new Medicare card, and you do not have to update any personal information. There is no card associated with health care reform.
- The Exchanges do not open until Oct. 1st, you can't buy coverage until then.
- Don't respond to a call of any kind, asking for personal information or money.
- Don't let anyone rush you. The rates in the exchange have been preapproved and won't change during the initial enrollment period, Oct. 1st to March 31st. There are no "special prices" or "limited time offers" or "spots that are limited."

The Number 1 thing that Medicare recipients need to know:

You DO NOT have to go to the Market Place to select insurance. Each individual should look at their insurance once a year (in October) to be sure you have enough coverage for the upcoming year. If you need assistance selecting additional cover contact Heather at (203)245-5687.

MEDICARE MONDAY

Mon., Nov. 4th 9-10am
Information, counseling, & assistance
Carlos Maynard assists by appointment

WELL RIGHT NOW CLINICS

Mon., Nov 11th & 25th 12-1:30pm
VNA Community Healthcare holds Well Right Now Clinics on the 2nd & 4th Mondays of the month., included blood pressure check.

LEGAL ASSISTANCE

Thurs., Nov. 21st 9-10am 
Attorneys from Cronan and Sweeney offer private 15 min. counseling services
Call the MSC for an appointment.

DIAL-A-RIDE

M, W & F - 8:45 to 3:30
(203) 245-5627.

Transportation for elderly and disabled Madison residents. Rides are given in a 14 town region for medical appointments, & personal business. Minimum 48 hour notice needed.

SENIOR CENTER BUS

Monday - Friday 9am to 3:30pm
A fixed route service to the MSC, downtown, grocery shopping and the center of town. Call for a schedule.

HANDICAPPED PARKING PERMIT

Available in the Senior Center office. 



MEALS-ON-WHEELS

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

SENIOR CAFÉ

Monday through Friday at Noon
Age 60+ or disabled, suggested donation of \$3.00. To order: call Jodie, (203) 245-5686 by Noon the day before.

NOTARY SERVICES

Tues., Nov. 12th10am-12pm
By apt only, 2nd Tues. of the month.



MOVIE MATINEE @ MSC

Presented by SILL on Fridays, movies start at 1:00pm

FREE



Nov. 1st "The French Connection" Nov. 8th "Mississippi Burning" Nov. 15th "Missing" Nov. 22st "Foreign Correspondent"

Thursday Book Club

The book club will meet December 5th
(Discussing *Unbroken*)
Future Meetings: Jan 2nd and Jan. 30th
1pm
Discussion led by Barbara MacDonald

"NEW" UFO - Un Finished Objects
We supply the space, you supply the talent! If you have unfinished artwork, needle work or any craft pieces come and join the bunch to work on your project and socialize with others!
Tuesdays. 10am FREE

Gift Baskets for the Holidays

Two day series:
Day 1: The LaPorto's will demonstrate various gift baskets and what is needed to make them. Beautiful for the holidays.
Day 2: Bring your own items (*clear cellophane, basket, ribbon and gift items*) to make your gift baskets and the LaPorto's will help you create your masterpieces.
Nov. 6th & 13th 1-2pm FREE

Lunch Bunch



Westbrook Lenny & Joe's
Nov. 4th Depart MSC at 11:45
Branford Town Diner & Kohl's & Big Y
Nov. 18th Depart MSC at 11:45am
Shoprite in Clinton & TJ Max
Nov. 25th Depart MSC at 12:45pm
Westfarms Mall
Dec. 2nd Depart MSC at 10:00am

TECH SUPPORT

Have an iPad or a smart phone and don't know how to use it?
"Facebook & Skype" What's that?

Get all your questions answered for free at the Madison Senior Center. Scranton Memorial Library Teen Advisory Group and Madison Youth & Family Services will be offering free "drop-in" learning sessions. Teen Volunteers will be available to answer your questions.

Mondays, Nov 25th FREE!!
4:30-5:30 pm No session on 11/11

NEW!! French Class

Parlez-vous Francais? All levels welcome; some prior exposure to French helpful. This will be a class to learn conversational phrases and French culture. Optional FR conversation starting at 9:45am
Wed., Dec. 11th - Jan. 29th
No class 12/25 or 1/1
10:15-11:15am (6 wks) R\$34 NR\$44

ART 101

Instruction in drawing, pastel, watercolor, acrylics and oils.
Tuesdays-1:30-3:30pm
Oct. 1st — Jan. 28th
No class 12/24
Instr: M.Waldvogel Fee \$5



Holiday Card Making with Liz

Create your own unique Holiday card. They are fun & easy to make!
Pre-Registration is required.
Thursday, Nov. 21st at 10:00am.
Fee: \$3 paid to Instructor at class time



Bingo !

Dessert Bingo with Watrous Nursing
Home: Fri., Oct. 4th at 1pm
St. Margaret's Church Bingo
Bingo starts at 12pm. Bring a bag lunch!
Wednesday, Nov. 13th

Senior Singles Group

Tuesday, November 12th
at MSC at 5:30pm
Dinner on your own to follow
at Café Allegra

AARP DRIVER SAFETY CLASS

A refresher course aimed at the 60+ driver. You may be eligible for a discount through your insurance company by completing this course! Wed. from 12:30 - 4:30p Nov. 13th
Checks payable to AARP
Fee: AARP Member \$12 Non \$14

Exercise With Patty Velleca

CHAIR EXERCISES

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



Mondays - 10:30a to 11:30a

Nov. 4th, 18th, Dec. 9th, 16th 4 classes
R\$17.00 NR \$27.00

Fridays - 10:30a to 11:30a

Nov. 8th, 15th, Dec. 6th, 13th 4 classes
R\$17.00 NR \$27.00

SENIORS IN MOTION

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

Wednesdays - 10:30 to 11:30am

Nov. 6th, 13th, Dec. 4th, 11th 4 classes
R\$13.00 NR\$23.00

EXERCISE & RELAX YOGA

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

Tuesdays 9:30-10:30am (New Time)

Nov. 12th, 19th, Dec. 3rd, 10th 4 weeks
R\$33.00 NR\$43.00

Thursdays 3:00-4:00pm

Nov. 7th, 14th, Dec. 5th, 12th 4 weeks
R\$33.00 NR\$43.00

FITNESS & MOVEMENT

Low impact aerobics for continuing good health. Cardiovascular workout with muscle and joint strengthening. Light weights will be used.

Mondays - 9 to 10am

Nov. 4th, 18th, Dec. 9th, 16th 4 weeks
R\$17.00 NR \$27.00

Wednesdays - 9 to 10am

Nov. 6th, 13th, Dec. 4th, 11th 4 weeks
R\$17.00 NR\$27.00

Fridays - 9 to 10am

Nov. 8th, 15th, Dec. 6th, 13th 4 weeks
R\$17.00 NR\$27.00

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. Group meets the 3rd Tuesday of the month.

FREE

Tuesday, Nov. 19th 11 -12.



TAI CHI

In partnership with & through a grant from the VNA. Enrollees will be asked to participate in a Fall Risk Study during the 12 week program.



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

Instr.: S. Hanley

Mon. - 9am to 10 am

Sept. 16th-Dec 2nd

R \$25 NR \$35



LINE DANCING

A great way to keep moving, & exercise, dancing & have fun!

Mondays 2:00pm to 2:55pm

*Classes begin
September 9th*

5 Class Pass R \$23 NR \$33
10 Class Pass R \$46 NR \$56



Aqua Dome "Silver Splash"

A fun and exciting class designed for active older adults, increasing muscle strength, flexibility and range of motion through water exercise. The focus of this class is building core control. Participants do not need swimming skills. Fee includes transportation.

Wednesdays 12:00-2:00

Nov. 6th-Dec. 18th

Fee: \$57.50

7 weeks

EXERCISE CLASSES WITH KRIS

The "exercise pass" is good for 5 or 10-classes taught by Kris and is valid until the end of the fiscal year of purchase. **Fiscal Year ends: June 30th, 2014.**

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

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

All classes taught by Kris Reaske

ZUMBA FOR ALL

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



Mondays - 6 to 7pm

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

SILVER TAPPERS CLASS

Have you ever wanted to Tap Dance? Did you love Tap Dancing as a child? Are you looking for a different way to exercise? Well...here it is! Great for memory, sequencing, large and small motor skills, balance, core work, right and left brain work, a great workout, & did I mention? **FUN!** Tap shoes required. Mardyann's promise: *"you will be tap dancing your first class!"*

Thursday's 10:00-11:00am

Jan. 9th - Mar. 6th, 2014 9 weeks

R \$60 NR \$70

Instructor - M. Goglia

LEARN TO CROCHET WITH CORINNE

Materials needed: A skein of 4ply yarn, a medium sized hook, preferably a J Hook or a G hook.

Wed. Nov. 6th-Nov. 20th

10-11am

FREE

Senior Center Preview for December

Learn all about the new programs that will take place during the month ahead. Questions about the Newsletter? Do you want to learn about new programs and special events? Do you have ideas for programs and trips? Kristen Caramanica will host this informative session in the Café following lunch. **Thursday, Nov. 21st at 12:30pm**



**Mohegan Sun Friday**

Every turn leads to a new adventure. Upon arrival receive a food vouchers & bet coupons. Depart MSC 9am.

Friday, November 8th

Fee: \$7

Taj Mahal- Atlantic CityWednesday—Friday, Nov. 13-15th

Two nights in Atlantic City – You Bet! Upon arrival at The Trump Taj Mahal you will receive a \$40 Coin Bonus. Trip includes motor coach transportation, a two night stay at the Trump Taj Mahal, taxes & baggage handling, a tour director and driver gratuities. *Please arrange for transportation to and from the MSC.* NR add \$5 per package. **Fee: Single: \$262, Double: \$196, Triple: \$192**

Aqua Turf Vegas Magic Illusion ShowTuesday Nov. 19th

From the stages of Lincoln Center to the glitterama of Atlantic City, Magician Lyn Dillies has captivated audiences of all ages with her powers of illusion. The show is filled with eye-defying illusions, hypnotic lighting, hot music and most magical of all, the enchanting personality of Ms. Lyn Dillies. Coffee/Donuts, Door prizes, beverage, salad, pasta, sliced roast beef, chicken marsala, vegetable, potato, and dessert. Depart MSC at 10:00am **Fee:\$45**

Kennebunkport MaineFriday & Saturday, Dec. 6th–7th

Celebrate the holiday season Kennebunkport style. Recognized as one of the **Top 10 Christmas Towns in America** by HGTV and featured on the Today show, this authentic seaside celebration recreates the spirit and joy of the holiday season. Includes: deluxe motor coach, overnight accommodations at the Hampton Inn & Suites, Christmas Prelude activities, 1 breakfast & 1 dinner, baggage handling of one bag per person, All taxes and gratuities and trip insurance. Departure time TBD.

Fee: Double \$225, Single \$285, Triple \$210**Aqua Turf Seasons Greetings**Tuesday, Dec. 10th

High 5- Vocal Works presenting their holiday show “Times Square Quartet” Comp. beverage, coffee & donuts, door prizes, Family style lunch: Salad, Pasta, Roast Turkey, Baked Scrod, Vegetables, Potato, and Dessert. Depart MSC at 10am **Fee: \$43**

Radio City Christmas SpectacularThursday, Dec. 12th

Great Rates & Seats!!! Start your day at Radio City for the ALL NEW Christmas Spectacular with reserved ORCHESTRA Seats. The Radio City Rockettes will perform their “Parade of Wooden Soldiers, ‘New York Christmas’, and the ‘Living Nativity,’ the brand new show features six new scenes. After the show, enjoy free time to get a start on your Christmas shopping or lunch on your own. Enjoy all of the stores windows decorated for the holidays, it is truly an amazing sight. Departure time TBD **Fee: \$111**

UCONN WOMEN’S BASKETBALL GAME

Sunday, January 19, 2014

Depart from the Madison Senior Center enroute to the Rutgers Athletic Center in Piscataway, NJ. This afternoon enjoy a game, between our favorite UCONN Women’s Huskies as they take on the Rutgers’ Scarlet Knights. There’s nothing like seeing a game live, it will surely be a night to remember! Price includes transportation, tickets to the UCONN Women’s Basketball game, and driver’s gratuity. Departure TBD **R\$64 NR \$69**

Mohegan Sun CasinoTuesday, Jan. 29th-Jan. 30th SNOW DATE: Feb. 25th-26th

Day One: Depart MSC en route to Mohegan Sun Casino. Upon arrival you will receive your bonus package and check into the hotel. Mohegan Sun’s hotel accommodations are nothing less than extraordinary. Standing 34-Stories tall with 1,200 luxury guest rooms and suites. The remainder of the day is yours to gamble and enjoy your time. There are some of New England's finest dining, hotel accommodations, retail shopping, live entertainment and sporting events. It is also home to a luxurious day spa, and swimming pool. **Day Two:** Enjoy breakfast on your own and another day of gambling shopping or relaxing. Check out time is 11:00 a.m.. Please have your bags ready for departure time.

Price is R\$114.00 PP Double, NR \$119.00 , \$180.00Single, NR \$185.00 Single, R \$104.00 PP Triple, NR \$109.00PP Triple**The Gardens of London featuring the Chelsea Flower Show.**Saturday, May 17th, 2014

Join the Madison Senior Center and the Royal Horticultural Society on a journey to discover the horticultural heritage of Britain, complete with members only day access to the Chelsea Flower Show on opening day. Explore modern displays and new innovative designs that will leave you speechless but inspired. See the sights of London with a local guide, view Buckingham Palace, the Tower of London, Big Ben, the Houses of Parliament, Westminster Abbey, and the Changing of the Guard. Discover the wonders of majestic Hampton Court palace. Marvel at the Tudor Kitchens and Great Hall, stroll in the riverside formal gardens and be transported through five hundred years of royal history. Visit the Royal Botanic Gardens at Kew, a 300 acre site which houses one of the world’s great collection and is featured as a UNESCO World Heritage site. Step into the formal world of the British Monarchy when you visit the stately and expansive Windsor Castle. Travel to Wisley, a stunning 60 acre estate and enjoy an exclusive RHS gala dinner at this world-renowned garden. Package includes Round Trip Airfare from New York, Air Taxes and Fees/Surcharges, Hotel Transfers and Transportation to/from Airport, 8 days with 9 meals included: 6 breakfasts and 3 dinners. *(Cancellation and waiver insurance are available & price change if booking after November 17th)*

Pricing for booking by Nov. 17th : Single: \$4999, Double: \$3899.

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email: mcarofano@4LPI.com

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Jennifer Jones

Director of Community Relations



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Please remember to make your reservation with Jodie Shevlin at (203) 245-5686 by 12 Noon the day before you plan to come for lunch. (If you want to attend on a Monday please call by noon the previous Friday.)</i></p> 				<p>1 Swt & Sour Pork, Brwn Rice, Oriental Vegetable Blend, Oat Blend, Pineapple Tidbits</p>
<p>4 Baked Ziti w/ Meat Sauce and Cheese, Broccoli, Ital. Bread, Peaches</p>	<p>5 Election Day No Lunch Services</p>	<p>6 Minestrone Soup, Crackers, Seafood Salad Plate, Pasta Primavera, Beet Salad, Breadstick, Apple, Milk</p>	<p>7 Hot Meatloaf Sandwich, Whole Wheat Bread, Mushroom Gravy, Smashed Red Potatoes, Green Beans, Choc. Pudding, Milk</p>	<p>8 Fresh Baked Ham w/ Gravy, Rstd White & Sweet Potatoes, Cauliflower & Peas, Whole Wheat Dinner Roll, Seasonal Pie, Milk</p>
<p>11 Closed for Veteran's Day</p> 	<p>12 Chicken Teriyaki, Brown Rice, Oriental Vegetables, Oat Bread, Pineapple, Milk</p>	<p>13 Birthday Cake Day Apple Juice, Swt Potatoes Crusted Fish, w/ Lemon & Tartar Sauce, Rstd Red Potatoes, Green & Wax Beans & Carrots, Bread, Frosted Yellow Cake, Milk</p>	<p>14 Pot Roast w/ Gravy, Mashed Potatoes, Peas and Carrots, Whole Wheat Bread, Fruit Cocktail, Milk</p>	<p>15 Spinach Grandioli Ravioli, Parmesan Cheese, Broccoli, Meatballs in Marinara Sauce, Italian Bread, Sliced Peaches, Milk</p>
<p>18 Stuffed Cabbage Casserole, Rice, Belgium Carrots, WW Dinner Roll, Fresh Baked Apple</p>	<p>19 Orange Juice, Beef Stew, Noodles, Collard Greens, Wheat Bread, Margarine, Coffee Cake, Milk</p>	<p>20 Thanksgiving Luncheon with What's Cooking. \$13.00. Register in advance as space is limited.</p>	<p>21 Oven Fried Chicken, Macaroni & Cheese, Green Beans, Marble Rye, Applesauce & Milk</p>	<p>22 BBQ Pulled Pork, Sweet Potato Fries, Cabbage Slaw, Wheat Sandwich Roll, Pineapple Tidbits, Milk</p>
<p>25 Fresh Baked Ham with Gravy, Scalloped Potatoes, Peas and Carrots, Rye Bread, Cin. Apple Sauce, Milk</p>	<p>26 Chicken Qtr, Veg. Baked Beans, Green Beans, Multigrain Roll, Fruit Cocktail, Milk</p>	<p>29 Apple Cider, Turkey w/ Gravy, Cranberry Sauce, Cornbread Stuffing, Mashed Potato w/ Cheddar Cheese, Broccoli., Dinner Roll, Pumpkin Pie, Milk</p>	<p>30 & Nov. 1st Closed for Thanksgiving Holiday</p> 	



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 29 Bradley Road
 Madison, CT 06443

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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, and an introduction to the Internet.

Tuesdays, Nov 19th– Dec. 17th 1:00 to 2:00pm

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

iPad for Beginners

Learn the basics of using an iPad, terminology, components etc. What can you do with your iPad? Learn e-mail, playing games, entertaining and set a reminder of when to take your medications! Bring your iPad & Apple password.

Thursdays, Dec. 5th – Jan. 16th (no class 12/26 or 1/2)

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

E-Bay: Buying and Selling Online

This is sure to be a fun class! You will learn how to Open E-bay & PayPal accounts online, search and bid on an item, pay and complete the transaction, investigate sellers, and find the best deal. Also learn how to become an eBay seller, what it costs, how to price your items, take and upload a picture, complete the sale, and the best words to describe your item. Please bring a camera, charged battery, a pad and pencil, & questions you may have. Classes are 2 hours.

Tuesdays, Nov. 19th-Dec. 3rd 10 to 12pm

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

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

Ongoing Activities at the Senior Center

Bridge	Thursdays	1– 4 pm	Hand & Foot	Fridays	1– 4 pm	Crocheting w/ plastic bags	Wednesdays	1–3 pm
Canasta	Tuesdays	1– 4 pm	Knitting Group	Tuesdays & Thursdays	10a-12p	Walk with Kristen	Tuesdays	10:00am
Mah Jong	Thursdays	1– 4 pm	Poker	Wednesdays	1– 4 pm	There's LOTS to do at the Madison Senior Center		
Kings in the Corner	Tuesdays	1– 2 pm	Bocce	Thursdays	9-11 am			