



Trends & Traditions



November 2014



Madison Senior Center

MUSEUM OF THE MONTH SLATER MUSEUM

Located on the campus of Norwich Free Academy, the Slater Museum awakens visitors to the richness and diversity of the human experience through art and history. For more than 100 years, the Museum has displayed and interpreted the best examples of fine and decorative art, representing a broad range of world cultures of the Americas, Asia, Europe and Africa. The \$5 admission fee paid at the door includes a guided tour. Following the tour enjoy lunch on your own at *Irene's Family Restaurant*.



Friday, Nov. 21st Depart MSC at 9:30am Bus Fee: \$5

Basic Drawing

Develop your drawing skills and learn the value of gesture, contour, shading, and composition. This is for beginner and intermediate students. Learn to draw with a variety of mediums (pencil, charcoal, and ink) using the human body and still life. Bring a drawing pad and pencil the first night and we will discuss a supply list. 5 weeks



Wed. Nov. 12th-Dec. 10th 10:30-11:30 R\$36 | NR \$46

BEGINNER BRIDGE LESSONS

An 8-week class consisting of bidding, play, and defense. Lessons will focus on preparing students to play duplicate bridge and will also be useful for rubber and social bridge players. Please purchase the book, *Bridge Basics 1, An Introduction* by Audrey Grant and bring to the first class. It is available at Amazon.com, BaronBarclay.com, and R.J. Julia's (*may need to be ordered*). Instructor: **Connie Graham**

Fri. Nov. 14th - Jan. 16th No class on 11/28 & 12/26
9:30-11:30 (12 person min.) R\$64 | NR\$74

Thanksgiving Luncheon

Join us for an unforgettable Thanksgiving Feast prepared by Pat and Kristen! The menu will include: Salad, Rolls, Stuffed Shells, Turkey, Mashed Potatoes, Gravy, Stuffing, Corn, Cranberry Sauce, Pumpkin Pie or Apple Pie and Coffee and Apple Cider. Pre-registration is required. Come hungry and enjoy the feast!



Monday, Nov. 17th 11:30am Fee: \$10

The *Adventurous* Culinary Club



Come on a culinary adventure to explore cuisines from around the world and make new friends! Go somewhere new every month, *on your own*. Prices vary, stop in for a copy of the menu.

New Orleans Restaurant Creative Cooking in Westbrook
Monday, Nov. 3rd Depart MSC at 11:45

Bus fee \$2

MEDICARE "TURNING 65" SEMINAR

Carlos Maynard, a Medicare expert and Craig Bernard of Madison Investments, will answer questions about Medicare, Social Security, & planning your money for retirement.

Wed., Nov. 12th 6:00 to 8:00pm

FREE

Legacy Writing: *Sharing Life Lessons* with Bob McCandlish

Revisit life experiences, the sights, smells and sounds of our lives and capture them in creative writing. Each session begins with a reading to break from our busy lives and prepare for remembering and writing. (6 weeks)

Wk 1: Traveling & Journeys Wk 4: Jobs & Life Callings
Wk 2: First Love & Fun Wk 5: Family Bonds & Gatherings
Wk 3: Growing Up Wk 6: My Three Wishes

Monday's, Nov. 17th-Dec. 22nd 10:15-11:15 \$26 R | \$36NR

Bob will visit the MSC on **Monday, Nov. 10th from 10:15-12:45**, to energize you about his new course. He will be available to listen and answer any questions you may have.

Genealogy Talk

"Getting Started with Genealogy" presentation by Diane LeMay, Librarian and experienced genealogist. Learn how to begin researching and organizing your family history. Explore vital records, census records, cemeteries, online resources, pedigree charts, software programs and more! Come learn some tools to embark your own ancestral journey!



Monday, Nov. 10th at 12:45

FREE

Generosity Dinner

5:30 pm

Thursday, November 6th

The North Madison Congregational Church invites you to a Generosity Dinner at the Madison Senior Center. During the Season of Generosity for the Church, they wish to pay it forward to people in the Madison community. All are invited, limited to the first 50 to respond. Please RSVP to the Senior Center 203-245-5627. Menu not available at time of print.



MADISON SENIOR CENTER
 29 Bradley Road, Madison, CT 06443
PHONE: (203)245-5627
FAX: (203) 318-0670

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
- Members..... Mitchell Cohan
- Patricia Melady
- Sheri Puricelli
- Wendy Oberg
- Marcy Sanders
- Craig Bernard
- Susan Woodall

The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be November 13th, 2014 at 5:30pm

LIAISON TO BOARD OF SELECTMEN.....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
- Café Manager..... Jodie Shevlin

This time of year can be stressful, even for the most relaxed person. With the holidays and family obligations, you need to remember to think of yourself. Be sure to take a moment to enjoy the crisp fall air and all that we have to offer at the Madison Senior Center. Join our walking group for a walk around downtown Madison, or join us for lunch at Creative Cooking; the New Orleans style restaurant in Westbrook. There is so much to do and this is a fantastic time of year to participate. If you have a friend that is lonely or needs a pick-me-up, invite them on a trip or stop in for lunch. Doing something nice for a friend is the perfect stress reliever.

Hope to see you soon,

Austin Hall



Cultural Presentation: Mexican Celebration of Remembrance



Learn about this cultural celebration of life which dates back hundreds of years. This celebration is observed throughout Mexico and around the world in other cultures. Everyone is invited to attend. Pre-registration is required. Instructor: Elaine Jackson
Mon., Nov. 3rd 10:30-11:30 FREE

“Quilts of Joy”

with Ellen Olson

If you are someone who can sew, cut or iron, or wants to learn how to quilt and contribute your time, join us for “Quilts of Joy.” Volunteer your time to help create beautiful quilts that will be donated to area Women’s Shelters. Please bring scissors, pin cushions (*rotary cutter and board if you have one*) and an excitement for quilting! Please call to register.
 Instructor: Ellen Olson **FREE**
Meets Tuesdays from 1:15-3:30

“SAFETY CHECK LIST”

Are you concerned for your safety in the event of a Hurricane or other weather event, or do you have someone you would worry about in the aftermath of an emergency weather event? The “safety check list” will be utilized in the case of an emergency. In the days following an emergency weather event, a representative from Madison Senior Services will contact those on the list. To add your name to the list, call **(203) 245-5627**.

Always plan and be prepared for at least 3 days following a weather emergency.



BILLIARDS



Next tournament will start November 10th
 Informational meeting to be held November 3rd at 1:30
 Please give us a call if you are interested!



CONNECTICUT ENERGY ASSISTANCE PROGRAM

Early Application Intake!!! Begins Monday, September 1st, 2014. Energy Assistance helps to offset heating expenses during the winter. All fuel sources welcome to apply. An applicant must meet income & asset guidelines. Income and assets are counted for all members living in the household who are benefitting from the heat. 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. *Last Year's Monthly Income Guidelines: Single: \$2683 Couple: \$3508 **This year's guidelines will be announced at the end of October. Income guidelines not available at time of this printing.*

MEDICARE ANNUAL ELECTION PERIOD

October 15th – December 7th, 2014

It's the time of year to make changes to your health insurance for 2015. 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.

FOOD PANTRY

The food pantry is operated by Madison Community Services and available for those residents who need the assistance. The Pantry is located at Orchard Park off Mungertown Rd. and is open on Wednesdays from 11:00 AM – 3:00 PM. **Transportation is available through the Senior Center. Regular Bus Pick up for Concord Meadows will be around 12:30pm.**

Food Pantry Homebound Delivery - If you are unable to leave your home but would like to use the pantry arrangements can be made to have a delivery to your house. Volunteers deliver food from the pantry on Wednesday mornings. A qualifying person will be unable to physically go to the food pantry. Please contact Heather to register for this program.



SNAP PROGRAM (Formerly Food Stamps).

Helps offset food expenses. Money is given to eligible participants monthly, on an EBT debit card to use at local grocery stores. **Monthly Max. Income: Single: \$1,773, Couple: \$2,393.**

MEDICARE SAVINGS PROGRAM *Updated Program limits*

Helps to pay the monthly Medicare Part B premiums for qualifying participants. Depending on income level this program may also lower co-pays for prescriptions to between \$2.60 \$6.50 and may cover doctor's co-pays, if your doctor accepts State Medical Insurance. There is no asset test of filing deadline for this program.

Monthly Max. Income: Single: \$2,393.58 & Couple: \$3,225.06

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. Discuss different options such as: Curative, Palliative or Hospice Care. Discover ways to be mindful in healing from grief. Group meets the 3rd Tuesday of the month. **Tuesday, August 19th 11 am-12pm FREE**



Another Program of Interest

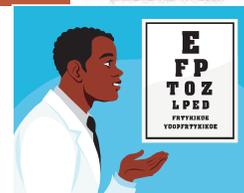
PETS ON WHEELS OF CONNECTICUT (POW-CT)

A nonprofit organization committed to improving the lives of people and pets. The only organization of its kind in Connecticut, POW-CT promotes the healing qualities of the human-animal bond by supporting the adoption and ownership of homeless cats and dogs. They work through a referral network of physicians, social workers, faith-based organizations, and others to unite homeless cats and dogs with people who would benefit greatly by having a pet. As well as, eliminating barriers to owning a pet, by providing assistance with adoption fees, cost of veterinary care, and transportation for adopters who do not have access to a car. Once a pet is chosen, POW-CT maintains a long-term relationship with the new owner to provide continuing support as determined during our qualification process. If you or someone you know would like to contact Pets on Wheels of Connecticut, please send an email to info@petsonwheelsct.org. For more information or to apply for adoption assistance, visit their website at www.petsonwheelsct.org.



How Medicare Covers Your Eyes *Excerpts from an article posted: 05/03/14 in the Huffington Post*

Many retirees are unclear with what Medicare does and doesn't cover when it comes to eye care. The good news is that Medicare covers most medical issues like cataract surgery, treatment of eye diseases and medical emergencies. Unfortunately, routine care like eye exams and eyeglasses are usually the beneficiary's responsibility.



Tips on how original Medicare covers your eyes and ways to help reduce your out-of-pocket costs:

Exams: Routine eye exams (sometimes called "eye refractions") that test for eyeglasses or contact lenses are usually not covered under Medicare, but you are entitled to a yearly medical eye exam if you have diabetes or are at high risk for glaucoma. People at high risk include diabetics, those with a family history of glaucoma and older Hispanics and African-Americans. Medicare will also pay for exams to test and treat medical eye diseases and other problems like macular degeneration, dry eye syndrome, eye infections or if you get something in your eye.

Eyeglasses and contact lenses: Medicare does not pay for eyeglasses or contact lenses, with one exception: If you have had a conventional intraocular lens inserted during cataract surgery, Medicare will pay for eyeglasses or contact lenses following the operation. Otherwise, you are on your own. To find affordable eye exams or eyeglasses, many retailers provide discounts - between 10% and 30%- if you belong to a membership group like AARP or AAA.

Also consider Costco Optical, which is considered by Consumer Reports as the best discount store for good eyewear and low prices - it requires a \$55 membership fee. Walmart Vision Centers and For Eyes Optical offer low prices too with no required membership. You can also save big by buying your glasses online. Some online stores like zennioptical.com, goggles4u.com and eyebuydirect.com sell prescription eyeglasses for as little as \$7. To purchase glasses online you'll need your prescription and pupillary distance from an exam, and your frame size.

Eye surgeries: Medicare covers most eye surgeries including cataract surgery to remove cataracts and insert standard intraocular lenses to replace your own. Medicare will not, pick up the extra cost if you choose a specialized lens that restores full range of vision, reducing your need for glasses after cataract surgery. The extra cost for a specialized lens can run up to \$2,500 per eye. Eye surgeries that are not covered by Medicare include refractive surgery and cosmetic eye surgery (such as eyelid surgery) that are not considered medically necessary.

Supplemental Insurance

Keep in mind that of the medical eye care services that are covered by Medicare, you're still responsible for 20% of the cost Medicare pays the other 80%. To help with this out-of-pocket expense, you may want to consider getting a Medigap policy. If you can't afford Medigap insurance, check into Eye Care America. This is a national program that provides medical eye examinations to seniors, age 65 and older, and up to one year of treatment at no cost.

Advantage Option

Another way you can get extra vision coverage when you join Medicare is to choose a Medicare Advantage plan. Many of these plans, which are sold through private insurance companies (see medicare.gov/find-a-plan) cover routine eye care and eyeglasses along with dental, hearing and prescription drugs, in addition to all of your hospital and medical insurance. Or, if you choose original Medicare, consider purchasing an individual vision insurance policy (see ehealthinsurance.com). These policies cover routine eye care and eyeglasses and typically run between \$12 and \$15 per month.

ITALIAN FOR FUN

Enjoy the journey learning Italian phrases and expressions, including the weather, travel, shopping and food! This four week-course is interactive with hand-outs of the program.

Monday's Dec. 1st-22nd 10:30-11:30 R\$29 | NR\$39

Instructor: Elaine Jackson

THINKING OF VOLUNTEERING?

Do you have a favorite activity/craft you would like to teach others? Maybe you would like to be a greeter & direct and assist customers, assist with computer check in process, answer phones, assist with newsletter, Meals on Wheels volunteer drivers.

Crochet with Mrs. Wimble



Learn how to make beautiful crocheted bags from your recycled plastic shopping bags. Please bring with you 2-3 colored bags, scissors and large crochet hook size (7-10).

Wednesday's 1-2:30pm

HOLIDAY CRAFT



Join us in making Christmas ornaments and snowflakes. We will be stringing, painting and cutting so be ready to utilize your fine motor skills and creativity!

Wed. Nov. 5th at 12:45 Free

ART 101



This popular class provides instruction in drawing, pastel, watercolor, acrylic and oil. Get your creative juices flowing!

Tuesday's ending- Jan. 27th 2015

No class 11/4 or 11/11 1:30-3:30pm

Instr: Muriel Waldvogel

Fee \$5

**LEGAL ASSISTANCE**Thurs., Nov. 20th 9-10am

Attorneys from Cronan and Shields offer private 15 min. counseling services
Call the MSC for an appointment.

**HANDICAPPED PARKING PERMIT**

Available in the Senior Center office.

**NOTARY SERVICES**

By appointment only.

MEDICARE COUNSELLING

By appointment only.

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. Call for a schedule.

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 11:45

Serving people ages 60 and up or disabled folks; there is a suggested donation of \$3.00. **To order: call Jodie, (203) 245-5686 by Noon the day before.**

**HEARING CLINICS**

Nancy will also be at the Madison Senior Center on the 3rd Monday, monthly, for free hearing testing, hearing aid checks, wax inspection, and listening demonstrations. **Appointment Only. Monday, Nov. 17th**

Bingo!

Dessert Bingo with Watrous
 Friday, Nov. 7th 1-2:30pm



St. Margaret's Bingo at Noon,
 Wednesday, Nov. 12th

MOVIE MATINEE @ MSC

Fridays at 1:00 pm

Nov. 7th "To Kill a Mockingbird"Nov. 14th "A Raisin in the Sun"Nov. 21st "How Green Was My Valley"*Band of Brothers - Pacific*

Mondays & Wednesdays

Nov. 3rd to 19th at 12:45**Lunch Bunch & Shopping***please note: lunch is on your own*Friday, Nov. 7th

Westfarms Mall

Depart MSC at 9:30 \$4 bus fee

Monday, Nov. 24th

AC Moore and Panda Buffet

Depart MSC at 10 \$3 bus fee

**Book Club**Thursday, November 20th

Meets at 1 pm to discuss

"Me Before You" by JoJo Moyes

*Discussion led by Barbara MacDonald***TECH SUPPORT**

Have an iPad or a smart phone and don't know how to use it? Get all your questions answered for free at the Madison Senior Center. Scranton 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.

Monday: Nov. 24th 4-5pm Free**Veterans Day***Honoring all**Madison Veterans*

Please join us for coffee and bagels to honor you for your service to our country!

Thursday, November 6th at 9:30 am

Please call to register

**BRIDGE**

If interested in learning how to play bridge please contact

Kristen at (203)245-5695

New class starting soon!

Sculpture –

Explore the Creativity With-in

Learn about sculpture techniques and have fun creating your own pieces. Learn carving, modeling, how forms develop in 3-D, how to produce light and shade and how to make reliefs.

Instructor Robert Trupin has been a sculptor for over 20 years. He learned how to sculpt from world famous sculptor Stanley Bleifeld and master teacher Peter Rubino. All levels of sculptors are welcomed, individual instruction provided. **All supplies are included in fee.** Thurs. Nov. 13th-Dec. 18th(5 Classes)
No Class 11/27

1:30-3:30pm Fee: R\$90 | NR\$100

MEET, MINGLE & MUNCH SOCIAL GROUP

Formally "The Singles Group"

Do you like to do things, but not alone? At the social club you can join others for activities and fun events. Looking for new members, both men and women, and **new ideas**. This month join us at **The Madison Beach Hotel at 5:30pm on Nov. 13th.**



Exercise With Patty Velleca

CHAIR EXERCISES

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

Mondays - 10:30 to 11:30am

Nov. 17th - Dec. 8th

R\$17 | NR \$27



4 classes

Fridays - 10:30 to 11:30am

Nov. 21st-Dec. 19th No class 11/28

R\$17 | NR\$27

4 classes

SENIORS IN MOTION

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

Wednesdays - 10:30 to 11:30am

Nov. 19th-Dec. 17th no class 11/26

R\$13 | NR\$23

4 classes

EXERCISE & RELAX YOGA

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

Tuesdays 9:30-10:30am

Nov. 18th-Dec. 9th

R\$33 | NR\$45



4 classes

Thursdays 3:00-4:00pm

Nov. 20th-Dec. 18th no class 11/27

R\$33 | NR \$43

4 classes

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. 17th-Dec. 8th

R\$17 | NR \$27



4 classes

Wednesdays - 9 to 10am

Nov. 19th-Dec. 17th no class 11/26

R\$17 | NR\$27

4 classes

Fridays - 9 to 10am

Nov. 28th-Dec. 19th no class 11/28

R\$17 | NR\$27

4 classes

SHOULDER PAIN

Select Physical Therapist Kate McDonough discusses common causes of shoulder pain, including arthritis, tendinitis, and rotator cuff tears. Treatment options, including physical therapy and how to avoid injury will also be discussed. **Free & please call to register.**



Thursday, Nov. 13th at 10:30am

TAICHI

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

Instructor: S. Hanley

Mondays, 9-10am

(5 weeks)

Nov. 24th-Dec. 22nd R\$30 | NR\$40



No Excuses Tap Dance Club

Tap dancing is not only great exercise, it's also great for your memory, sequencing skills, large and small motor skills, balance, core muscle work, right and left brain work, a great workout, and fun too! Dancers get together to practice weekly without an instructor **Tap shoes & registration required.**

Thursdays from 10-11am FREE

HEALTHY FAMILIES NOW

VNA Community Healthcare

Join us and learn how to positively manage a chronic condition, work in harmony to build a healthy caregiving relationship and create a sense of team.

Wednesday, Dec. 10th 1-2pm Free

**Please contact VNA to register :
(203)458-4200**

Living Well with Arthritis

Catherine Meriano, an Occupational Therapist of Rehab Concepts will discuss ways to manage arthritis of the hands. Please call to register

Wednesday, November 19th 10:30

Nurses Clinics

VNA Community Healthcare holds a Nurses Clinic on the 2nd and 4th Monday monthly. Check your blood pressure, pulse and weight; assess your health and work to set goals. The Nurse can also review your medications and help you to create a medication list, and discuss how to prepare for an appointment with your doctor.



Monday, Nov. 10th & 24th 12-1:30pm

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, 2015.**

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

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

All classes taught by Kris Reaske

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

Walkie Talkies

Get moving by becoming a member of the MSC walking club. If you are tired of walking alone and want to meet other walkers.



Mon. & Tues. at the MSC 10 am.
Weather permitting (*no snow, ice, or rain*)

"NEW" Wednesdays at 10

Walking the Madison section of the Shoreline Greenway Trail. Starts at Hammonasset State Park. A new parking is now available just east of the main entrance, on Rte 1 .

"New" Ballroom Ling Dancing

Reminisce with songs and dances you love, enjoy the memories they evoke while having fun and getting fit. Your instructor, Karen Pfrommer, certified through the Imperial Society of Teachers of Dance, began teaching in the 80's, and in 1991 opened her own dance studio "Dance in Rhythm," in Branford. She currently teaches two ballroom classes at Quinnipiac University, as well as, coaches the Yale Ballroom Newcomer team and club and is the instructor for Sacred Heart University Ballroom Ensemble.

No classes on Dec. 29th or Jan. 19th

Monday, Dec. 8th-Jan. 26th 6 weeks
2-3pm Fee: \$37R | \$47NR



For all trips please park across the street from the Senior Center at the ball fields.

Mohegan Sun Friday

Every turn leads to a new adventure. Food vouchers & bet coupons included. **Depart MSC at 9am.**

Friday, November 14th

Fee: \$7

SOLD OUT

It's All About the 50's

You can't beat the scenic water views of Long Island Sound and Charles Island, making for a breathtaking dining experience. After lunch, enjoy the performance, "It's All About the Fifties." Tap your feet and sing along as "Big John" Hartman walks you through the styles of music from this incredible decade. Price includes transportation, drivers gratuity, lunch and the show. Meal Choices are Sliced Sirloin Steak, Stuffed Sole or Chicken Parmesan. **Depart MSC 10:15am.**

Costa Azzurra, Milford, CT

Thursday, November 6th

Fee: 70\$R | 75\$NR

Holiday Inn

Happy Holidays!! Check into the tuneful world-premiere musical about a Connecticut farmhouse transformed into a jubilant nightspot-but only on holidays. From Valentine's Day to the Fourth of July, Thanksgiving to Christmas, expect a cornucopia of hits songs by Irving Berlin in a dance-dizzy romance based on the classic film that first starred Fred Astaire and Bing Cosby. Raise a glass to cheer to "Happy Holiday", "Easter Parade", "Be Careful", "It's My Heart", and more greatest show tunes. Price includes show and bus fee. **Depart MSC at 12:45pm**

Goodspeed Opera House

Wednesday, November 12th

Fee: \$54R | 59NR

Holiday Wishes at the Aqua Turf

Featuring *Red Satin Band*! Versatile and experienced, Red Satin has the talent for sparking enthusiastic audience response whether they're listening or dancing up a storm. Price includes: Coffee and Donuts, Complimentary Beverage, Door Prizes, a family style luncheon of Salad, Pasta, Roast Turkey, Sliced Roast Beef, Vegetable, Potato and Dessert. **Depart MSC at 10:00am** **Fee: \$43**

Tuesday, December 9th



Early Peek at 2015 Shows



Neil Sedaka at Mohegan Sun

Singer, songwriter Neil Sedaka will perform many of his recorded hits as well the songs he has written for other artists. Sing along as Neil shares the familiar songs you know so well, "Oh Carol", "Calendar Girl", and "Breaking Up is Hard to Do." Reserved 3:00 show time. Seats are located in the Lower level section of the Mohegan Sun Arena. You will also have time at the casino before the show to enjoy the casino gaming package (*details to be announced*), and a meal voucher. Please arrange your own transportation home from the senior center.

Depart MSC at 11:30am.

Tuesday, April 21st, 2015

Fee: \$80R | \$90NR

"Married to Broadway" at the Aqua Turf, Presented by Friendship Tours

Ron Sharpe and Barbra Russell first met when they were playing the young romantic leads of Marius and Cosette in "Les Misérables." After being married on stage hundreds of times, they decided to do it for real. Ron and Barbra, together with their friends will share their love affair with the legendary music of The Great White way. They will perform the big show stopping numbers that are audiences favorites around the world-from "Phantom of the Opera," "Cats," "Evita," "West Side Story," and many more. Delicious lunch at the elegant Aqua Turf will include a family style menu of Garden Salad, Pasta, Chicken ala Kathryn, Broiled Scrod with Tomato and Spinach Topping, Vegetables, Potatoes, Rolls, Dessert and Beverage.

Depart Madison Senior Center at 10:00am

Tuesday, May 26th, 2015

Fee: \$80R | \$90NR

Celebrate Italia

Offers a wide variety of American and Italian favorites so that everyone will have a chance to enjoy the celebration. The band, "The Italian Connection," has performed in many prestigious venues such as The Ritz Carlton Hotel, The Four Seasons Hotel, The World Trade Center and hundreds of area's best country clubs. Enjoy Coffee and Donuts, Door Prizes and a Complimentary Beverage. Then lunch will include Salad, Pasta with Sausage and Meatballs, Chicken Cacciatore, Vegetables and Dessert.

Depart MSC at 10:00

Aqua Turf

Tuesday, July 21st, 2015

Fee: \$48

Bobby Rydell at the Aqua Turf, Presented by Friendship Tours

Bobby's career spans six decades and encompasses every area of the entertainment world. Starring in the hit film "Bye Bye Birdie," and performing on countless TV shows. Bobby has earned a reputation as a classic performer. Not only is he a superb singer, he is an outstanding drummer, an agile dancer and a fine actor. A polished performer at a young age, he was the youngest ever to headline the Copacabana. Bobby will perform "Wild One," "Volare," "We Got Love," "Kissin' Time," and "Forget Him." A delicious lunch at the Aqua Turf will include a Garden Salad, Pasta, Chicken Francaise and Baked Salmon with Dill Sauce, Vegetable, Potato, Rolls, Dessert, and Beverage.

Departure Madison Senior Center at 10:00 am

Wednesday, August 12th, 2015

Fee: \$88R | \$98NR



Shades of Ireland

Thursday, April 16th-to Saturday, April 25th, 2015

Travel to the Emerald Isle and find yourself surrounded by its “forty shades of green.” Soak in the landscapes of rolling hills and feel the warmth of an Irish welcome. Itinerary at a glance: **Day 1:** Over night flight, **Day 2:** begin your tour in Dublin, this evening join your fellow travelers for some traditional entertainment during a fun filled Irish evening. **Day 3:** Tour Dublin– visit St. Patrick’s Cathedral, O’Connell Street, Grafton Street, Phoenix Park, and see the city’s trademark Georgian town homes. **Day 4:** Travel to Kilkenny to explore the medieval atmosphere of this city situated on the banks of the River Nore. Visit the House of Waterford Crystal. **Day 5:** journey to historic Blarney Castle and kiss the famous Blarney Stone to receive the gift of eloquence. **Day 6:** Travel along one of the most beautiful coastal routes in the world, the Ring of Kerry. Shop for traditional Irish goods, enjoy pristine ocean scenery, gaze upon the Lakes of Killarney. **Day 7:** Experience the customs and daily life of a traditional Irish family during a memorable visit to the Molanna Dairy Farm. Continue to Limerick to see a panoramic city tour which showcases King John’s Castle and the Treaty Stone. **Day 8:** An exciting day awaits– journey to the stunning 700ft. High Cliffs of Moher for awe-inspiring views of the mighty Atlantic and Aran Islands. Travel through the vast limestone landscape of the Burren, known for its stark beauty and Neolithic tombs. Continue past scenic countryside into Galway for a brief city tour. **Day 9:** Start your day with a cross-country journey to Irish Whiskey territory. The ancient towns of Tullamore and Kilbeggan, enjoy a tasting of the final product during a visit to one of the historic distilleries. Top your day off with an overnight stay on the regal grounds of Cabra Castle, where you will toast the end of this great trip during your farewell dinner. **Day 10:** the tour ends in Kingscourt– travel home. This ten day trip includes: 13 meals: 8 breakfasts, 5 dinners, ground transportation to and from New York Airport Round Trip Air from New York, Air Taxes, and fees/surcharges, hotel transfers.

Fee does not include Cancellation Waiver or Insurance of \$260 pp.

Rates as of October 17th, 2014: Double \$3,349, Single \$3749 and Triple \$3,319.

Pacific Northwest and California

September 14th-21st, 2015

This trip features Washington, Oregon and California. Highlights include Seattle, Mt. St. Helens Visitor Center, Portland, Columbia River Gorge, Portland Spirit Cruise, Newport, Bandon State Natural Area, Redwood National Park, Eureka, Avenue of the Giants and San Francisco. **Day 1:** The tour opens with an overnight stay in one of America’s picturesque cities, Seattle. Get to know your fellow travelers at a welcome dinner. **Day 2:** Embark on a sightseeing tour of the “Emerald City,” including the colorful restored waterfront area, historic Pioneers Square, and lively Pike Place Market, a fish and vegetable market dotted with restaurants and shops. Departing Seattle, travel south through Olympia and stop at Mount St. Helens Visitor Center. Learn about the 1980 eruption of Mount St. Helens as well as the history and geology of the state park. Continue to Portland for a two-night stay in North America’s “Best Big City.” and stay at the Hotel Eastland. **Day 3:** Drive along the Mt. Hood route to the lush Columbia River Gorge for a day of sightseeing you will never forget. Mt. Hood dominates the horizon as you leave the valley and enter the slopes of the Cascade Mountains. Discover the awe inspiring landscapes on a tour of the magnificent Columbia River Gorge and the Bonneville Dam, learn about its fascinating hydropower and history. This evening, relax on Portland’s premier dining and sightseeing cruise. Enjoy a vibrant setting enhanced by dazzling city lights, festive cuisine and live performances. Glide along the Willamette River and Lake Oswego for an unforgettable and delightful evening. **Day 4:** Your scenic journey takes you through what was the promised land for many pioneers during the days of the Oregon Trail. The Willamette Valley contains some of the most fertile agricultural soils of Oregon and nurtures vegetables, flowers, herbs, nuts, and vineyards. Next, head to the coastal town of Newport for a brief stop along some of the country’s beautiful coastline and the Oregon Dunes National Recreation Area. **Day 5:** Begin your day with a drive to Bandon State Natural Area. You will be amazed by the scenery along the striking Beach Loop with sights such as Bandon Rocks and Face Rock, known to many from the American Indian Legend. Stop in the picturesque town of Gold Beach. Enter redwood country of California. Travel through Redwood National Park. Inside the park, get close-up to some of the world’s largest trees. Arriving in Eureka, enjoy a delightful tour through this historic timber and fishing village and witness the Victorian architecture of Old Town. **Day 6:** Continue through the Redwood Forest and see the “Avenue of the Giants”. Next, drive over the Golden Gate Bridge and arrive in the “City by the Bay,” San Francisco. Tonight offers exceptional views of San Francisco and the Bay Bridge. **Day 7:** After breakfast discover this amazing city with a sightseeing tour. You will see the Twin Peaks, the Golden Gate Bridge and China Town. Enjoy the rest of your day at leisure to explore on your own. **Day 8:** Your Tour ends, head home.

Included in the price: Group transportation from a central location to and from Bradley International Airport, round trip airfare from Bradley Intl Airport, air taxes and fees/surcharges, hotel transfers, 8 Days & 7 Nights, 10 meals: 6 Breakfasts, 4 dinners. Optional Activities are available, inquire within for more information. Book by March 13, 2015 and Save \$100 per person. Not included in price is cancellation waiver insurance, cost of \$205 a person.

Double: \$2,699, Single: \$3,349, Triple: \$2,669 Reg rates are Double: \$2,799, Single: \$3,449, Triple: \$2,769.

Travel presentation for this will be held on Monday, February 23rd at 10:30am



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Grilled Chicken w/ Garlic Lem. Sauce, Baked Sweet Potato, Riviera Veg. Blend, Fruit Juice, Butter-scotch Pudding, Milk</p>	<p>4 ELECTION DAY No Lunch Service today MSC</p>	<p>5 Cream of Broccoli Soup, Tilapia with Ginger Honey Sauce, Wild Rice Pilaf, Spinach, Bread, Peaches, Milk</p>	<p>6 Grandioli w/ Marinara Sauce, Parm. Cheese, Zucchini, Braised Carrots, Ital. Bread, Apple Juice, Chocolate Chip Cookie, Milk</p>	<p>7 Cheeseburger on Wheat Bun, Tomato Cuke Salad, Potato Salad, Pears, Milk</p>
<p>10 Sliced Turkey, Mashed Turnip, Green Beans, Marble Rye Bread, Orange Juice, Apple Pie, Milk</p>	<p>11 VETERAN'S DAY No Lunch Service Today-Town Holiday</p>	<p>12 Rstd Chicken w/ Hickory BBQ Sauce, Sweet Cranberry Rice Pilaf, Wax Beans, Pumpernickel Bread, Fruit Cocktail, Milk</p>	<p>13 Rstd Cauliflower, Crab Cake, Tartar Sauce, Mac & Cheese Broccoli, Wheat Dinner Roll, Fresh Fruit. Milk</p>	<p>14 Meatloaf w/ Gravy, Mashed Potato, Peas and Pearl Onions, Enriched Bread, Fruit Yogurt, Milk</p>
<p>17 Whl Wht Spaghetti, Meatballs in Marinara, Parmesan Cheese, Garden Salad, Vinaigrette Dressing, Breadstick, Fresh Fruit, Milk</p>	<p>18 Chicken Orzo Soup, Vegetable Quiche, Ital. Breadstick, Tomato Cucumber & Basil Salad, Fresh Fruit, Milk</p>	<p>19 Pot Roast with Gravy, Smashed Potato, Carrots and Onions, Marble Rye Bread, Fruit Cocktail, Milk</p>	<p>20 Thanksgiving Fest, Rst Turkey, Stuffing, Cranberry Sauce, Swt Potatoes, Peas, Carrots & Corn, Cornbread & Pumpkin Pie, Milk</p>	<p>21 Happy Birthday! Sweet & Sour Pork, Brown Rice, Oriental Blend, Bread, Mandarin Apple Juice, Carrot Cake, Milk</p>
<p>24 Sliced Turkey w/ Grvy, Rstd Potato, Green Beans, Marble Rye Bread, Grape Juice, Pumpkin Bread Pudding, Milk</p>	<p>25 Pulled Pork wit BBQ Sauce, Wht Bun, Cole-slaw, Baked Swt Potato Wedges, Cranberry Juice, Ice Cream Sandwich, Milk</p>	<p>26 Vegetable Lasagna, Caesar Salad with Croutons and Caesar Dressing, Dinner Roll, Scalloped Apples, Milk</p>	<p>27</p>	<p>28</p>



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 would like to attend on a Monday please call by noon the previous Friday.)



Find businesses that support your community at SeekAndFind.com

PROTECTING SENIORS NATIONWIDE

PUSH TALK 24/7 HELP



\$19.95*/Mo. + 1 FREE MONTH

- > No Long-Term Contracts
- > Price Guarantee
- > A+ Rating with BBB

TOLL FREE: 1-877-801-5055

*First Three Months

SPRING SPECIAL




dish Make the Switch to DISH Today and Save Up To 50%

Call Now and Ask How! **1-800-316-0283**

Promotional prices starting at only **\$19.99** mo. for 3 months.

FREE OVER 30 PREMIUM MOVIE CHANNELS

HBO, COMEDY, SHOWTIME, STARZ

All offers require 24-month commitment and credit qualification. Call 7 days a week 8am-11pm EST. Promo Code: M89913 *Offer subject to change based on premium movie channel availability.




Silver Fox Financial
Specializing in Senior Needs

Life and Health, Disability, Plan D Medicare, Long Term Care and Final Expense Insurance

Susan Finch Wenderoth
Tel: 203-245-7595
SilverFoxFinance@aol.com

Proudly Serving the Madison Community

Swan Funeral Home is dedicated to serving the Madison community. We pride ourselves in providing compassionate care to local families during their most difficult times, when they need us most. Our unmatched selection of services make us the right choice today - and into the future.

Compassion Defined | National Transcendental Burialment Plan | Personal Planning Services | Grief Support | Veterans Benefits

Dignity

SWAN FUNERAL HOME
825 Boston Post Road | Madison, CT 06443 | 203-245-2488
www.SwanFuneralHomeMadison.com

THIS SPACE AVAILABLE



For Information On Advertising, Please Call Mark Carofano at 1-800-888-4574 ext 3445 or Email: mcarofano@4LPi.com



Liturgical Publications Inc
Connecting Your Community™

SeekAndFind.com is **NEW** and **IMPROVED**

Now it's even easier to shop these advertisers. Show them your support!

Golden Horizons Elder Care Svcs.




Personal Care
Companions
Homemakers
860-388-1788

THIS SPACE IS AVAILABLE

Bathe Safely And Easily

Payments As Low As \$150 Per Month*

America's Best Walk-In Baths Are Now More Affordable!

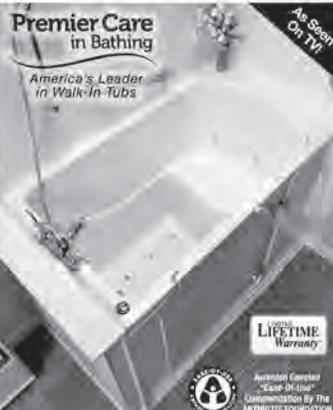
Don't miss this low cost way to enjoy a relaxing bath again, without the fear of slipping or falling. A luxurious, Walk-In Bath from Premier Care in Bathing offers you the ultimate in safety and ease of use. The walk-in door allows barrier-free access. The low threshold entry is easy on your legs. The optional bubbly Hydrovescent Therapy soothes away aches. If you or a loved one struggle taking a bath, independence and safety are only a phone call away.

- No More Fear of Slipping or Falling
- Premium Quality for High Performance
- Our Fully Licensed Installers Can Do Most Any Install, and in Most Cases in Just One to Two Days

SENIOR DISCOUNTS & FINANCING

Call Now Toll-Free for FREE Information Kit **1-800-345-0181** www.GoToPremierBath.com Promo Code 20727

*Limited time only. Subject to approved credit. Example: Based on 9.9% APR, a down payment equal to 1/3 of contract amount, and a monthly payment of \$150 for 120 months. By submitting this request, I agree that Premier Care in Bathing may contact me by telephone using automated technology at the telephone number provided above. I understand this consent is not a condition of purchase. **Limited lifetime Warranty subject to terms and conditions.



Premier Care in Bathing
America's Leader in Walk-In-Tubs

As Seen On TV!

LIFETIME Warranty

American Certified "Ease-It-Up" Commendation By The SENIORS FOUNDATION

Connecticut Cremation Service

DIRECT CREMATION:
\$1,245.00 Complete

GRAVESIDE BURIAL SERVICE
\$3,370.00 + Cemetery Charges

Visa/Mastercard & Title 19 accepted
For Info Call 1-800-977-2309

THIS SPACE AVAILABLE



For Information On Advertising,
Please Call Mark Carofano
at 1-800-888-4574 ext 3445 or
Email: mcarofano@4LPi.com



Liturgical Publications Inc
Connecting Your Community™

PENNYWISE

Premium Home Heating Oil & Service

Serving friends
and neighbors
for over 18 years.

Call us...
860.399.8244
860.669.8234



Does your loved one need extra care
when you can't be there?

Strong House Adult Day Center
can help with weekday respite!
Nurturing & Home-like, ideal for those
with memory impairment

203.245.0524

546 Durham Road, Madison
An affiliate of VNA Community Healthcare

County Hearing and Balance

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



In Pain? Get natural relief NOW!

shoeline
chiropractic

Same Day Appointments • No Waiting
203-245-BODY

Dr. John Mastrobatisto

shorelinechiropractic.net

Great New Location - Clarity Commons, 92 Wall Street, Madison

**THIS SPACE IS
AVAILABLE**



AGEMY
FINANCIAL STRATEGIES, INC.

Agemy Financial Strategies, Inc.
741 Boston Post Rd., Ste. 308, Guilford, CT 06437
Phone: (203) 738-0026 • Office@agemy.com
We help people plan for retirement everyday.



Securities and Advisory Services offered through Client One Securities, LLC Member FINRA/SIPC and an Investment Advisor Agemy Financial Strategies, Inc. and Client One Securities, LLC are not affiliated.



A speedy return
to what you love...
your health,
your loved ones,
your life!

At Madison House our short term rehab
will get you back on your feet quickly.

- Award-Winning Support Services
- Inpatient & Outpatient Therapy
- Physical, Occupational & Speech Therapies
- Post Surgical Orthopedic and Cardiac Care
- IV Therapy



MADISONHOUSE
CARE & REHABILITATION CENTER
Caring is the Key in Life

Madison House
34 Wildwood Avenue • Madison, CT 06443
(203) 245-8008

PROTECTING SENIORS NATIONWIDE

PUSH

TALK

24/7 HELP



\$19.95*/Mo. + 1 FREE MONTH

- > No Long-Term Contracts
- > Price Guarantee
- > A+ Rating with BBB

TOLL FREE:
1-877-801-7772

*First Three Months

**SPRING
SPECIAL**



HELP PROTECT YOUR FAMILY

CALL NOW! 1-888-862-6429



HOME SECURITY TEAM



Is a Reverse Mortgage right for you?
Ask Sylvia!

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

Sylvia Patterson NMLS# 528441 GSB NMLS# 535595



Guilford Savings Bank
Your Community. Your Values. Your Bank.
Equal Housing Lender Member FDIC



Madison Senior Center
 29 Bradley Road
 Madison, CT 06443

PRSR STANDARD
 U S POSTAGE PAID
 GUILFORD CT
 PERMIT NO. 295

11/2014

COMPUTER CLASSES

Computer Basics For Beginners

For the person who is new or relatively new to computers. Start with the basics - terminology, components etc. what can be done with a computer; composing a letter, e-mail, and an introduction to the Internet. If you have your own laptop, please feel free to bring it with you. **Wednesday's Nov. 5th-Dec. 3rd 10 to 11:00am** **Fee: R \$42 | NR \$52 (5 classes)**

E-Bay: and "New" Craig's List

You will learn how to Open E-bay & PayPal accounts online, search for and bid on an item, pay and complete the transaction, investigate sellers, and find the best deal. 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. Classes are 2 hours. If you have your own laptop, please bring it with you.

Thursday's Dec. 4th- Dec. 18th 10-12pm

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

Shopping the Internet Safely

Save money, time and gas! Find that perfect dress or locate that part for your classic 1955 Plymouth. Comparison shop prices; compare different brands; get that missing piece for your collection. Learn best practices for safely and securely shopping on the internet. **Thursday's Dec. 4th & Dec. 11th 1-3pm**

Fee: R \$35 | NR \$45 (2 classes)

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

Open Lab: computers are available for your personal use when classes are not in session from 9am-4pm free

Ongoing Activities at the Senior Center

Bridge	Thursdays	1- 4 pm	Hand & Foot	Fridays	1- 4 pm	Swedish Weaving	Tuesdays	1- 4 pm
Canasta	Tuesdays	1- 4 pm	Knitting Group	Tuesdays & Thursdays	10a-12p	SETBACK starting Wednesday's at 12:45. Looking to form PINOCHLE groups as well.		
Mah Jong	Thursdays	1- 4 pm	Poker	Wednesdays	1- 4 pm			
Crocheting Bags	Wednesdays	1-3 pm	Walking Club	Mon and Tues.	10:00am			