



Trends & Traditions



November 2015



Madison Senior Center

Aging: The Good, the Bad, and the Ugly with Taffy Bowes, LPC

We face a host of challenges as we age— loss of relationships, leaving jobs, time to “relax,” bionic parts, “downsizing.” If you are interested in discussing the challenges and issues we face as we age, Taffy Bowes, recently retired, sage counselor at Madison Youth and Family Services will be leading a discussion group on these topics. All are welcome!

Monday, November 16th at 1

Free

LIVING WELL WITH KNEE OR HIP ARTHRITIS

Nearly 50% of adults develop symptomatic knee arthritis in their lifetime and 25% may develop painful hip arthritis. If you are one of these people, or have a loved one with knee or hip arthritis, you are invited to attend our presentation by **Rehab Concepts** on “*Living Well With Knee or Hip Arthritis.*” If you are not sure if you have arthritis but your knees or hips hurt, swell, buckle, lock, or “crackle & pop,” this will be helpful!



Thursday, November 19th at 10:30

FREE

LET'S GO TO THE MOVIES



Spend the afternoon enjoying a movie at the Westbrook Cinema, in Westbrook. We will find out what our viewing choices and show times will be closer to the movie day.

Monday, November 9th time TBD Bus Fee: \$2

Introduction to Energy Medicine

Certified Eden Energy Medicine (EEM) Practitioner, Cate Sibley will introduce the basics of Energy medicine. Energy medicine is the art and science of assessing and harmonizing the body's energies to maximize one's own or another's well-being. EEM can act as its own complete system for self-care or can work beautifully as a complement to other medical care approaches. During this *Introduction to Energy Medicine* class, Cate will demonstrate energy testing and will teach you some basic energy medicine techniques you can take home with you.



Wednesday, November, 18th at 1:00

FREE



Thanksgiving Celebration

Join us for a traditional Thanksgiving dinner prepared by our own **Chef Kevin**. Enjoy a traditional Thanksgiving meal with all the trimmings. Always a popular and festive event!. **Space is limited!**

Wed., November 18th at 11:30 Fee \$10

TRAVEL PRESENTATION

Reflections on Italy OCTOBER 2016

Come find out about the wonders that await you on this magical 10-day tour of Italy that explores the cities of Rome, Florence, Siena, Venice, Assisi, Perugia and Milan. Lots of inclusions and **New Low Pricing!!**

Tuesday, November 17th at 10:30
Please pre-register



Veterans Day Breakfast

Madison Veterans are invited to a light breakfast of fruit, toasted bagels and cream cheese, in their honor to celebrate Veteran's Day. Austin Hall will speak. **Pre-registration is required and space is limited.**

Tuesday, November 10th at 9 FREE



The Adventurous Culinary Club

Go on a culinary adventure to explore cuisines from around the world and make new friends! Lunch on your own, prices will vary. This month enjoy lunch at **Quattro's** in Guilford, serving Northern Italian cuisine. **Come in and check out the menu at the front desk.** Min. Passengers: 5



Friday, November 6th Depart MSC at 11:30 Fee: \$2



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) 245-5627
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

- Vice-Chairs..... Dr. Gerard Kerins
- Wendy Oberg
- Members..... James Ball
- Craig Bernard
- Mitchell Cohan
- Patricia Melady
- Sheri Puricelli
- Marcy Sanders
- Susan Woodall

The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be November 12th, 2015 at 5:30pm

LIAISON TO BOARD OF SELECTMEN.....Diane Stadterman

SENIOR CENTER STAFF

- Director of Senior Services.. Austin Hall
- Asst. Manager Heather Castrilli
- Program Coord Ellie Gillespie
- Chef Kevin Wolfe
- Server..... Yamilette Moshier
- Bus Driver: Michael Rand
- Bus Driver: Helen Sneider
- Bus Driver: Dennis Marron
- Bus Driver: Tina Macero

Pool Instruction with Dave Kyle

Dave has been a student of pool instruction for a long time. He'll share with you information on the basic stance, dominant-eye sighting, and stroke. He'll introduce you to several very simple and powerful "practice drills." Together you will play the great game. **Wednesday, Oct. 7th– Nov. 18th 1:00-3:30pm** *no class 11/11*
4 Students per session **FREE**



BILLIARDS TOURNAMENT

Next tournament starts November 9th.
Sign up at Front Desk by Nov. 5th. The schedules will be available on Nov. 6th. Please give us a call if you are interested!

♠♥♦♣ Novice Duplicate Bridge Game ♠♥♦♣

Begin the session with a mini-lesson with the instructor. The games that follow will be "supervised," meaning that you can ask questions about bidding or plays as you play the hands. It is best to come with a partner, but if you can't find a partner, you can call the instructor, to be paired with someone. No reservations.
Director: Connie Graham 860-505-7833
Friday's - 12:15- 3:30 **Fee: \$6 per session**

"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 are being donated to New Horizons Women's Shelter in Middletown. Please bring scissors, pin cushions (*rotary cutter and board if you have one*) and an excitement for quilting! Please call to register. **FREE**
Meets Tuesday's from 1:15-3:30

Mah Jongg Game Play

It's a game of skill, strategy and a certain degree of chance. Lots of opportunities to play at MSC, we have open play on the following days:
Wed.: 9:30-12 & 11:30 - 3:45pm
Thurs: 12 - 3:45pm
Fridays: 9:30-12 & 11:30 - 3:45pm
All are welcome!



Crochet with Mrs. Wimble



Learn how to make beautiful crocheted bags from your recycled plastic shopping bags. Please bring 2-3 colored bags, scissors and a large crochet hook, size (7-10).
Wednesdays , 1-3pm

Ongoing Activities at the Senior Center

Bridge	Thursdays & Fridays	1 – 4 pm
Canasta	Tuesdays	1 – 4 pm
Crocheting Bags	Wednesdays re-starting September 9 th	1 – 3 pm
Hand & Foot	Fridays	1 – 4 pm
Set Back	Wednesdays	12:45pm
Swedish Weaving	Tuesday's	10am - 1pm
Knitting Group	Tuesdays & Thursdays	10am - 12pm
Walking Club	Mondays & Tuesdays	10am

CONNECTICUT ENERGY ASSISTANCE PROGRAM

PLEASE NOTE: THE ASSET LIMIT HAS INCREASED FROM LAST YEAR!!!!

Early Application Intake has already begun!! 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 benefiting from the heat. Asset limit for homeowners is \$15,000 & for renters is \$12,000. Proof of all income, rent, & utility expenses, & bank statements for the month prior to the application date are required.

Monthly Income Guidelines: Single: \$2761 Couple: \$3610

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 and \$6.50 and may cover doctor's co-pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program.

NEW GUIDELINES EFFECTIVE MARCH 1st 2015 Monthly Max. Income: Single: \$2,413.26 & Couple: \$3,266.88

MADISON SENIOR CENTER DINING PROGRAM ASSISTANCE

Beginning August 3rd, The Madison Senior Center new lunch program changed for the better. We have hired a Chef, Kevin Wolfe, who will prepare lunch in our kitchen each day for the seniors of Madison. The cost of the program is \$4.00 per meal. We understand that the cost could be burdensome for some seniors and we have developed the following guidelines for assisting those who cannot afford to eat at the Senior Center each day. We will use Energy Assistance guidelines to help us determine what level of assistance you can receive. Please see the guidelines listed below:

Income

<\$972.50/Month

\$972.51-\$1,215/Month

Number of Possible Meals Subsidized Per Week

4 meals/week maximum

3 meals/week maximum

This program is run off of a donation from Neighbor to Neighbor and is on a first come, first served basis. To seek further information on the program, please see Heather Castrilli or call (203)245-5627



MADISON COMMUNITY SERVICES 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.**



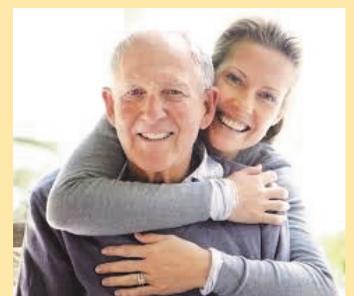
Food Pantry Homebound Delivery - If you are unable to leave your home but would like to use the pantry, arrangements can be made to have a delivery to your house. Volunteers deliver food from the pantry on Wednesday mornings. A qualifying person will be unable to physically go to the food pantry. Please 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: \$1,800, Couple: \$2,425.**

CAREGIVER SUPPORT GROUP

Join VNA's Caregiver Support Network expert, 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, November 17th, 11am-12pm FREE**





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. 2nd 12:30-1:30 FREE**



Intergenerational Book Club

Share your love of books and exchange ideas in the intergenerational book club for seniors and 4th grade students from Country School. Participants will read the same book and gather either at the Senior Center or at the Country School to discuss the book. Discussion led by the student's teacher, Heather Butler. Please call to register.

Wed. Nov. 4th & 18th 10:30-11:15 Sr. Center Free

Bingo!

Dessert Bingo with Watrous Friday, Nov. 6th at 1pm

St. Margaret's Bingo Wednesday, Nov. 4th 2015

(Please note: Early date for St. Margaret's Bingo due to MSC closing for Veteran's Day)

CREATIVE WRITING

Write and share your thoughts, values and life lessons with other Seniors, and as a legacy for your children. Stimulating topics will be suggested each week and may be expressed in prose or poetry as fiction or creative non-fiction. Attendees should be good listeners, maintain confidentiality, with willingness to share and contribute to discussion.

Mondays, 1-2pm Free

Swedish Weaving

Swedish Weaving is a very relaxing and fun needle craft that dates back centuries. The beauty of this needle-craft is that it only requires a few items: Monk's cloth, 4-ply yarn, a #13 yarn needle, scissors, a pattern, and the desire to create a unique, impressive handcraft. Start with a small project, instructor Dolores Sacridier will explain what is needed.

New students welcome. **FREE**
Tuesday's Sept. 8th - Nov. 24th 10-12

The Friday Movie Matinee at MSC

All movies begin at 1:00

11/6 "Amistad"

11/13 "The Secret Life of Bees"

11/20 "The Help"

*These movies have been
provided by*

*the Schiller Shoreline
Institute of Lifelong Learning
and to whom
we are very grateful.*



Shopping & Adventures!

Minimum of 5 people.

**Mon. Nov. 2nd Fresh Market
depart MSC at 1:30 Bus fee: \$2**

**Mon., Nov. 9th Westfarms Mall
Lunch on your own in the mall
depart MSC at 9 Bus fee \$4
*Please Note: Return trip from the
Mall will leave promptly at 2:30.***

Emergency Kit Checklist

This list may help you get through the first 3 days, after a disaster. This list is a starting point, as individuals needs vary depending upon circumstances. For additional information: www.Ready.gov



3 Days of non perishable/non-cook food, water (1 gal. per day per person), medication



Flashlight, battery operated radio, extra batteries



First aid kit, cash, cellphone and charger



ID Cards, information: (Dr., meds, allergies), family/friends contacts, toothbrush, & toothpaste, toiletries, blanket & washcloth/towel



Clothes and baby or pet supplies if you need them.

Senior Newcomers' Club

Have you just relocated or recently retired to the Shoreline? We welcome you to join our newcomers club designed to acquaint new residents with the community. We look forward to meeting you for fun, friendship and great conversation! Club organizer: **Jennie Owens**

This month in addition to our meeting on the November 9th, we will also attend the event *Aging: the Good, the Bad & the Ugly* on 11/16 (see pg 1).

Mon. Nov. 9th 1:00

MSC ART GALLERY

View our latest exhibit by *The Hearth at Tuxis Pond Art Exhibit*. The show will run from **Nov. 16th to Dec. 27th** and is open Monday thru Friday from 8:30am-4pm (Please call the senior center for alternate times.)

The Art Gallery is a rotating gallery with a new local artist every 6 weeks. If you are an artist or know of a local artist with interest in exhibiting, please contact the Senior Center.

LEGAL ASSISTANCEThurs., Nov. 19th 9-10am

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



HANDICAPPED PARKING PERMIT APPLICATION

Available in the Senior Center office

NOTARY SERVICES

By appointment only

MEDICARE COUNSELLING

By appointment only

DIAL-A-RIDE

M, W & F 8:45am to 3:30pm
(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.

MEALS-ON-WHEELS

by Madison Senior Center
Meals delivered around noon to the homebound or recently recovering. Need 5 days notice & a doctor's referral.

**SENIOR CAFÉ**

Monday through Friday
at 11:30am Fee: \$4.00

Reservations needed the day before by 12pm. Call (203) 245-5627.



MEET, MINGLE & MUNCH SOCIAL GROUP

Do you like to do things, but not alone?

At the 3 M's social group you can join others for activities and fun events. Looking for new members, both men and women, and *new ideas*. Social hour is at 5pm. On the 2nd Thursday of the month at a local restaurant. This month due to construction in Madison we'll be at *The Guilford Mooring on Nov. 12th*.

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** learning sessions. Teen Volunteers will be available to answer your questions.

Mon. November 30th 4-5pm Free
Please register with **Tom Piezzo** at the Scranton Memorial Library (203) 245-7365, to receive updates regarding cancellations and changes. This also assists the library to schedule an appropriate number of volunteers.

HEARING CLINICS

Nancy Jablonski, from **Audiology Concierge** will be at the Madison Senior Center on the 3rd Monday of every month, for free hearing testing, hearing aid checks, wax inspection, and listening demonstrations.

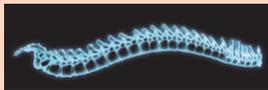
By Appointment Only Nov. 16th.

MASSAGE THERAPY

Loosen up those tight muscles and get the blood flowing with a twenty minute chair massage. Let an experienced massage therapist help you achieve your wellness goals and feel better in the process.



Licensed Massage Therapist Susan Graham
Offered on 1st and 3rd Friday monthly
November 6th and 20th Fee: \$24
Call Senior Center for appointment.

**CHIROPRACTIC WELLNESS SERIES**

Be Smooth: A smoothie tasting and talk about gentle movements with Dr. John Mastrobattisto of Shoreline Chiropractic, LLC.

Get a movement plan together for the winter months as well as a taste of the summer fruits and veggies that you can enjoy all winter long.

Monday, Nov. 30th at 12:30 FREE

AARP DRIVER SAFETY CLASS

This is the last one for this year!

A refresher course aimed at the age 60+ driver. Call your insurance company, you may be eligible for a discount for completing this course!

Wednesday, Nov. 18th 12:30 to 4:30pm

Instructor: **Cliff McGuire**

Fee: AARP Member \$15

Non-Member \$20

Checks made payable to AARP

Pre-registration required

**"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.

**ART 101**

This popular class provides instruction in drawing, pastel, watercolor, acrylic and oil.

Come get your creative juices flowing!

Tues., 10/6 - 12/29 1:30-3:30pm
Instructor Muriel Waldvogel Fee \$5

Exercise With Patty Velleca

CHAIR EXERCISES

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



Mondays - 10:30 to 11:30am

November 2nd - 30th

R\$24 | NR\$34

5 classes

Minimum Enrollment: 9

Fridays - 10:30 to 11:30am

November 6th-20th (no class 11/27)

R\$12 | NR\$22

3 classes

Minimum Enrollment: 9

SENIORS IN MOTION

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

Wednesdays - 10:30 to 11:30am

November 4th-18th (no class 11/11)

R\$7 | NR\$17

2 classes

Minimum Enrollment: 12

EXERCISE & RELAX YOGA

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

Mondays 9:30-10:30am

November 2nd - 30th

R\$53 | NR\$63

5 classes

Minimum Enrollment: 5

Tuesday's 9:30-10:30am

November 10th-24th (no class 11/3)

R\$18 | NR\$28

3 classes

Minimum Enrollment: 5

FITNESS & MOVEMENT

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

Wednesdays - 9:00 to 10:00am

November 4th-18th (no class 11/11)

R\$17 | NR\$27

2 Classes

Minimum Enrollment: 5

Fridays - 9:00-10:00am

November 6th-20th (no class 11/27)

R\$26 | NR\$36

3 Classes

Minimum Enrollment: 5

Diane's Joke Corner

Morris, an 83 year-old man, went to the doctor to get a physical. A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm. A couple of days later, the doctor spoke to Morris and said, "You're really doing great, aren't you?" Morris replied, "Just doing what you said Doc: "Get a hot mamma and be cheerful." The doctor said, "I didn't say that, I said, "You have a heart murmur, be careful!"

TAICHI



T'ai Ch'uan is a gentle way to nourish body, mind, and spirit. Slow movements can improve health, vitality, balance, and concentration. Instructor: S. Hanley **Oct. 26th-Nov. 23rd (5 weeks)**
Fee: R\$24 | NR\$34 9-10 am
Minimum Enrollment: 8



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.

Instructor Annette Smith will be here on November 19th

Fee is \$12.00

Tap shoes & registration required.
Thurs. from 10-11am FREE

Walkie Talkies



If you are tired of walking alone and want to meet other walkers. Walk with us weather permitting on **Mon. & Tues. at the MSC at 10 am.** Walking the Madison section of the *Shoreline Greenway Trail* on **Wednesday's at 9:00 am**, starts at Hammonasset State Park. A new parking area is now available just east of the main entrance, on Rte 1.



Book Club

Thursday, November 19th

Meets at 1 pm to discuss

"The Girl with the Pearl Earring"

Discussion led by

Barbara MacDonald

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, 2016.**

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

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

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



Ask the Nurse

The VNA holds a Nurses Clinic on the 2nd and 4th Tuesday 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. **12:30 pm on: Tues. November 10th and 24th**



Healthy Habits for Life

A four part series that will help you communicate with your healthcare provider, make diet and exercise changes, learn effective ways to manage medications and develop home safety strategies. Instructed by VNA Community Healthcare
Mondays, Nov. 16th- Dec. 7th
10:30-11:30 Classes: 4 Fee:\$25
Maximum: 12 Participants



Ballroom Line Dancing

Reminisce with songs and dances you love, enjoy the memories they evoke while having fun and getting fit.

Instructor: Karen Pfrommer

Mon., Nov. 2th-Dec. 7th 2-3pm

6 Classes

Minimum: 6

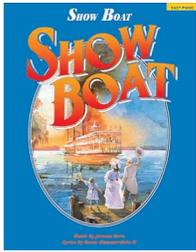
Fee:\$31R | \$41NR

Mohegan Sun Friday

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

Friday, November 13th**Fee:\$7**

To register for the Mohegan trips: The Mohegan trip take place on the second Friday of every month. Madison residents may sign up starting on the Monday following the trip. Out of town residents may sign up on the Thursday following the trip. You do not need to wait for the month in which the trip is happening to register.

**“Show Boat”****Westchester Theater****Thursday, November 12th**

Travel to Elmsford, NY for a day of entertainment and fun. Enjoy a matinee performance of “*Show Boat*” and lunch at Westchester Broadway Theater. Choice of entrée upon arrival. This wonderful musical follows the lives, loves and losses of a troupe of riverboat performers on the Mississippi, while illuminating the racial and social changes that were shaping the country from 1890-1927. Its timeless score contains some of the most beautiful, emotionally charged songs ever written, including *Old Man River*, *Can’t Help Lovin’ Dat Man*, and *Make Believe*. Tour includes transportation, lunch and show, and driver’s gratuity. **There may be multiple stops. Departure time TBD** Fee: **R\$104 | NR \$109**

“Country Divas”**Aqua Turf****Tuesday, November 17th**

Patsy! Reba! Minnie Pearl! and the one and only Dolly! Three women performing four legends, one great show, unlike any you’ve seen before! Country’s top legends and their # 1 hits portrayed by nationally renowned tribute artists, Wendy T, Holly Faris and Roxanne Bailey. This show is an event, there will be no dancing. Lunch includes: Salad, Pasta, Chicken Florentine, Sliced Roast Beef, Vegetable, Potato, Dessert. Price includes lunch and entertainment.

Depart MSC at 10:00am.**Fee: \$50**

Fun Outings for Holiday Cheer

Christmas Spectacular Radio City Music Hall, NYC

Upon arrival enjoy your family style lunch at Carmine’s including: Rigatoni with Broccoli and Sausage, Penne a la Vodka and Chicken Parmigiana. After lunch we will depart for Radio City Music Hall to see the world famous Rockettes! Be part of this American tradition as a new show will be introduced with a bounty of exciting segments and special effects yet still retaining your favorite classical Christmas sights and songs! This is a Holiday Getaway that can’t be missed! Price includes transportation, Radio City Christmas Spectacular and lunch at Carmine’s (if you are gluten intolerant, let us know).

There may be multiple stops, departure time TBA**Friday, Nov. 20th****Fee: \$173R | \$183NR****“Holiday Merriment”****Aqua Turf****Tuesday, Dec. 15th**

This show features the six piece band “*Steppin’ Out*” who have been playing together for 14 years. Musical selections will include songs for every decade beginning with the 40’s. Come with your dancing shoes on! Lunch includes: Salad, Pasta, Roast Turkey, Baked Scrod, Vegetable, Potato, Dessert. Price includes lunch and entertainment.

Depart MSC at 10 am**Fee: \$49**

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

Tropical Costa Rica

March 14th-March 22nd, 2016

9 Days, 14 meals: 8 Breakfasts, 1 lunch, 5 dinners

Highlights: San Jose, Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Hanging Bridges, Arenal Volcano, Lake Arenal Cruise, Cano Negro Refuge, Zarcero, National Theatre. Costa Rica has lush forests and stunning waterfalls, exotic wildlife and endless coastlines. Upon arrival, relax and soak up the sights of your new surroundings. Tour San Jose-Doka Coffee Estate-Guanacaste highlights the history and cultivation of coffee and its importance to the Costa Rican economy. Travel to secluded Monteverde Cloud Forest where you will take a nature walk through this spectacular ecosystem! Visit Selvatura Park, a cloud forest reserve and cruise around Lake-Arenal. Embark on a Cano Negro guided riverboat trip in a panga (covered canoe), you may see crocodiles, river otters, sloths, river turtles, exotic birds, and rare butterflies— all known to live in the area. Visit Zarcero a well-known topiary garden, and on to Grecia, and the National theatre in San Jose. Price includes Group Transportation from the Madison Senior Center to and from JFK International, Round Trip Air from JFK, Air Taxes and Fees/Surcharge, Hotel Transfers. **Not included is Cancellation Waiver and Insurance of \$250 per person. A deposit of \$250pp is due upon reservation. Upgrade your rate to First Class with an additional rate of Business class for \$1,290 more. Double \$2,479, Single \$3,029, Triple \$2,449.**

America's Music Cities

April 15th-April 22nd, 2016

8 Days/11 Meals: 7 Breakfast, 4 Dinners

Highlights: Historic RCA Studio B, Country Music Hall of Fame, Ryman Auditorium, Grand Ole Opry Show and backstage Tour, Graceland, French Quarter, Swamp Tour, New Orleans School of Cooking. **Day 1:** your tour begins in “*The Music Capital of the World*”, Nashville. **Day 2:** tour RCA Studio B for an up-close look at Nashville’s oldest remaining record studio where Elvis Presley, Dolly Parton and Charlie Pride once recorded some of their classic hits! Later, relish in a sightseeing tour of the Music City. **Day 3:** explore *The Country Music Hall of Fame*, in Nashville then travel to Memphis. **Day 4:** Enjoy the birth place of the Blues, Rock ‘n’ Roll and Soul. Don your blue suede shoes when you visit Graceland, the palatial home of Elvis Presley. **Day 5:** Step back in time and travel to New Orleans, Louisiana. **Day 6:** in New Orleans you will enjoy a walking tour in the famous French Quarter. **Day 7:** Enjoy a drive through Louisiana's swamp on a cruise narrated by your captain. Later, view a unique cooking demonstration at the New Orleans School of Cooking, indulge in everything Louisiana cuisine has to offer. **Day 8:** The tour ends with memories of the country music of Nashville, the sounds of Memphis and New Orleans’ food and jazz which will have humming and smiling along after you return home. Price includes round trip airfare from Bradley International, Air Taxes and fees/surcharges, hotel transfers, group transportations to and from Bradley Intl Airport Not included in price; Cancellation waiver insurance of \$205 pp. **Travel Presentation** September 22nd at 10:30. **Must book by Oct. 8th, 2015 to receive the discounted rate**, rates will go up after 10/15 \$100pp. **Double \$2,649, Single \$3,349, Triple \$2,619.**
A deposit of \$250 pp due at time of reservation.

Canada and New England with Norwegian Cruise Line

October 1-8, 2016

8 days/7Nights Embark from New York, to Halifax, Nova Scotia to Saint John , Bay of Fundy, New Brunswick, Portland, Maine to Newport, Rhode Island and back to New York to disembark. **Inside cabin category ID \$1,099, Outside Cabin category OC, 41,374 and Balcony Category BB \$1,939.** rates are based on pp double occupancy and include transportation to/from the cruise pier, cruise, port charges and government fees. **An initial deposit of \$350. pp double occupancy or \$700 per single occupancy is required in order to secure reservations and assign cabin. Final balance due June 18, 2016.**

Reflections of Italy

Depart Monday, October 10th – October 20th, 2016

10 Days 13 Meals: 8 Breakfasts, 1 lunch, 4 dinners. **Trip highlights** are Rome, Colosseum, Assisi, Perugia, Siena, Florence, Chianti Winery, Venice, Murano Island and Milan Malpensa. Tour begins in Rome. Here you will tour impressive Venezia, the Circus Maximus, the Arch of Constantine, the famous Piazza Navona and the Colosseum. Travel to Assisi, birthplace of St. Francis. Take a walking tour of the old city including the Basilica of St. Francis. Then your off to Perugia, the historic capital of Umbria. Behold the grandest squares-the Piazza IV November and delight in medieval palaces and ornate cathedrals. Next enjoy a scenic journey through Tuscany which brings you to the mystical city of Siena to explore. Arrive in Florence, “the Cradle of the Italian Renaissance,” and visit the world-famous Academy Gallery to see Michelangelo’s incredible Statue of David. You’ll also view the Cathedral of Santa Maria del Fiore, the Palazzo Vecchio and the church of Santa Croce. Visit Florence and Venice. Enchanting Venice awaits with 117 tiny islands, 150 canals and 400 bridges. Take a boat (weather permitting) bound for Murano Islands. Travel to Milan to enjoy some of the city’s amazing sights on a locally guided panoramic tour. Including Duomo. The trip will conclude in Milan Malpensa for a farewell dinner. Price Includes; Round Trip Ground Transportation to and from airport, round trip air from J.F. Kennedy International , Air Taxes and fees/surcharge, and hotel transfers. Not included is cancellation waiver insurance of \$260 a person. There are additional pre-paid trip options such as: The Vatican museums and St. Peter’s Basilica (\$80.), Tuscan Feast (\$85.), Rome By Night (\$89.), (Venetian Serenaded Gondola Cruise (\$75.)) A deposit of \$250 by April 4th will save \$100 per person. **Double \$4349pp, Single \$5,049pp, Triple \$4,299pp.**



November



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 French Onion Soup, Ham, Tomato and Cheese and Cherry Pie	3 MSC Closed for Voting	4 Asian Food Selections	5 Pizza from Local Restaurant	6 Shrimp Bisque Dijon Salmon and Peach Pie
9 Florentine Soup, Stuffed Shells and Angel Food Cake	10 Wisconsin Ale and Cheese Soup, Chicken Alfredo and Sweet Potato Pie	11 MSC CLOSED for Veterans Day 	12 Vegetable Soup, Beef Stew, and Cookies	13 Manhattan Clam Chowder, Cod with Tomato and Fennel, Mocha Pudding
16 Borscht, Chicken Cacciatore, and Ice Cream	17 Corn Chowder, Swedish Meatballs, Peach Shortcake	18 Special Thanksgiving Luncheon \$10.00	19 Italian Meatball Soup, Stuffed Cabbage, Custard	20 New England Clam Chowder, Tilapia Francaise, Chocolate Cake
23 Minestrone Soup, Chicken Livers with Bacon and Onions and Cookies	24 Tomato Soup, Beef Stroganov and Fruited Jell-o	25 Tortillia Soup, Manicotti, Strawberry Shortcake	<div style="display: flex; justify-content: space-between;"> 26 27 </div>  <p style="font-size: 2em; font-family: cursive;">Happy Thanksgiving</p>	
30 Butternut Squash Soup, Meatloaf, Chocolate Pudding	<div style="display: flex; align-items: center;">  <div> <p><i>Please remember to call for your reservation for lunch at (203) 245-5627 by 12 Noon the day before you plan to attend. (If you want to attend on a Monday please call by noon the previous Friday.) Lunch is \$4.00 and is served at 11:30.</i></p> </div>  </div>			

