

Trends & Traditions

MADISON SENIOR NEWS



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

October 2010

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

MUNICIPAL AGENT: 245-5687

MAIN OFFICE: 245-5627

FAX: 318-0670

CAFE SITE: 245-5686

SENIOR COMMISSION

CHAIR

Patricia Melady

VICE-CHAIR

Maureen Lopes

MEMBERS:

Elizabeth Booth

Robert Hale

Gerard Kerins

Leslie Marcarelli-Naizby

Barry Miller

Wendy Oberg

Marcy Sanders

Liaison to the Board of Selectmen:

Noreen Kokoruda

STAFF

Scot Erskine

David Melillo

Katherine DeBurra

Gina Millan

Heather Castrilli

Carrie Gazda

BUS DRIVERS

Pat Cocchiaro

Patricia Connelly

Michael Rand

Helen Sneider

Carolyn Tenedine

EXERCISE INSTRUCTOR

Patricia Velleca

CAFÉ MANAGER

Joan Waldron



SENIOR CENTER WEB PAGE

http://www.madisonct.org/senior_svcs/index.shtml

Be the first to share your ideas!

Stop by the office or email us your suggestions, all ideas appreciated!

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

MADISON SENIOR SERVICES COMMISSION

Meetings are held on the third Thursday of the month. Next meeting: October 21, 2010, 5:30 PM in the Hammonasset Room at the Town Hall.

LOCATION CHANGE & NEW BUILDING UPDATE

The Depot Closes But Senior Services Continue!

Madison's Senior Center closes October 1, 2010 to begin destruction for the new Ambulance and Senior Center buildings. Senior activities and services will temporarily move to the First Congregational Church on the Green (26 Meetinghouse Lane). We so appreciate their support. This newsletter will provide monthly updates.

Entrance will be at the rear of the Church hall where there is ample parking. Hours will remain the same-8:30 am to 4:00 pm, Monday thru Friday. The church hall offers seniors activity rooms and classrooms as well as space for lunch.

Gina Millan will be housed in the church hall and reached at telephone # 203-245-5627. The Municipal Agent for Seniors, Heather Castrilli, will also be located in the church hall and her # is 203-245-5687.

MEDICARE TURNING 65 SEMINAR----The Lower Level of the Fellowship Hall

Thursday, October 7, 2010 6:00-7:30 PM, Prog. #700131-A

Are you getting ready to turn 65? Does Medicare get you confused? Do you need some information about how to select a Medigap Policy? Join Carlos Maynard, our Medicare expert, a representative from social security and Craig Bernard of Madison Investments for information about what you need to know before you turn 65.

Please call to pre register, space is limited.

2ND ANNUAL HEALTH FAIR & FLU SHOTS

Wednesday, October 13, 2010 1:00-4:00 PM

@ the Madison Surf Club

Madison Multidisciplinary Team along with the Madison Senior Center are hosting the 2nd Annual Health Fair. Many local health presentations and vendors will be present. Make sure you fill out your raffle tickets. **VNA flu shots are given by appointment only**

Stop in to the Senior Center to put your name on the sign up sheet for an appointment.

1000 Islands of New York State

Thursday, June 23-25, 2011

1000 Islands Adventure Romantic Castles & Scenic Waterways.

This trip includes two nights lodging at the Riveredge Resort, a 4-Diamond award-winning hotel that overlooks the St. Lawrence Seaway. You will have a narrated tour of the St. Lawrence aboard the Uncle Sam's Cruise boats, as well as a walking tour of the Castles. On the way home, a stop at the Turning Stone Casino where everyone will receive a Bonus Casino Package Or go to Cooperstown to learn about baseball's great history. Price to be announced.

MUNICIPAL INFORMATION

For more information, please contact Heather Castrilli at (203) 245-5687 OR castrillih@madisonct.org

ANNOUNCEMENTS/CURRENT SOCIAL SERVICE PROGRAMS

CONNECTICUT ENERGY ASSISTANCE PROGRAM

The Connecticut Energy Assistance Program assists CT residents by paying for a portion of their heating costs for the winter season. To qualify, an applicant must meet specific income & asset guidelines. The asset limit for homeowners is \$10,000 & for renters the limit is \$7,000. Proof of all income, rent, & utility expenses, as well as bank statements for the 4-week period prior to the date of the application are required. Application intake begins **October 1, 2010 for Deliverable Fuel Clients and October 25 for Utility Clients. Please call (203)245-5687 to pick up a checklist, or with questions about the specific income guidelines, or to schedule an appointment.**

MEDICARE D OPEN ENROLLMENT PERIOD

The open enrollment period (Nov. 15th - Dec. 31st) for the Medicare D Program is fast approaching. Now is the time to look at your plan, make sure you have the appropriate coverage, and consider making changes. Assistance is available.

RENT REBATE

The filing period for the Rent Rebate runs from May 15, 2010 until September 15, 2010. If you were unable to file during the application intake period, you may still be eligible to file for a time extension. Participants are required to submit proof of income for 2009, proof of rental, heating, electric, and water payments made in 2009. An eligible participant must be age 65 or older, or disabled and have incurred rental expenses in 2009, not necessarily in Madison.

Maximum annual income in 2009 for a single person: \$32,300 and for a couple: \$39,500.

SNAP PROGRAM (Formerly Food Stamps)

This program helps offset food expenses. Eligible participants are given a set amount of money each month on an EBT debit card to use at local grocery stores. Monthly income guidelines: **Single: \$1,671, Couple: \$2,248.**

FOOD PANTRY

The food pantry is operated by Madison Community Services and available for those residents who need the assistance. The pantry is located in the back of the First Congregational Church on the Town Green and is open Wednesdays from 11-3. **Transportation available, call Dial-a-Ride, 245-5695. Regular Bus Pick up for Concord Meadows at 10:15 AM.**

ANGEL FOOD MINISTRY

In these tight economic times, we all could use a little help in making ends meet! Bethel Assembly of God Church, Guilford, CT operates a program that can help lower your food costs. Preorder food through Angel Food Ministries & receive substantial savings. For more information, you can visit their website:

<http://www.guilfordbethel.org/AngelFoodInfo.htm>. Stop in at the senior center to pick up this months menu or call (203)453-5171 or 245-1385. SNAP benefits are accepted.

CONNPACE

ConnPACE or the CT Pharmaceutical Assistance Program helps participants offset the costs of their Rx's. The filing period for new clients is Nov. 15th to Dec. 31st annually with an annual registration fee of \$45 per person. ConnPACE only cover Rx's on your Med. D formulary and will cover premiums of benchmark Med D plans.

MEDICARE SAVINGS PROGRAM

The Medicare Savings Program assists eligible participants with paying their Medicare Part B premiums each month. In addition, participants will have \$2.50 co-pay for generic Rx's and \$6.30 co-pay for name brand Rx's. There is no asset test for this program. **Maximum monthly income for a single: \$2,091.67 and for a couple: \$2,816.67**

TRANSPORTATION OPTIONS

<p><u>DIAL-A-RIDE</u> Madison Senior Center 245-5695 A public transportation service designed to meet the transportation needs of the elderly & disabled. Rides may be used in a 14 town region for medical, shopping, personal business & work. Please call to be mailed the rules and regulations. 48 HOURS NOTICE REQUIRED!!</p>	<p><u>SENIOR BUS</u> Madison Senior Center 245-5627 Fixed routes to the senior center, downtown, special events, hot lunch program, & Thursday grocery shopping. See enclosed monthly calendar for route schedule. 48 HOURS NOTICE REQUIRED!!</p>	<p><u>MADISON COMMUNITY SERVICES:</u> 245-3031 Madison Community Services has a group of volunteers who will take Madison residents to Medical Appointments. This program operates locally and in the surrounding areas. 7 DAYS NOTICE REQUIRED!</p>	<p><u>SHORELINE SHUTTLE</u> Estuary Transit District 860-510-0429 TDD & TTY 1-800-842-9710 The 9-Town Transit Bus operates on a route from Old Saybrook to Madison. Stops in Madison include the train station, the senior center and at the Scranton Gazebo to connect with the Dattco bus. Call for pick-up arrangements PRE REGISTRATION REQUIRED!</p>
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OCTOBER 2010 ACTIVITIES CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
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<p>Were Are On The Move ☺</p> <p>Depot is Closing and relocating to the First Congregational Church. From September 27, 2010 Through October 4, 2010, There will be no lunch or activities at the depot. Thank you for your patience during this transition. See you at the Congregational Church. Senior Center activities will resume on October 4, 2010.</p>				<p>9:30 am Christmas Tree Shop & Lunch on your own at IHOP in Milford \$3.00 Program # 700133-A No Lunch due to the move</p>
4	5	6	7	8
<p>9:00 AM Fit & Mov 10:30 AM Chair Exercise 11:30 AM Westbrook Lobster on your own & Ocean State Job Lot Program # 700134-A 12:00 PM LUNCH 12:00 PM Blood Pressure 1:00 PM Safe Driving @ the Congregational Church</p>	<p>9:00 AM Bus/Town 12:00 PM LUNCH 1:00 PM Bus/Town 1:00 PM Card Play 1:00 PM Safe Driving @ the Congregational Church 1:30PM Art Class 3:00-4:00 PM Yoga</p>	<p>9:00 AM Fit & Mov 10:15 AM Srs/Mo 12:00 PM LUNCH 1:00 PM Driving Miss Daisy @ Ivoryton Program # 100129 A</p>	<p>9:00 AM – 3:00 PM Grocery Shopping 12:00 PM LUNCH 1:00 PM Cards & Mah Jongg 3:00-4:00 PM Yoga 6:00-7:30 PM Turning 65 Seminar @ the Congregational Church</p>	<p>9:00 AM Fit & Mov 10:30 AM Chair Exercise 11:00 am Brunch @ Nick's in Madison & Peabody Museum Program # 700135-A \$3.00 on bus 12:00 PM LUNCH</p>
11	12	13	14	Museum of the Month 15
<p>Columbus Day Depot Closed</p>	<p>9:00 AM Bus/Town 12:00 PM LUNCH 1:00 PM Bus/Town 1:00 PM Card Play 1:30 Art Class</p>	<p>9:00 AM Fit & Mov 10:15 AM Srs/Mo 12:00 PM LUNCH 1:00 PM 2nd Annual Health Fair & Flu Shots at the Surf Club</p>	<p>9-10 AM LEGAL ASSISTANCE by Appt. 9:00 AM – 3:00 PM Grocery Shopping 12:00 PM LUNCH 1:00 Cards & Mah Jongg 5:30 PM MSCC</p>	<p>9:00 AM Fit & Mov 10:30 AM Chair Exercise 12:00 PM LUNCH 1:00 pm Clinton TJ MAXX & Walgreens Program # 700136-A</p>
18	19	20	21	22
<p>9:00 AM Fit & Mov 9:30 AM Westfarms Mall & Lunch on own Program # 700137-A \$5.00 10:30 AM Chair Exercise 12:00 PM LUNCH 12:30 PM Blood Pressure</p>	<p>9:00 AM Bus/Town 12:00 PM LUNCH 1:00 PM Bus/Town 1:00 PM Card Play 1:30 Art Class</p>	<p>9:00 AM Fit & Mov 10:15 AM Srs/Mo 12:00 PM LUNCH 12:00 pm ST. Margaret's Bingo Program # 700123-A</p>	<p>9:00 AM – 3:00 PM Grocery Shopping 12:00 PM LUNCH 1:00 Cards & Mah Jongg</p>	<p>9:00 AM Fit & Mov 10:30 AM Chair Exercise 12:00 PM LUNCH In House Movie Day Program # 700138-A</p>
25	26	27	28	29
<p>9:00 AM Fit & Mov 10:30 AM Chair Exercise 12:00 PM LUNCH 1:00 pm Pasta Vita to pick up some home cooked meals Program # 700139-A</p>	<p>9:00 AM Bus/Town 12:00 PM LUNCH 1:00 PM Bus/Town 1:00 PM Card Play 1:30 Art Class</p>	<p>9:00 AM Fit & Mov 10:15 AM Srs/Mo 12:00 PM LUNCH 1:00 pm Fall Prevention Seminar with VNA Program # 700140-A</p>	<p>9:00 AM – 3:00 PM Grocery Shopping 12:00 PM LUNCH 1:00 Cards & Mah Jongg</p>	<p>9:00 AM Fit & Mov 10:30 AM Chair Exercise 11:00 am Leave Senior Center to St. Margaret's for a free hearing screening & learn more with Dr. Karoush Parnham Program # 700141-A 12:00 PM LUNCH</p>

SENIOR COMMUNITY CAFÉ

Lunch begins at 12:00 PM

<p>Please remember to call to order lunch by 12:00 PM the previous day. To order lunch held on a Monday, call the Friday before.</p> <p>Lucky Lunch Fridays include a free raffle for those purchasing lunch.</p> <p>All meals include Bread & Butter, Milk, Coffee & Tea. All Soups come with Unsalted Crackers. All Soups, Entrees, Gravies, Sauces, Salad Dressings & Desserts are Low Fat, Low Sodium.</p>				1
4	5	6	7	8
Meatloaf w/ Gravy Roasted Potatoes Carrots w/ Onions Fresh Fruit Cup	Vegetarian Veg. Soup Sliced Ham w/ Pineapple Glaze Potato Salad Garden Salad Mandarin Oranges	Roast Turkey w/ Gravy Cranberry Sauce Stuffing Summer Squash Fruit Cocktail	Angus Burger w/ Gravy & Mushrooms Fluffy White Rice Green Beans Chocolate Chip Cookie	LUCKY LUNCH Chicken Parmagiana Pasta w/ Sauce Tossed Salad Melon
11	12	13	14	15
Columbus Day Depot Closed	Cream of Broccoli Soup Sausage & Peppers Tossed Salad Orange	Canneloni w/ Sauce Cut Broccoli Tossed Salad Sliced Pears	Crispy Drummies Macaroni & Cheese Zucchini Sliced Peaches	LUCKY LUNCH Baked Pollack Tomato, onions & peppers Potato Au Gratin Butternut Squash Tapioca Pudding
18	19	20	21	22
Baked Chicken w/ Gravy Roasted Potatoes Mixed Veg. Vanilla Wafers	Birthday Cake Day Bracciole w/ Tomato Sauce & Ziti Peas w/ Mushrooms Strawberry Layer Birthday Cake	Roast Pork w/ Applesauce Fluffy Brown Rice Oriental Veg. Fresh Fruit	Potato Leek Soup Chicken Salad on a Bed of Lettuce Tangerine	LUCKY LUNCH Oven Baked fish Potato Puffs Tossed Salad Sliced Peaches
25	26	27	28	29
Chicken Marsala Fluffy Rice Garden Salad Fresh Fruit 12:45 PM Blood Pressure w/the VNA	Broccoli Cheese Quiche w/ Veg. Cauliflower, Corn Unfrosted Brownie	Cream of Carrot Soup BBQ Chicken Butternut Squash Green Beans Sliced Pears	Pot Roast w/ Gravy Boiled Potatoes Carrots w/Onions Sliced Peaches	LUCKY LUNCH Baked Pollack Baked Potato Tossed Salad Halloween Cup cake

HAPPY BIRTHDAY TO ALL THE OCTOBER BIRTHDAYS!

Celebrate with us on Birthday Cake Day

October 19, 2010

Receive a special surprise to celebrate your day!

Please make Joan aware of your birth date, to receive a surprise.

(Attendance is required on Birthday Cake Day)



If you cannot attend a luncheon that you have reserved, please call Joan in the Café at 245-5686. There may be last minute calls to fill your spot. Thank you for your cooperation.

EXERCISE AND RELAX WITH YOGA

Instructed by Pat Velleca. Learn Yoga techniques are used to increase circulation and relaxation. Know your body physically and mentally through Hatha Yoga. Yoga postures provide deep tension release, stress control, and an increase in energy. Suitable for all ages and conditions. Loose clothing and mats needed. **Classes held at the Congregational Church.**

Program # 204203 A
 Day: Tuesday
 Dates: 10/5-11/23 no 10/12
 Time: 3:00-4:00pm
 Fee: \$53.00

Program # 204203 B
 Day: Thursday
 Dates: 10/7-12/2 no 11/11 & 11/25
 Time: 3:00-4:00 pm
 Fee: \$53.00

CHAIR-EXERCISE

Instructed by Pat Velleca. Designed for those who need to exercise while seated. Benefits: muscle tone, joint flexibility, and cardiovascular strength.

SENIORS IN MOTION

Instructed by Pat Velleca. Designed for seniors who want more than Chair Exercise, includes some standing. Improve balance, strength and stability.

Program # 204206 A
 Day: Monday
 Dates: 10/4 to 12/6
 No class 10/11
 Makeup 12/13
 Time: 10:30 – 11:30am
 Fee: \$9
 Non Resident: \$14

Program # 204206 B
 Day: Friday
 Dates: 10/8-12/10
 No Class 11/26
 Makeup 12/17
 Time: 10:30-11:30am
 Fee:\$9
 Non Resident: \$14

Program # 204205 A
 Day: Wednesday
 Dates: 10/6 -12/8
 No Class 11/24
 Makeup 12/17
 Time: 10:15-11:15am
 Fee: \$27.00

FITNESS & MOVEMENT

Instructed by Pat Velleca. Low impact aerobics for folks interested in continuing good health. Good cardiovascular workout combined with muscle and joint strengthening. Please Bring Sneakers, cool, comfortable clothing and a floor mat. Held at the Depot Meeting Center.

Program # 204204 A
 Day: Monday
 Dates: 10/4 to 12/6
 No Class 10/11
 Make up 12/13
 Time: 9:00-10:00am
 Fee: \$27.00

Program # 204204 B
 Day: Wednesday
 Dates: 10/6-12/8
 No Class 11/24
 Make up 12/17
 Time: 9:00-10:00am
 Fee: \$27.00

Program # 204204 C
 Day: Friday
 Dates: 10/8 to 12/10
 No Class 11/26
 Make up 12/17
 Time: 9:00-10:00am
 Fee: \$27.00

LINE DANCING AT MEMORIAL TOWN HALL

Gayle Melonson is our Line Dancing Instructor for seniors. Classes held Monday's at 1:30 PM on the Upper Level of the Memorial Town Hall. Pre-register @ the Depot or at the Beach & Recreation Department.

Session A:
 Prog. #203100-A
 September 13 – October 25
 Fee: \$31.50

Session B:
 Prog.#203100-B
 November 1 – December 6
 Fee: \$27.00

FALL COMPUTER CLASSES

Fall Session of Computer Classes held on Tuesday mornings. Each session runs for 4 weeks, \$20.00 per session.

Session A
 Prog. # 100115-A
 September 7, 14, 21, 28
 9:00-10:00 AM

Session B
 Prog. # 100115-B
 September 7, 14, 21, 28
 10:00-11:00 AM

Session C
 Prog. # 100115-C
 October 5, 12, 26, November 12
 9:00-10:00 AM

Session D
 Prog. # 100115-D
 October 5, 12, 26, November 2
 10:00-11:00 AM

Session E
 Prog. # 100115-E
 November 9, 16, 30, December 7
 9:00-10:00 AM

Session F
 Prog. # 100115-F
 November 9, 16, 30, December 7
 10:00-11:00 AM

ART CLASSES

Tuesday @ the Congregational Church 1:30-3:30 PM

Instruction in drawing, charcoal, pastel, watercolor, acrylics, oils. The instructor, Muriel Waldvogel, is a local Madison Artist, who volunteers her time and talent to teach our weekly program! List of art supplies available.

Session A
 Prog. # 703400-A
 September 7 – November 30
 Resident Fee: \$13.00
 Non-Resident: \$18.00

Session B
 Prog. # 703400-B
 December 7 – February 22
 Resident Fee: \$12.00
 Non-Resident Fee: \$17.00

Session C
 Prog. # 703400-C
 March 1 – June 28
 Resident Fee: \$18.00
 Non-Resident Fee: \$23.00

MONTHLY SERVICES & INFORMATION

<p>MEDICARE MONDAY Monday, October 4, 2010 9:00 – 11:00 AM</p>	<p>Unbiased information, counseling, & assistance on Medicare, Supplemental Insurance & Medicare Advantage Plans. Carlos A. Maynard, a volunteer and Heather Castrilli assist Madison Residents. By appointment only: Call Heather 245-5687</p>
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BLOOD PRESSURE CHECK October 25, 2010 12:00-1:30 PM @ the Congregational Church	VNA Community Healthcare holds BP Clinics on the 2 nd & 4 th Mondays of the month @ the Senior Center. Blood Pressure Monitor also available for use in office. Just ask!
LEGAL ASSISTANCE, October 21, 2010. 9:00 – 10:00 AM.	Attorneys Thomas Cronan, Michael Sweeney, & Timothy Shields volunteer counseling services on a one-on-one basis. Thank you to our legal team for their monthly assistance! By appointment only: Call the Senior Center 245-5627.
HANDICAPPED PARKING PERMIT	 New application form from the DMV available on the www.ct.gov/dmv.org or in the Senior Center office.
NOTARY SERVICES At The Senior Center By Appointment	Heather Castrilli, Katherine DeBurra & Gina Millan Call the Senior Center for an appointment
Meals-On-Wheels Prepared by The Estuary Council of Seniors (860) 388-1611 Ext. 207	Hot meals delivered around noontime to the homebound or just recently out-of-the-hospital & recovering, please call Requires 4-5 days notice and doctor or nurse referral.
Madison Food Pantry Donations	Donations to the Food Pantry are welcome. Please contact Madison Community Services, (203)245-3031.

AARP DRIVING SAFETY PROGRAM COURSES 2010

The Guilford & Madison Senior Centers have created a Shoreline Guilford/Madison AARP Safe Driving Class offered to seniors to sharpen driving skills & enjoy a discount on auto insurance. State law mandates that people 60 & older are entitled to a minimum 5% discount on the liability portion of their policy upon completion of the two-day, 8-hour course.



*Advance registration required: AARP members \$12.00 & Non Members \$14.00
 Please make checks payable to AARP. Bring your membership card at time of registration.*

AARP also offers an online course @ www.aarp.org/drive

Classes held @ Madison Senior Center, Currently @ the Congregational Church:

October 4-5, 1:00-5:00 PM, November 8-9, 1:00-5:00 PM.

CARD PLAYING & MAH JONGG

Tuesdays: Bridge, Canasta; Thursdays: Pinochle, Setback & Mah Jongg. **On-Going through the year 1:00-4:00 PM**

COMPUTER FREE TIME

The computer area has a very busy schedule for personal use but please call to check on times available for you.
 Be sure to sign in at the office.

LIFE-LONG LEARNING

This exciting program offers meaningful intellectual programs to retired & semi-retired citizens of Guilford & Madison, who share a love of learning! A variety of classes offered. Become a member of this great program. New online registrations will be available for the fall session of classes. Be sure to include your email address with your registration to receive weekly class reminders, notifications of class changes, special guest events not listed in the catalog. Membership: \$25 for the year.

Some of the upcoming Life-Long Learning Topics:

“The Inside Out of Politics,” “An Introduction to Post Traumatic Stress,” “The Big Bang & Creation of Our Solar System,” “Printing with Plants”, “Why Social Media Matters”, A Film Festival: “Katharine Hepburn and the men in her films”, “Spirituality for the Later Years,” “Best Selling Books of the Middle Ages,” and many more...

SENIOR CENTER LIBRARY

The library has received a wonderful donation of books on tape, as well as many different novels and reference materials.
 Please feel free to stop by and pick up a good book to read.

PROGRAMS & TRIPS

Refund requests issued, if your seat can be filled from the waiting list.

KITTERY MAINE

Saturday, November 6, 2010 Prog. # 700128-A

Get started on your Christmas shopping early; enjoy a day at the outlets in Kittery Maine. Stop at Fosters Clambake restaurant for a choice of Lobster or Chicken. Package includes transportation, dinner & coupon booklets for shopping @ the outlets. **Leaves Commuter Lot @ 7:30 AM and Return approx. 8:30 PM Fee: \$ 75 pp.**

THE LOG CABIN CHRISTMAS EXTRAVAGANZA

Wednesday, December 1, 2010 **Prog. # 700130-A**

Make the holidays special with a trip to the Berkshires' premier destination, The Log Cabin. While dining at the Log Cabin enjoy the Christmas Extravaganza Show of "Rocking around the Christmas Tree." Let us bring back the holidays when life was simple, relaxing and fun filled. Entrees include: Roast Turkey & Baked Scrod, all meals are served family style.
Departure time to be announced, Fee:\$75 pp.

CHRISTMAS SPECTACULAR @ RADIO CITY

MONDAY, DECEMBER 13, 2010 Prog. # 700129-A

The Radio City Christmas Spectacular starring the world famous Rockettes is an unparalleled show featuring the signature high kicks and precision choreography. These show stopping numbers include the legendary "Parade of the Wooden Soldiers," and "New York at Christmas," a dynamic holiday celebration.
Lunch at the renowned Carmine's, a wonderful Southern Italian Restaurant where food is served in abundant portions.
Leave Commuter Parking Lot at 7:00 AM, arrive home at approximately 6:00 PM, Fee: \$145 pp.

NOW TAKING SUGGESTIONS FOR THE WINTER SCHEDULE

Please contact the Senior Center or put in the suggestion box any interest in special trip or activity, or informational seminars.

Free Hearing Screening

Friday, October 29, 2010, 11:00 am @

St. Margaret's Church Hall

Come learn about advances in retaining hearing as you age with Dr. Karoush Parnham from the University of Connecticut Heath Center Award Winning Researcher in the field of Ears, Nose and Throat.
St. Margaret's Health Ministry is sponsoring a hearing screening by Zenith Omni Hearing Center. Bring a bag Lunch. Coffee and Dessert Provided. Call 203-245-8964 with any questions.

Directions to the new Senior Center

North Bound: Take Route 79 South; turn right on Bradley Road, then take a left at the First Congregational Church. The entrance to the senior center is below the fire escape.

South Bound: Take Route 79 North; turn left on Bradley Road, then take a left at the First Congregational Church. The entrance to the senior center is below the fire escape.

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

PRSR STD
U S POSTAGE
PAID
MADISON CT
PERMIT
NO. 140



**DATED MATERIAL
PLEASE DELIVER PROMPTLY**

2nd Annual Health Fair with Flu Shots

Wednesday, October 13, 2010, 1:00-4:00 PM

@ The Madison Surf Club

Pre-register for flu shot by appointments call 203-245-5627



As soon as you receive your newsletter, come in to register for the events listed.