

Trends & Traditions

October 2012

Madison Senior News and Activities

FIRST ANNUAL MSC PUMPKIN FEST

Please join us on **October 22** as we get together with friends and celebrate mid-autumn. We will be doing a Pot-luck luncheon, creating a pumpkin centerpiece for your table, baking pumpkin seeds and enjoying pumpkin pie for dessert.

Pre-registration and sign-ups are required by October 16th. All you need to do is let Kristen or Ellie know what you will be bringing for the pot-luck.

Fee: \$5 for Craft and Pumpkin

11:30 am Pot Luck Lunch

12:15 pm Pie

12:30 pm Pumpkin Craft and Pumpkin Seeds

Bring a Friend and Join in on the Fun!



Digital Camera Photography Class

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

Wednesdays October 10 to October 24.... 3 Classes

7:00pm to 8:30pm

R \$40 NR \$50 - Instructor: Steve Smith



EXERCISE BASICS FOR BEGINNERS

An adult exercise class designed for everyone who knows they need to exercise, but don't know where to begin. In a safe, fun and encouraging environment, light hand weights, a mat and your own body weight are all that you need to learn the proper mechanics of a full body exercise workout routine. Come learn how to exercise to maintain core strength, flexibility and good posture.

Tuesdays and Thursdays (meets twice a week)

October 2nd through November 1, 2012

9:00am to 10:00am

R \$58 NR \$68..... (10 Classes)

Mondays and Wednesdays - (meets twice a week)

October 1st through Nov. 5th - 7:00pm to 8:00pm

No Class October 8th or October 31st



Italian For Fun

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

Mondays, October 22 to November 19, 2012

10:30am to 11:30p - Fee: \$25.00 (need 8 people to run)

Instructor: Elaine Jackson (No Class 11/12/12)



Cake Decorating

This class is for beginners. Students will learn about cake decorating equipment, techniques, making leaves, sweet peas, rosebuds, half roses, drop flowers etc. **Supplies are not included, a list is available upon registration.** **Wednesdays, October 3 to October 17 (3 classes)** **9:30am to 10:30am - Fee: \$12 R \$22 NR (Does not include supplies)** **Instructor: A. Duggan**



Sewing

Sewing can be a fun and exciting hobby. In this class, students will learn how to use their sewing machines, basic sewing terms and techniques. A list of required supplies will be given to you upon registration. Students will be responsible for their own working sewing machine.

Thursdays Oct. 18 to Nov. 15 (5 classes)

9:30am to 10:30am - Fee: \$38 R \$48 NR (Does not in-



Senior Singles Group

"Get Out and Live"

We are in the process of establishing a group of "like-minded" individuals who want to join up and do fun things. This is an active group that will be doing active things. Activities will include movies, luncheons, dinners, concerts, plays, kayaking... you name it, we can do it. **If you are interested in doing fun things with other singles age 55 and above please give us a call at 203-245-5627.** We are going to have an initial meeting with those that are interested.



LUNCH BUNCH—TICKI TOCKI

This month we celebrate Oktoberfest at **EAST SIDE RESTAURANT** in New Britain **Thursday October 25** Depart Senior Center at 11:00 am **\$24.95 includes lunch, gratuity, tax and transportation** **Please reserve your spot by October 18, 2012**

BUNCO CLUB

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



DON'T FORGET TO DRESS-UP FOR HALLOWEEN ON WEDNESDAY OCTOBER 31, 2012
MYSTERY PRIZE FOR THE BEST DRESSED!





MADISON SENIOR CENTER

29 Bradley Road, Madison, CT 06443

PHONE: (203)245-5627

FAX: (203)245-6186

WEBSITE: www.madisonct.org/seniors

HOURS:

Monday to Friday 8:30am to 4:00pm

SR. COMMUNITY CAFÉ

(203)245-5686

For lunch reservations call before noon the day before and leave a message.

DIAL-A-RIDE (203)245-5627

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

SENIOR COMMISSION

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

The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be October 11, 2012 at 5:30pm

LIAISON TO BOARD OF

SELECTMAN Diane Stadterman

SENIOR CENTER STAFF

Sr. Services Manager..... Joe Petrella
Municipal Agent..... Heather Castrilli
Program Coord.Kristen Caramanica
Secretary:Ellie Gillespie
Bus Driver:.....Michael Rand
Bus Driver:.....Helen Sneider
Bus Driver:.....Pat Cocchiaro
Bus Driver.....Dennis Marron
Bus Driver.....Domenick Vitti
Café Manager.....Jodie Shevlin

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Application intake begins October 1st, 2012

The Connecticut Energy Assistance Program assists CT residents by paying for a portion of their heating costs for the winter season. To qualify, an applicant must meet specific income & asset guidelines. The asset limit for homeowners is \$10,000 & for renters the limit is \$7,000. Proof of all income, rent, & utility expenses, as well as bank statements for the 4- week period prior to the date of the application are required. ***Specific income guidelines not available at time of printing.** Please plan ahead to contribute toward your heating expenses this season.

MEDICARE ANNUAL ELECTION PERIOD

October 15th – December 7th, 2012

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

FARMER'S MARKET COUPONS

Last month to go to the Farmer's Market and use your coupons!

This program allows eligible participants to enjoy CT Grown fruits, vegetables, fresh cut herbs, and honey from approved local Farmer's Markets. Eligible participants are age 60 or older or are disabled and living in senior housing, are participating with another program that requires means testing and have an income at or below 185% of the FPL. **Coupons currently available.** The market is open on the town green on Fridays from 3 to 6pm until October 25, 2012. **The maximum annual income is \$20,665 for a single person and \$27,991 for a couple.**

MEDICARE SAVINGS PROGRAM

The Medicare Savings Program assists eligible participants with paying their Medicare Part B premiums each month. In addition, participants will have \$2.60 co-pay for generic Rx's and \$6.50 co-pay for name brand Rx's. This may also cover doctor Co-Pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program. **Maximum gross monthly income for a single: \$2,308.88 and for a couple: \$3,127.28**

MADISON FOOD PANTRY

The food pantry is operated by Madison Community Services and available for those residents who need the assistance. The Pantry is now located at Orchard Park off Mungertown Rd. The food pantry is open on Wednesdays from 11:00 AM – 3:00 PM. If you are unable to leave your home but would like to use the food pantry special arrangements can be made from the homebound delivery program. **Transportation is available through the Senior Center. Regular Bus Pick up for Concord Meadows will be around 12:30pm**

Get Your Flu Shot Here!

Sponsored by: VNA Community Healthcare
**ALL VACCINES ADMINISTERED
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Wednesday October 17, 2012
from 11:00 am to 1:00 pm

65 Years or older

Medicare Part B
Aetna Medicare
Anthem BCBC Medicare
Connecticare VIP

All ages

Aetna
Anthem BCBS
Connecticare



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

Oct. 22nd Discussion of:

The Friday Night
Knitting Club

Will be getting:
Jane Eyre

3 Programs, Seminars, Services & Activities



Reviving 5000 Years of Chinese Civilization

When the European renaissance was taking place 6 to 7 centuries ago, very few people knew about it. In fact, the term "renaissance" wasn't coined until the peak of the renaissance already passed. But now the renaissance of Chinese Culture is happening in our time and we have the opportunity to witness it and be a part of it.

This **presentation** will include the essences and the uniqueness of the traditional Chinese Culture, how the rich tradition is being interrupted and how the authentic culture is coming back.

Friday October 12, 2012 - 1:00pm Senior Center Café

Pre-registration is required



DESSERT BINGO PROVIDED BY WATROUS NURSING CENTER



Come join us on the first Friday of every month (*that the Center is open*) at 1:00pm for an after-noon of Bingo at the Senior Center and dessert, provided by **Watrous Nursing Center**. **Joyce Beebe** will be your number caller.

ST. MARGARET'S BINGO

Join us for bingo at St. Margaret's Church on the 2nd Wednesday of the month. Bingo starts at 12:00pm. Bring a bag lunch!



MEDICARE MONDAY

Monday October 1..... 9-11:00a

Unbiased information, counseling, and assistance on Medicare, Supplemental Insurance & Medicare Advantage Plans. Carlos A. Maynard assists Madison Residents. By appointment only: Call the Senior Center



WELL RIGHT NOW CLINICS

Monday Oct. 22..... 1-1:30p

VNA Community Healthcare holds Well Right Now Clinics on the 2nd & 4th Mondays of the month @ the Center. Please call



LEGAL ASSISTANCE

Thursday, Oct. 18, 2012 9-10:00a

Attorneys Thomas Cronan, Michael Sweeney, & Timothy Shields volunteer counseling services on a one-on-one basis. Thank you to our legal team for their monthly assistance! **By appointment only: Call the Senior Center**

NOTARY SERVICES

At the Senior Center by appointment only. Please call the Senior Center to set up a time and day.

MEALS-ON-WHEELS

Prepared by The Estuary Council of Seniors (860) 388-1611 Ext. 207 Hot meals delivered around noontime to the homebound or just recently out-of-the-hospital & recovering. Please call the number above. **Requires 4-5 days notice and doctor or nurse referral.**

HANDICAPPED PARKING PERMIT

New application form from the DMV available on the www.ct.gov/dmv.org or in the Senior Center office.



SENIOR CAFÉ

Monday through Friday at Noon

A hot, full-course meal is served in the Senior Center Café. Menus are available at the Senior Center Reception Desk. Suggested donation is \$2.00 and you must be over 60 years old or disabled. Please remember to call Jodie at (203)245-5686 by Noon the previous day to order your lunch.

DIAL-A-RIDE

Available M, W & F - 8:45a to 3:30p

A public transportation service designed to meet the transportation needs of the elderly and disabled. Must be a Madison resident. Rides are provided to a 14 town region for medical appointments, legal appointments, work, and personal business. Appointments must be made at least 48 hours in advance and are on a first-come, first-served basis. Please call (203)245-5695 for more information or to set up an appointment.



SENIOR CENTER BUS

Monday through Friday 9:00a to 3:30p

The Senior Center provides fixed route transportation to the senior center, downtown, special events, senior café, grocery shopping and other locations around town. If you need to get to one of the locations listed, call the Senior Center. 48-hour advanced notice is required.

FOOD PANTRY

Donations to the Food Pantry are welcome. Please contact Madison Community Services, (203)245-3031.

FREE COMPUTER SUPPORT

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

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

OUT-OF-TOWN SHOPPING



All busses leave for shopping at 10:00am. This month we will be traveling to the following destination:

Westfield Mall—Meriden

Tuesday October 30th

Miss Martha's Bake Shoppe Fall Themed Cupcakes

Cupcakes are all the rage! You'll be making them with delicious Fall flavors, colorful frosting and Fall decorations



Monday October 15, 2012 1:45p to 3:45p 12 Max.

Fee: \$6.00 (increase in price is to

4 Senior Center Activities and Programs



CHAIR EXERCISES

Designed for those who need to exercise while seated. This program focuses on muscle tone, joint flexibility, and cardiovascular strength.



Mondays - 10:30a to 11:30a

Sept. 17 to December 3 10 Classes

No Class 10/8 & 11/12

R \$33 NR \$43

Instructor: Pat Velleca

Fridays - 10:30a to 11:30a

Sept. 28 to Dec. 7 10 Classes

No Class 11/23

R \$33 NR \$43

Instructor: Pat Velleca

EXERCISE & RELAX WITH YOGA

Learn Hatha Yoga techniques that are used to increase circulation and relaxation. Yoga postures provide deep tension release, self-control, and increase energy. Suitable for all ages and conditions.



Tuesdays - 3:00p to 4:00p

Sept 18 to Nov 27 10 Classes

No Class 11/06/12

R \$66 NR \$76

Instructor: Pat Velleca

Thursdays - 3:00p to 4:00p

Sept 20 to Nov 29 10 Classes

No Class 11/22/12

R \$66 NR \$76

Instructor: Pat Velleca

ART 101

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



Tuesdays- 1:30 to 3:30p

October 2 to January 30th

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

Fee: \$5

Instructor: Muriel Waldvogel

HULA CLASS

Join this fun exercise class and learn traditional hula moves. Helps trim the waistline and improve strength, flexibility and balance.

Mondays - 3:00p to 3:55p

Aug. 13 to Oct. 22 10 Classes

No Class September 3, 2012

R \$15 NR \$25 Inst- Joanne Wilder

FITNESS & MOVEMENT

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



Mondays - 9:00a to 10:00a

Sept. 17 to Dec. 3 10 Classes

No Class 10/8 & 11/12

R \$33 NR \$43

Instructor: Pat Velleca

Wednesdays - 9:00a to 10:00a

Sept. 19 to Nov. 28 10 Classes

No Class 11/21

R \$33 NR \$43

Instructor: Pat Velleca

Fridays - 9:00a to 10:00a

Sept. 28 to Dec. 7 10 Classes

No Class 11/23

R \$33 NR \$43

Instructor: Pat Velleca

SENIORS IN MOTION

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



Wednesdays - 10:30a to 11:30a

Sept. 19 to Nov. 28 10 Classes

No Class 11/21

R \$26 NR \$36

Instructor: Pat Velleca

TAI CHI

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



Mondays - 9:00a to 10:00a

Oct. 29 to Dec. 3 5 Classes

No Class 11/12/12

R \$44 NR \$54

Instructor: Suzanne Hanley

MOVIE MATINEE @ MSC

Movies start at 1:00pm. No Fee.

October 5 - The Four Seasons

October 12 - Ray

October 19 - Murphy's Romance

October 26 - The River Wild

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

EXERCISE CLASSES WITH KRIS

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

5 - Class Pass - R \$33 NR \$43

10 - Class Pass - R \$66 NR \$76

All classes taught by Kris Reaske

BASIC PILATES CORE/FLEX

Overall strength training combined with basic Pilates this program is designed to increase body strength and core stability.

Tuesdays - 10:00a to 11:00a

LOW IMPACT AEROBICS

Designed to increase your heart rate and your enjoyment of exercise as well. Please bring a floor mat.

Tuesdays - 11:00a to 12:00p

ZUMBA FOR ALL

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

Mondays - 6:00p to 7:00p

ZUMBA GOLD

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

Mondays - 1:00p to 1:55p

Thursdays - 11:10a to 12:10p

LINE DANCING

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

Mondays - 2:00p to 2:55p

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

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

Oct. Class Dates: 1st, 15th, 22nd, 29th

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

TAP DANCE CLASS

Did you love tap dancing as a child and your mother always told you not to tap in the house? All you need to do is register for the course, show up and Mardyanne will do the rest.

Thursdays - 10:00a to 11:00a

Sept. 6 to October 25 8 Classes

R \$50 NR \$60 -

Instructor -M Goglia

5 Madison Travel Club Trips



Michael Castaldo at Grand Oak Villa - Thursday October 11, 2012

The Italian Tenor, Michael Castaldo is at the Grand Oak Villa. If you love Italian music, Andrea Bocelli, Fine Wine and La Dolce Vita, then you will love Michael. Enjoy authentic Italian Cuisine served family style (Penne Pasta, Roasted Potatoes, Chicken a la Parmigiano and Pork Loin, Italian Rum Cake). **Depart Senior Center at 10:00am. Fee \$50**

Autumn Revelry at the Aqua Turf - Tuesday October 16, 2012

Come enjoy The Redhawk Native America Dance Troupe featuring the music of “**Full Sound** with Debra Wang at the Aqua Turf and a family style lunch, door prizes and a complimentary glass of wine or beer. Lunch will include salad, pasta, roast turkey with stuffing, scrod, potatoes, vegetables and dessert. **Fee \$42. Depart Senior Center at 10:00am.**

MOHEGAN SUN ON YOUR OWN- Friday, October 19, 2012

Join us for a day at Mohegan Sun on your own. We will arrive at the casino for 10:00am and depart the casino at 3:00pm in order to take advantage of the bonus package coupons. **Depart from the Senior Center at 9:00am. Depart from the Casino at 3:00pm. Fee \$5.00**

“Oh What a Night” Matinee at Foxwoods - Wednesday October 24, 2012

We head to Foxwoods and receive a casino bonus for \$10 Keno and a voucher for one of Foxwoods’ complete buffet lunches. Your day will include several hours of gaming and musical entertainment at the Fox Theater. Watch and listen as a stellar, high-spirited cast humors and serenades you from the dynamic songbook of Jersey Boys Frankie Valli and the Four Seasons. **Depart the Senior Center at 8am. Fee: \$57**

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

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

Radio City Christmas Spectacular Starring the Rockettes - Thursday November 15, 2012 (No Minimum

Tour so it will go!) - This morning we will depart from Madison en-round to NYC where we will first enjoy lunch at the famous Italian Restaurant **CARMINE’S**. Your meal will be serviced family style with platters of rigatoni & broccoli and chicken parmigiana. After lunch we head for Radio City Music Hall and enjoy the 2012 edition of the Radio City Christmas Spectacular. **Fee: \$162 per person includes; transportation, show, lunch and driver’s gratuity. Departure TBD**

The Diamonds Live—Silver Bells & Diamonds Holiday Show at Foxwoods- Wednesday November 28, 2012

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

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

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

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

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

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

This is a 14-night cruise experience that departs from Boston, MA and heads to the Deep Southern Caribbean which offers the perfect pink and white sand beaches, crystal-clear waters and exquisite island adventures. We will be docking at St. Thomas, USVI, Antigua, Barbados, Curacao, Aruba, Cozumel and ending in Tampa, FL where we will have a flight back home. **Fees: Inside State Room—\$1509, Oceanview—\$1799, Balcony—\$2239. Book early to keep these rates.**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Tai Chi 9:00 Fit and Movement 10:30 Chair Exercises 1:00 Zumba Gold 2:00 Line Dancing 3:00 Hula 6:00 Zumba for All 7:00p Exercise Basics	2 9:00 Exercise Basics 10:00 Pilates 11:00 LI Aerobics 1:00 Computer Basics 1:30 Art 101 3:00 Yoga	3 9:00 Fit and Movement 9:30 Cake Decorating 10:30 Seniors in Motion 1:00 Memory Matters 7:00p Exercise Basics	4 9:00 Exercise Basics 10:00 Tap Dance 11:00 Zumba Gold 1:00 Computers II 3:00 Yoga	5 9:00 Fit and Movement 10:30 Chair Exercises 1:00 Dessert Bingo 1:00 Movie Matinee
8 CLOSED FOR COLUMBUS DAY	9 9:00 Exercise Basics 10:00 Pilates 11:00 LI Aerobics 1:00 Computer Basics 1:30 Art 101 3:00 Yoga	10 9:00 Fit and Movement 9:30 Cake Decorating 10:30 Seniors in Motion 12:00 St. Marg's Bingo 12:30 AARP 1:00 Memory Matters 7:00p Digital Camera 7:00p Exercise Basics	11 9:00 Exercise Basics 10:00 Tap Dance 11:00 Zumba Gold 1:00 Computers II 3:00 Yoga	12 9:00 Fit and Movement 10:30 Chair Exercises 1:00 China Seminar 1:00 Movie Matinee
15 9:00 Tai Chi 9:00 Fit and Movement 10:30 Chair Exercises 1:00 Zumba Gold 1:45 Miss Marthas Bakes 2:00 Line Dancing 3:00 Hula 6:00 Zumba for All 7:00p Exercise Basics	16 9:00 Exercise Basics 10:00 Pilates 11:00 LI Aerobics 11:00 Windows Class 1:00 Computer Basics 1:30 Art 101 3:00 Yoga	17 9:00 Fit and Movement 9:30 Cake Decorating 10:30 Seniors in Motion 11:00 Flu Shots 1:00 Memory Matters 1:00 Bunco Club 7:00p Digital Camera 7:00p Exercise Basics	18 9:00 Exercise Basics 9:30 Sewing 10:00 Tap Dance 11:00 Social Networking 11:00 Zumba Gold 11:30 Lunch Bunch 1:00 Computers II 3:00 Yoga	19 9:00 Fit and Movement 10:30 Chair Exercises 1:00 Movie Matinee
22 9:00 Tai Chi 9:00 Fit and Movement 10:30 Chair Exercises 10:30 Italian For Fun 11:30 Pumpkin Fest 1:00 Book Club 1:00 Zumba Gold 2:00 Line Dancing 3:00 Hula 6:00 Zumba for All 7:00p Exercise Basics	23 9:00 Exercise Basics 10:00 Pilates 11:00 LI Aerobics 11:00 Windows Class 1:00 Computer Basics 1:30 Art 101 3:00 Yoga	24 9:00 Fit and Movement 10:30 Seniors in Motion 1:00 Memory Matters 7:00p Digital Camera 7:00p Exercise Basics	25 9:00 Exercise Basics 9:30 Sewing 10:00 Tap Dance 11:00 Social Networking 11:00 Zumba Gold 1:00 Computers II 3:00 Yoga	26 9:00 Fit and Movement 10:30 Chair Exercises 1:00 Movie Matinee
29 9:00 Tai Chi 9:00 Fit and Movement 10:30 Chair Exercises 10:30 Italian For Fun 1:00 Zumba Gold 2:00 Line Dancing 6:00 Zumba for All 7:00p Exercise Basics	30 9:00 Exercise Basics 10:00 Westfield Mall 10:00 Pilates 11:00 LI Aerobics 11:00 Windows Class 1:00 Computer Basics 1:30 Art 101 3:00 Yoga	31 9:00 Fit and Movement 10:30 Seniors in Motion 12:00 Costume Contest 1:00 Stronger Seniors	<p align="center"> <u>Stronger Seniors Now - Wednesdays.</u> <u>October 31 to December 5, 1 to 2pm</u> Exciting 6-week program featuring 30 minutes of strengthening exercise (for all levels) and 30 minutes of nurse led motivational health talks. Fee: \$5 (Scholarships available) Call the VNA to Register at 1(866) 474-5230. </p>	



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

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RETURN SERVICE REQUESTED

Bocce Players!!—If you are interested in Carpet Bowling (a form of Bocce played indoors during the Winter), please let us know and we will look into organizing a league.

Computer Basics For Beginners - For the person who is new or relatively new to computers. We start with the basics - terminology, components etc. We will learn what can be done with a computer; composing a letter, e-mail, entertaining and E-MAIL, and an introduction to the internet. **Tuesday - 1:00p to 2:00p Oct. 16 to Nov. 20 (No Class 11/6) R \$42 NR \$52**

Computers II - Meant to build upon skills learned in Computer Basics. We will build upon email skills, learn to manage your inbox, learn about attachments etc. We will learn more about the internet like, setting your home page, creating a favorites list, searching the internet for what you are looking for, social networking and more. One class will be 2 hours long or on another day to make-up for the week missed due to Thanksgiving.
Thursdays - 1:00p to 2:00p Oct. 18 to Nov. 15 / R \$42 NR \$52

Social Networking - Everybody seems to be using Facebook; why not you? Create a Facebook account and keep up with your friends and family. Find out what the grandkids are doing. Post and share photos of your vacation. Find and reconnect with old friends, even high school classmates. Use Twitter to follow, not only your friends and family, but your favorite stars. Search for people you've lost touch with. Investigate genealogical tools and more. Build your own web page if time permits. One class will be 2 hours long or on another day to make-up for the week missed due to Thanksgiving.
Thursdays - 11:00a to 12:00p Oct. 18 to Nov.15 / R \$42 NR \$52

AARP DRIVER SAFETY CLASS

The AARP Driver Safety Course is a refresher course primarily aimed at the 60+ year old driver. **The class will be held from 12:30 pm to 4:30 pm.**

**October 10
 November 14**

AARP Member \$12.00
 Non-Member \$14.00

Ongoing Activities at the Senior Center

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