

# Trends & Traditions

October 2013



Madison Senior and Activities

## MUSEUMS OF THE MONTH TRIP

### Lyman Allyn Art Museum

Comprised of nine galleries, an auditorium, bookstore, research library, art studio, and conservation labs. Enjoy a guided tour through the 10,000 piece collection of European Art as well as American Fine and Decorative Art. Museum Fee: \$9 paid at door, Lunch on own at Longhorn Steak in Waterford. **Friday, Oct. 18<sup>th</sup> depart at 10:30am** Fee: \$4

### State Capitol & CT Museum of History

Start with a free guided tour of the State Capitol, then tour the CT Museum of History leisurely, and finish with lunch on your own at Hartford's Chowder Pot. **Tours FREE!**  
**Mon. Oct. 7<sup>th</sup> Depart at 9:15am** Fee: \$5



## HALLOWEEN COSTUME PARTY

**Wednesday, Oct. 30<sup>th</sup> at 11:30am**

Halloween fun & Festivities! Wear your best costume, & enjoy desserts provided by MSC staff. Regular Café lunch served for a suggested donation of \$3 contact Jodie. **Reservations are required for lunch & party**  
**Prizes will be awarded for best costume.** Fee \$2

## 2014 Gardens of London Trip - Information Session

Join Tracy from Collette Tours as she guides you through all the great sights you will see on this London Adventure.

**Pre-reg. Required. Tues., Oct. 1<sup>st</sup> at 12:30pm** FREE

## Trip to Madison's Farmer's Market

**October 4<sup>th</sup>**

**Depart MSC promptly at 3:00pm**



## DISCOVER LOCAL AUTHORS

Local Madison High School Teacher and author, Chris Pagliuco will uncover the heroic backstory in "The Great Escape of Whalley and Goffe." Chris takes you on the run with iconic English Civil War fugitives E. Whalley and W. Goffe. A story for lovers of liberty & constitutional monarchy.

**Monday, Oct. 28<sup>th</sup> at 1pm**

**FREE**

## MEDICARE "TURNING 65" SEMINAR

Carlos Maynard, our Medicare expert, Craig Bernard of Madison Investments, Dave Hampton retired from the Social Security Admin. will answer questions about Medicare, Social Security, & planning your money for retirement.

**Tues., Oct. 1<sup>st</sup>- 6:00 to 8:00pm**

**FREE**

## GUILFORD'S ANNUAL HOLIDAY BAZAR

Guilford Seniors have invited us to attend their Annual Holiday Bazaar at the Guilford Community Center. Purchase books, jewelry, craft & sewing creations, beautifully knitted items, baked goods, and raffles. Gently used clothing priced at just \$1! Lunch of sandwiches, soup and dessert, will be available.

**No transportation provided.**

**Saturday, Oct. 26<sup>th</sup> 10 - 1pm**

**FREE**

## Scarecrows Invade Madison!

Help create a Garden Lady Scarecrow to represent the MSC. Bring your ideas & items to help us create the best scarecrow in town.

**Suggested donations:** an old chair, a potted plant, fake flowers, a floral dress, a blouse, a long necklace, sun hat, bow, gardening gloves, & large earrings etc. Sponsored by the Madison Chamber, displayed in the center of town Oct. 12<sup>th</sup> - Oct 31<sup>st</sup>.

**Wed., Oct. 2<sup>nd</sup> at 12:45pm**

**FREE**



## Oktoberfest Celebrations!



### Oktoberfest Platzl Brauhaus

Feel free to sing along with the German band and dancers performing all day long. The fun starts with delicious homemade donuts, danish & hot coffee or tea. Delight in an Oktoberfest dinner: choice of Roasted Half Chicken, Roast Pork Platter, or Sauerbraten. and Spare Ribs, Red Cabbage, and Sauerkraut with all the trimmings. Soda, beer, and apple cider will be served throughout the day. Trip includes: transportation, festivities, family style luncheon, and driver's gratuity. **Departure TBD.**

**Please arrange transportation to and from MSC.**

**NEW DATE!!! Monday, Oct. 21<sup>st</sup>**

**Fee:R\$91 NR \$96**

### Aqua Turf Oktoberfest Featuring The Schwarze Schafe Band

Enjoy the 5 piece "Schwarze Schafe Band," a German Oom-pah band that plays at German concerts and Oktoberfest celebrations in New England and New York. They encourage the audience to participate in the fun! Trip includes coffee and donuts, door prizes, complimentary beverage, soup, pasta, roast pork, German meat platter, vegetable, potato, and dessert.

**Depart MSC at 10:00am.**

**Tuesday, Oct. 29<sup>th</sup>**

**Fee:\$43**



### MADISON SENIOR CENTER

29 Bradley Road, Madison, CT 06443

PHONE: (203)245-5627

FAX: (203)245-6186

WEBSITE: [www.madisonct.org/seniors](http://www.madisonct.org/seniors)

HOURS: Monday-Friday 8:30-4

### SR. COMMUNITY CAFÉ

(203)245-5686

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

### DIAL-A-RIDE (203)245-5627

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

### MUNICIPAL AGENT FOR THE ELDERLY (203)245-5687



### SENIOR COMMISSION

Chair: ..... Maureen Lopes  
 Vice-Chair ..... Dr. Gerard Kerins  
 Secretary: ..... Robert Hale  
 Members..... Mitchell Cohan  
 ..... Patricia Melady  
 ..... Sheri Puricelli  
 ..... Wendy Oberg  
 ..... Marcy Sanders  
 ..... Margaret Walden

*The Senior Commission meets on the second Thursday of the month at the Senior Center.*

*The next meeting will be*

*October 10<sup>th</sup>, 2013 at 5:30pm*

### LIAISON TO BOARD OF

SELECTMAN.....Diane Stadterman

### SENIOR CENTER STAFF

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

### CONNECTICUT ENERGY ASSISTANCE PROGRAM

**Begins October 1<sup>st</sup>, 2013.** An applicant must meet income & asset guidelines. Asset limit for homeowners is \$10,000 & for renters is \$7,000. Proof of all income, rent, & utility expenses, & bank statements for the month prior to the application date are required. ***\*Specific income guidelines not available at time of printing.***

### ENERGY BLITZ

Wednesday, October 30<sup>th</sup>

Want to get your energy assistance application processed faster? Schedule an appointment for our Energy Blitz Day— Representatives from CRT will be on hand to meet with you by appointment only. **Please call (203)245-5687.**

### FARMERS MARKET COUPONS

Last day to use coupons Friday, October 25<sup>th</sup>. Guidelines Apply.

### MEDICARE ANNUAL ELECTION PERIOD

October 15<sup>th</sup> – December 7<sup>th</sup>, 2013

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

### Top 5 Facts Regarding the Affordable Care Act & Medicare

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

### BEWARE of Fraud Related to the Affordable Care Act

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

Follow these tips by consumer groups and government, to help spot fraud:  
 —There is no new Medicare card, and you do not have to update any personal information. There is no card associated with health care reform.

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

### The Number 1 thing that Medicare recipients need to know:

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



### MEDICARE MONDAY

Mon., Oct. 7<sup>th</sup> 9-10am  
Information, counseling, & assistance  
Carlos Maynard assists by appointment

### WELL RIGHT NOW CLINICS

Mon., Oct. 14<sup>th</sup> – Columbus Day Closed  
Mon., Oct. 28<sup>th</sup>..... 12-1:30pm  
VNA Community Healthcare holds Well Right Now Clinics on the 2<sup>nd</sup> & 4<sup>th</sup> Mondays of the month, included blood pressure check.

### LEGAL ASSISTANCE

Thurs., Oct. 17<sup>th</sup> 9-10am  
Attorneys from Cronan and Sweeney offer private 15 min. counseling services  
Call the MSC for an appointment.



### DIAL-A-RIDE

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

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



### SENIOR CENTER BUS

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

### HANDICAPPED PARKING PERMIT

Available in the Senior Center office.

### MEALS-ON-WHEELS

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

### SENIOR CAFÉ

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

### NOTARY SERVICES

Tues., Oct. 8<sup>th</sup>.....10am-12pm  
By appointment only, on the 2<sup>nd</sup> Tuesday of the month.

## MOVIE MATINEE @ MSC

Provided by SSILL on Fridays, movies start at 1:00pm FREE

October 4<sup>th</sup> "Touch of Evil" October 11<sup>th</sup> "Out of the Past"  
October 18<sup>th</sup> "All the President's Men" October 25<sup>th</sup> "Seven Days in May"



### Thursday Book Club

Meets the last Thursday of the month  
October 31<sup>st</sup> at 1pm  
Discussing: "The Curse"  
Discussion led by Barbara MacDonald

### TECH SUPPORT

Have an I-Pad or a smart phone and don't know how to use it?  
"Facebook and Skype" What's that?  
Get your questions answered by skilled Teen Volunteers from Scranton Memorial Library Teen Advisory Group and Madison Youth & Family Services. We are offering "drop-in" learning sessions on Monday nights. FREE!!  
Starting Mon., Sept. 30<sup>th</sup> 5-6pm  
No sessions on 10/14 & 11/11

### Bingo !

Dessert Bingo: Fri., Oct. 4<sup>th</sup> at 1pm  
St. Margaret's Church Bingo  
Bingo starts at 12pm. Bring a bag lunch!  
Wednesday, Oct. 9<sup>th</sup>  
Pre-registration required

### Senior Singles Group

Tuesday, October 8<sup>th</sup>  
at MSC at 5:30pm  
Dinner on your own to follow at Quattros in Guilford.

### Jewelry Making and Beading

Creating beaded bracelets using the kits you purchase at AC Moore on 10/21.

Wed. Oct. 23<sup>rd</sup> 12:45-1:45 FREE

### UFO - Un Finished Objects

We supply the space, you supply the talent! If you have unfinished artwork, needle work or any craft pieces come and join the bunch to work on your project and socialize with others!

Tuesdays, Oct 1<sup>st</sup> 10am FREE

### ART 101

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



### FALL FOILAGE TRIP

Lovely trip through New London County. Lunch on your own at Illiano's Grill in Norwich & visit Buttonwood Farm in Preston for ice cream. Depart 9am.  
Friday October 25<sup>th</sup> Fee \$5



### "Hummingbird Day"

Celebrate the beautiful and unique bird by making a hummingbird feeder. They are such a treat to watch eat & fly. Bring an empty 2L soda bottle & an empty, small clean "margarine sized" container & lid.

Thurs., Oct. 3<sup>rd</sup> 10:30am Fee: \$2



### Lunch Bunch & Shopping

Meals on your own Fee \$2

Tuesday, Oct. 15<sup>th</sup> depart 11:00am  
Lenny's in Branford

Lobster Special – 2 dinners for \$30!!

Mon. Oct. 21<sup>st</sup> depart: 11:30am  
AC Moore, Halloween Costume Store & Marshalls in New London & Panda Buffet

Monday, Oct. 28<sup>th</sup> depart 12:45pm  
Big Y & Walmart in Guilford

### AARP DRIVER SAFETY CLASS

A refresher course aimed at the 60+ driver. You may be eligible for a discount through your insurance company by completing this course! Wednesdays from 12:30p to 4:30p  
Checks payable to AARP

Oct. 9<sup>th</sup>, & Nov. 13<sup>th</sup>  
Fee: Member \$12 Non \$14

Exercise With Patty Velleca

### CHAIR EXERCISES

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



**Mondays - 10:30a to 11:30a**

Sept. 16<sup>th</sup>– Oct. 28<sup>th</sup> 6 classes

No class: 10/14

**R\$25.00 NR \$35.00**

**Fridays - 10:30a to 11:30a**

Sept. 20<sup>th</sup>–Nov. 1<sup>st</sup> 7 classes

**R\$29.00 NR \$39.00**

### SENIORS IN MOTION

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

**Wednesdays - 10:30a to 11:30a**

Sept. 18<sup>th</sup>– Oct. 30<sup>th</sup> 7 classes

**R\$23.00 NR\$33.00**

### EXERCISE & RELAX YOGA

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

**Tuesdays - 3:00-4:00pm**

Sept. 17<sup>th</sup> - Oct. 29<sup>th</sup> 7 weeks

**R\$58.00 NR\$68.00**

**Thursdays 3:00-4:00pm**

Sept. 19<sup>th</sup>–Oct. 31<sup>st</sup> 7 weeks

**R\$58.00 NR\$68.00**

### FITNESS & MOVEMENT

Low impact aerobics for continuing good health. Cardiovascular workout with muscle and joint strengthening.

**Mondays - 9 to 10am**

Sept. 16<sup>th</sup>–Oct. 28<sup>th</sup> 6 weeks

**R\$25.00 NR\$35.00**

**Wednesdays - 9 to 10am**

Sept. 18<sup>th</sup>–Oct.30<sup>th</sup> 7 weeks

**R\$29.00 NR\$39.00**

**Fridays - 9 to 10am**

Sept. 20<sup>th</sup>–Nov. 1<sup>st</sup> 7 weeks

**R\$29.00 NR\$39.00**

### CAREGIVER SUPPORT GROUP

Join VNA's Caregiver Support Network expert, Molly Standley for an interactive, confidential support group. Share experiences, discuss ideas and problem-solve with other caregivers. Your loved ones can take part in a supervised activity run by the program director. Group meets the 3<sup>rd</sup> Tuesday of the month

**Tuesday, Oct.15<sup>th</sup> 11 -12 FREE**

### TAI CHI

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



T'ai Ch'uan is a gentle way of nourishing body, mind and spirit. Practicing slow movements can improve health, vitality, balance, & concentration. Instr.: S. Hanley  
Mon. 9 to 10 am **Sept. 16<sup>th</sup>-Dec 2<sup>nd</sup>**  
**NEW PRICE R\$25 NR\$35**

### SILVER TAPPERS CLASS

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

*"you will be tap dancing your first class!"*

Thursday's 10:00-11:00am

Oct. 3<sup>rd</sup>-Dec. 5<sup>th</sup> 9 weeks

**No class Nov. 28<sup>th</sup> R\$60 NR\$70**



### LINE DANCING

A great way to keep moving, & exercise, dancing & have fun! Mondays -2 to 2:55pm

*Classes begin September 9<sup>th</sup>*

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

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

*Passes expire 5/19/14*

### Aqua Dome "Silver Splash"

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

**Wed. Oct 2<sup>nd</sup>-Dec.18<sup>th</sup> 12:00-2:00**

**12 weeks Fee: \$82**



### NEW French Class

*Parlez-vous Francais?* All levels welcome; some prior exposure to French helpful. This will be a class to learn conversational phrases and French culture.

Wed., Oct 16<sup>th</sup> -10:15-11:15

Wed., Oct 23<sup>rd</sup> - Nov. 20<sup>th</sup> 9:45-11:15

**6 weeks R\$34 NR\$44**

### ZUMBA 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. **This year: June 30<sup>th</sup>, 2014.**

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

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

*All classes taught by Kris Reaske*

### ZUMBA FOR ALL

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

**Mondays - 6 to 7pm**

### ZUMBA GOLD

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

**Mondays - 1:00 to 1:55pm**

**Thursdays - 11:10 to 12:10pm**



### "FIT For LIFE"

*A Senior Wellness Program*

A program combining exercise & a health-wellness seminar. Each week you will focus on a different health topic. Participants will increase overall strength, improve balance and alignment, increase core strength, increase lean muscle mass, improve bone density and feel increased energy! Please bring an Exercise Mat & bath towel.

Instructor: Jennifer McManus

**Oct. 16<sup>th</sup> - Nov. 6<sup>th</sup> 1-2pm**

**Fee: R\$38 NR\$43 (4 classes)**



### Cooking Demo & Meals To Go!

Cooking demonstration for a gourmet home cooked meal. Each week you will learn a different recipe and have a meal to bring home. **Thursday's at 1pm**

**Session 2**

**October 17<sup>th</sup>-October 31<sup>st</sup>**

**Fee: R\$1725 NR\$22.25 3 wks**

**Week 1 Spaghetti & Meatballs**

**Week 2 Baked Stuffed Peppers**

**Week 3 Corn Chowder & Corn Bread**

**Mohegan Sun Friday**

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

Friday, October 11<sup>th</sup>

Fee: \$7

**“I Love You, You’re Perfect Now Change” at the Ivoryton Playhouse**

This hilarious revue pays tribute to those who have loved and lost and lived to try again. Catchy tunes and witty lyrics, an affectionate look at love and marriage. Depart MSC at 1:00pm

Wednesday, Oct. 9<sup>th</sup>

Fee: R\$35 NR \$40

**Kiss Me Kate at The Westchester Broadway Dinner**

A delightful romp of a play within a play. Located in Elmsford, NY, this elegant, theater features dining and full scale musical productions. Menu includes house salad, chicken, beef, or fish entrée, pasta, dessert, and a specialty drink. Meet at the GUILFORD SENIOR CENTER at 8:45am Return Approx. 5:30pm

Wednesday, Oct. 16<sup>th</sup>

Fee: R\$90 NR\$95

**Noah at The Millennium Theater in Lancaster,**

Travel to the Sands Casino, lodging at the Crowne Plaza in Reading, a wine and cheese reception, dinner & a musical comedy one man show. Day two includes a breakfast buffet, sightseeing in Amish country and the Noah at The Millennium Theater. Trip insurance not included. Depart the GUILFORD SENIOR CENTER at 7:00am return at 10:45pm Non Mad. Residents add \$10.

Monday & Tuesday, Oct. 21<sup>st</sup> & 22<sup>nd</sup>

Fee: Single: \$359, Double: \$289, Triple: \$279

**Taj Mahal- Atlantic City**

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

Wednesday—Friday, Nov. 13-15<sup>th</sup>

Fee: Single: \$262, Double: \$196, Triple: \$192

**Aqua Turf Vegas Magic Illusion Show**

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

Tuesday Nov. 19<sup>th</sup>

Fee: \$45

**Kennebunkport Maine**

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

Friday & Saturday, Dec. 6<sup>th</sup>–7<sup>th</sup>

Fee: Double \$225, Single \$285, Triple \$210

**Aqua Turf Seasons Greetings**

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

Tuesday, Dec. 10<sup>th</sup>

Fee: \$43

**Radio City Christmas Spectacular**

Great Rates & Seats!!! Start your day at Radio City for the **All New** Christmas Spectacular with reserved ORCHESTRA Seats. The Radio City Rockettes will perform their “Parade of Wooden Soldiers, ‘New York Christmas’, and the ‘Living Nativity,’ the brand new show features six new scenes. After the show, enjoy free time to get a start on your Christmas shopping or lunch on your own. Enjoy all of the stores windows decorated for the holidays, it is truly an amazing sight. **Depart MSC 7:30am** Fee: \$111

Thursday, Dec. 12<sup>th</sup>**Sneak Peek for 2014****The Gardens of London featuring the Chelsea Flower Show.**Saturday, May 17<sup>th</sup>, 2014

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

**Pricing for booking by November 17<sup>th</sup>: Single: \$4999, Double: \$3899.**



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

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email: mcarofano@4LPi.com

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## Jennifer Jones

Director of Community Relations



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Apricot Chicken, Brwn Rice, Zucchini, Oat Bread, Fruit Cocktail, Milk	<b>2</b> Minestrone Soup, Crackers, Tuna Salad Plate, Beet Salad, Breadstick, Apple, Milk	<b>3</b> Hot Meatloaf Sandwich, Whole Wheat Bread, Mushroom Gravy, Smashed Red Potatoes, Green Beans, Choc. Pudding, Milk	<b>4</b> Fresh Baked Ham w/ Gravy, Rstd Swt Potatoes, Cauliflower and Peas, Whole Wheat Dinner Roll, Seasonal Pie, Milk
<b>7</b> Spilt Pea Soup, Crackers, Meatloaf w/ Gravy, Bowtie Noodles, Acorn Squash, Whole Wheat Bread, Pears, Milk	<b>8</b> Chicken Teriyaki, Brown Rice, Oriental Vegetables, Oat Bread, Pineapple, Milk	<b>9</b> Apple juice, Swt Potatoes Crusted Fish, w/ Lemon & Tartar Sauce, Rstd Red Potatoes, Green & Wax Beans & Carrots, Bread, Frosted Yellow Cake, Milk	<b>10</b> Pot Roast w/ Gravy, Mashed Potatoes, Peas and Carrots, Whole Wheat Bread, Fruit Cocktail, Milk	<b>11</b> Spinach Grandioli Ravioli, Parmesan Cheese, Broccoli, Meatballs in Marinara Sauce, Italian Bread, Sliced Peaches, Milk
<b>14</b> <b>Closed for Columbus Day</b> 	<b>15</b> Orange Juice, Beef Stew, Noodles, Collard Greens, Wheat Bread, Margarine, Coffee Cake, Milk	<b>16</b> <b>OCTOBER FEST</b> Paprika Rstd Chicken Qtr., Hot Germn Salad, Red Cabbge w/Apples, Pump'nckl Roll, Apple Strudel, Milk	<b>17</b> Oven Fried Chicken, Macaroni & Cheese, Green Beans, Marble Rye, Applesauce & Milk	<b>18</b> BBQ Pulled Pork, Sweet Potato Fries, Cabbage Slaw, Wheat Sandwich Roll, Pineapple Tidbits, Milk
<b>21</b> Fresh Baked Ham with Gravy, Scalloped Potatoes, Peas and Carrots, Rye Bread, Cin. Apple Sauce, Milk	<b>22</b> BBQ Chicken Qtr, Veg. Baked Beans, Green Beans, Multi-grain Roll, Fruit Cocktail, Milk	<b>23</b> Lasagna Roll w/ Meat Sauce, Tossed Salad, w/Tomato and Italian Dressing, Garlic Bread, Margarine, Peach Halves, Milk	<b>24</b> Turkey w/ Gravy, Cranberry Sauce, Mashed Potato, California Blend Veg., Whole Wheat Bread, Oatmeal Raisin Cookie, Milk	<b>25</b> Veg. Omelet, Hash Brown Potatoes, Grilled Veggies, Multigrain Bread, Tropical Fruit Salad, Milk
<b>28</b> Herb Baked Chicken Qtr., Orzo, Broccoli, Wheat Bread, Mandarin Oranges, Milk	<b>29</b> Apple Juice, Roast Beef w/Gravy, Baked Potato, Scandinavian Blend Vegetables, Rye Bread, Mixed Berry Strudel, Milk	<b>30</b> New England Clam Chowder, Crackers, Parmesan Crusted Scrod w/ Tartar Sauce & Lemon, Succotash, Spinach, Oat Bread, Fresh Fruit, Milk	<b>31</b> Grape Juice, Whole Grain Spaghetti & Meat Sauce, Parmesan Cheese, Cesar Salad w/ Croutons, Ital. Bread, Halloween Cupcake, Milk 	<i><b>Please remember to make your reservation with Jodie Shevlin at (203) 245-5686 by 12 noon the day before you plan to come for lunch . (If you want to attend on a Mon. please call by noon the previous Fri.)</b></i>



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Madison Senior Center  
 29 Bradley Road  
 Madison, CT 06443

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10/2013

RETURN SERVICE REQUESTED



**Music Sensations**

Music Sensations will be a one hour cooperative discussion that will include Music from the 40's and 50's, stories from participants, and a forum led by *Nate Munic*. Participants are encouraged to share how they relate to the music, stories from the time period, and talk about the era that the music is from. **FREE**

Tuesdays  
 October 8<sup>th</sup> and 22<sup>nd</sup>  
 1pm-2pm

## COMPUTER CLASSES

### Computer Basics For Beginners

For the person who is new or relatively new to computers. We start with the basics - terminology, components etc. We will learn what can be done with a computer; composing a letter, e-mail, and an introduction to the Internet.

Tuesdays, Oct. 1<sup>st</sup>-Oct. 29<sup>th</sup> 1:00 to 2:00p

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

### iPad for Beginners

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

Thursdays, Oct. 17<sup>th</sup>- Nov. 14<sup>th</sup> 1 to 2 pm

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

### E-Bay: Buying and Selling Online

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

Tuesdays, October 1<sup>st</sup>- Oct. 15<sup>th</sup> 10 to 12pm

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

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

## Ongoing Activities at the Senior Center

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