



# Trends & Traditions



October 2014



Madison Senior Center

## MUSEUM OF THE MONTH WEBB-DEANE-STEVENS MUSEUM

in Wethersfield

Tour three meticulously restored houses, the 1752 Joseph Webb House, the 1770 Silas Deane House and the 1788 Isaac Stevens House. Visitors can delight in the season's natural beauty with scarecrows lining Main Street. Trip includes a boxed lunch, from a local caterer. Meal choices are: a sandwich on a Kaiser roll: roast beef, roast turkey or chicken salad. Also included: pasta salad with fresh, steamed-seasonal vegetables, a "made-from-scratch" brownie, bottled water and apple cider. **Fee of \$26** to be paid at the door includes admission, guided tour and lunch.

Friday, October 17<sup>th</sup> at 9:15am

Bus Fee: \$4

## Director's Pick of the Month...

### The *Adventurous* Culinary Club



Come on a culinary adventure to explore cuisines from around the world and make new friends! Lunch will be held at *The Curtis House in Woodbury* for a set fee of \$22.60 All meals come with salad and apple crisp for dessert. Meal choice of Yankee Pot Roast, Roast Salmon, and Roast Chicken. Following lunch visit the Glebe House with a docent tour, admission is \$6 paid at door. Please be sure to bring cash with you and let us know your meal selection.

Friday, October 31<sup>st</sup> at 10:15 Bus Fee \$4



## Fall Festivities

### SCARECROWS INVADE MADISON



Help us create our MSC Scarecrows. Our theme this year is, "Granny and Gramps." New ideas welcome! **Donations needed: large pair of men jeans, flannel shirt, bucket hat, slippers, gloves and some garden tools.** This event is sponsored by the Madison Chamber of Commerce.

Wed., October 1<sup>st</sup> at 12:45.

### Fall Harvest Celebration

Come enjoy our *Fall Harvest Celebration* sponsored by Evergreen Woods from North Branford, CT. Lunch will be provided. Pre-registration is required Space is limited and is on a first come first serve basis, sign up quickly! Lunch menu, available at registration. Limited to 40.



Wed. Oct. 15<sup>th</sup> at 11:30

FREE

### Pizza Party and Halloween Fun

Enjoy "Big Y Pizza" and get into the Halloween Spirit by wearing your decorated Witches Hat and come dressed in Orange and Black. Enjoy peach shortcake for dessert.



Wednesday, Oct. 22<sup>nd</sup> at 11:45

Fee: \$3



### BRING A PUMPKIN TO CARVE

Have fun carving pumpkins together! Bring your pumpkin, carving knife and creativity!

Thurs., Oct. 16<sup>th</sup> at 10

## Get Your Flu Shots at the Senior Center

Sponsored by the VNA Community Healthcare and Madison Senior Services

**ALL VACCINES ADMINISTERED BY LICENSED AND EXPERIENCED NURSES**

- CDC recommends a yearly flu shot for all ages
- Pneumonia vaccine may be available
- Participating insurance or private pay (cash, check or MC/VISA)
- Bring all insurance cards with you.

### INSURANCES ACCEPTED

#### 65 Years or Older

Medicare Part B  
Aetna Medicare  
Anthem BCBS Medicare  
Connecticare VIP

#### All Ages

\* Aetna  
\* Anthem BCBS  
\* Connecticare

#### DATES

Mon., Oct. 6<sup>th</sup> 12:30pm-3pm  
Tues., Oct. 15<sup>th</sup> 5pm-7:30pm  
Tues., Oct. 28<sup>th</sup> 12:30pm-2pm

## HEALTHY HABITS FOR LIFE (VNA)

Learn ways to

- ◆ Communicate with your healthcare provider.
- ◆ How to improve your health and fitness through diet and exercise
- ◆ Safe, effective easy to manage your medications
- ◆ Practice the "power of positive thinking"
- ◆ Home safety strategies.

**Mondays: Oct. 6<sup>th</sup>–Nov. 3<sup>rd</sup> FREE**  
**10:30-11:30**  
**No class 10/13**



**MADISON SENIOR CENTER**  
29 Bradley Road, Madison, CT 06443

**PHONE:** (203)245-5627

**FAX:** (203) 318-0670

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

**HOURS:** Monday-Friday 8:30-4:00pm

**SR. COMMUNITY CAFÉ**  
(203) 245-5686

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

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

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

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



**SENIOR COMMISSION**

- Chair: ..... Maureen Lopes
- Vice-Chair ..... Dr. Gerard Kerins
- Members..... Mitchell Cohan
- ..... Patricia Melady
- ..... Sheri Puricelli
- ..... Wendy Oberg
- ..... Marcy Sanders
- ..... Craig Bernard
- ..... Susan Woodall

*The Senior Commission meets on the second Thursday of the month at the Senior Center.  
The next meeting will be  
October 9<sup>th</sup>, 2014 at 5:30pm*

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

**SENIOR CENTER STAFF**

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

Fall has arrived, the leaves are turning and it is time for Medicare Open Enrollment and Energy Assistance. Please make an appointment with Heather Castrilli, our Municipal Agent, and she will assist you in applying for these and other social service programs.

I would like to further express the need to register for programs and trips on a timely basis. When you find a trip or program that you wish to sign up for, please do so as soon as you can. Signing up early allows us to run programs and trips. All activities have a minimal enrollment that must be met in order to satisfy enrollment specifications. If we do not reach these minimums we are forced to cancel programs. It has happened all too often that a person wants to sign up so they attempt to register on the day of the program only to be told the program is full or cancelled. So please sign up early to secure your spots. We want to satisfy everyone and this will help us do so.

Thank you for reading our *Trends and Traditions*. I am sure you will find something of interest and I hope to see you soon.

*Austin*



**Crochet with Mrs. Wimble**

Learn how to make beautiful crocheted bags from your recycled plastic shopping bags. Please bring with you 2-3 colored bags, scissors and large crochet hook size (7-10)  
**Wed., 1-2:30pm FREE**

**Boston Cream Pie & Game Day**



*Come enjoy Boston Cream Pie and fun games!*  
**Thurs., Oct. 23<sup>rd</sup> at 12:45 Fee \$2.00**

**“Quilts of Joy” with Ellen Olson**

If you are someone who can sew, cut or iron or wants to learn how to quilt and contribute your time, join us for “Quilts of Joy.” Volunteer your time to help create beautiful quilts that will be donated to area Women’s Shelters. More details at first meeting. Please bring scissors, pin cushions (*rotary cutter and board if you have one*) and an excitement for quilting! Please call to register. Instructor: Ellen Olson **FREE**  
**Starting Tuesday, Oct. 7th Meets Tuesdays from 1:15-3:30**

**“SAFETY CHECK LIST”**

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

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



**BILLIARDS**



**Please give us a call if you are interested!**

## RENT REBATE

### Filing Deadline: Wednesday, October 1<sup>st</sup>, 2014

Participants will receive a one time check in the fall to help offset rental expenses. Participants must submit proof of income for 2013, proof of rental, heating, electric, & water payments made in 2013. Eligible participants are age 65 & over or disabled & have incurred rental expenses in 2013, in Connecticut. Applications will be accepted for PREVIOUS and NEW Applicants. **2013 max. income: single: \$34,100 & couple: \$41,600**

## CONNECTICUT ENERGY ASSISTANCE PROGRAM

**Early Application Intake!!! Begins Monday, September 1<sup>st</sup>, 2014.** Energy Assistance helps to offset heating expenses during the winter. All fuel sources welcome to apply. An applicant must meet income & asset guidelines. Income and assets are counted for all members living in the household who are benefitting from the heat. Asset limit for homeowners is \$10,000 & for renters is \$7,000. Proof of all income, rent, & utility expenses, & bank statements for the month prior to the application date are required. \*Last Year's Monthly Income Guidelines: Single: \$2683 Couple: \$3508 ***\*This year's guidelines will be announced at the end of October. Income guidelines not available at time of this printing.***



## FARMERS MARKET COUPONS ARE HERE!!!!

Eligible participants enjoy CT Grown fruits, vegetables, fresh cut herbs, & honey from local Farmer's Markets. To be eligible: age 60 or older or are disabled and living in senior housing, & participating in another program that has means testing and meet income requirements. Eligible participants receive \$15 in coupons, good at the Madison Farmer's Market. Coupons are currently available. The market is open on the town green on Fridays from 3 to 6pm until October.

**Single Maximum Monthly income: \$1,773 and Couple: \$2,393.**

## FOOD PANTRY

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

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



## SNAP PROGRAM (Formerly Food Stamps).

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

## MEDICARE SAVINGS PROGRAM

### \*Updated Program limits\*

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

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

## CAREGIVER SUPPORT GROUP

Join VNA's Caregiver Support Network expert, Molly Standley for an interactive, confidential support group. Share experiences, discuss ideas and problem-solve with other caregivers. Discuss different options such as: Curative, Palliative or Hospice Care. Discover ways to be mindful in healing from grief. Group meets the 3<sup>rd</sup> Tuesday of the month. **Tuesday, August 19<sup>th</sup> 11 am-12pm FREE**



**MEDICARE REMINDERS!**

Medicare Part D prescription drug plans are allowed to change their premiums, covered medications and preferred pharmacies each year, and many plans do. Plan participants are invited to switch plans once a year during the open enrollment period (October 15<sup>th</sup>-December 7<sup>th</sup>), but few Medicare beneficiaries actually pick a new plan.

Here's are some motivating reasons why you should consider looking at your insurance.

**The cost of the plan**— Is the cost of your plan continuing to rise every year?

**Covered medications**— Has your plan dropped your medication from their formulary?

**Resisting change**— Are you hesitant to change your plan because you have been with them so long?

**Access to specific pharmacies**— Has your plan changed your access to your favorite pharmacy?

**The brand name of the plan**— Have you selected your plan because you are familiar with the company name, but didn't look at the specifics?

**Personal service**— Are you staying with your plan because you feel a personal connection to them?

**Coordinating with a spouse/friend**— Have you selected your plan because it is the same as your spouses' or good friends'?

**Star ratings**— Did you select your plan based on Star Ratings alone?

**Too many choices**— Were there too many choices when you selected a plan so you just picked one?

**Repetitive research**— Was it a lot of work when you initially enrolled and now your hesitant to do it again?

**Be your own best advocate!! You should look at your coverage once a year to be sure that your plan will cover you the best it can, in the most cost effective way to you. If you need assistance please contact Heather at (203)245-5687.**

**The National Family Caregiver Support Program**

Assists family caregivers in several ways. Information counselors available by telephone to provide information about community resources available to assist you with your caregiving responsibilities; care managers are available to provide counseling to help you with making plans for your relative; respite services are available to help provide a break from your caregiving responsibilities and caregiver trainings are provided several times each year to help you enhance your caregiving skills. Additionally, the Agency on Aging maintains a resource library on its website and provides information monthly, about caregiving in its newsletter. If you are a caregiver and have questions about caregiver services, please contact the **Agency on Aging at 203-785-8533.**

**BEGINNING MANDARIN CHINESE**

Ni Hao! Would you like to greet people and ask some simple questions when you travel to China? If so, then this class is for you. If you want to go a step further, the instructor will be glad to accommodate you. Let's have some fun together in this class! **6 weeks**

**Tuesdays, Oct. 7<sup>th</sup> - 28<sup>th</sup> & Thursdays, Nov. 6<sup>th</sup> & 13<sup>th</sup>**  
1-2pm **Fee: \$10**

**CHINESE HISTORY**

Major ancient dynasties as well as current Chinese society will be discussed. *Do you know why Chinese people call themselves descendants of Yellow Emperor?* Do you want to know more

about China's first emperor who built the Great Wall as well as the royal tomb containing the famous Terra Cotta Warriors? The explorer who opened up the ancient Silk Road in Han Dynasty as well as China's Great Armada led by Zheng-he in Ming Dynasty will also be discussed. Other topics will include how the Communist Party rules China and various aspects of current Chinese society. **6 weeks**

**Tuesdays, Oct. 7<sup>th</sup> - 28<sup>th</sup> & Thursdays, Nov. 6<sup>th</sup> & 13<sup>th</sup>**  
2-3pm **Fee: \$10**

**ART 101**

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

**Tuesdays, Oct. 7<sup>th</sup> - Jan. 27<sup>th</sup> 2015**

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

**Instr: Muriel Waldvogel Fee \$5**

**Sculpture:****Explore the Creativity With-in**

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

**Instructor Robert Trupin** has been a sculpture for over 20 years. He learned how to sculpt from world famous sculptor Stanley Bleifeld and master teacher Peter Rubino. All levels of sculptors are welcomed, individual instruction provided. **All supplies are included in fee.**

**Thurs. Oct 9<sup>th</sup>-Nov. 6<sup>th</sup>**  
**1:30-3:30pm**

**(5 Classes)**  
**Fee: R\$90 NR\$100**



**LEGAL ASSISTANCE**Thurs., Oct. 16<sup>th</sup> 9-10am

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

**HANDICAPPED PARKING PERMIT**

Available in the Senior Center office.

**NOTARY SERVICES**

By appointment only.

**HEARING CLINICS**

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

Monday, Oct. 27<sup>th</sup>**DIAL-A-RIDE**

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



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

**SENIOR CENTER BUS**

Monday - Friday 9am to 3:30pm

A fixed route service to the MSC, downtown, & grocery shopping. Call for a schedule.

**Bingo!**

Dessert Bingo with Watrous  
 Friday, October 3<sup>rd</sup> 1-2:30pm

St. Margaret's Bingo at Noon,  
 Wednesday, October 8<sup>th</sup>

**MEALS-ON-WHEELS**

by The Estuary Council of Seniors

(860) 388-1611 Ext. 207

Meals delivered around noon to the homebound or recently recovering.  
**Needs 5 days notice & doctor referral.**

**SENIOR CAFÉ**

Monday through

Friday at 11:45

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

**Smart Driver Course**

AARP Driver Safety is offering its revised Smart Driver Course.

**Fee: \$15 for AARP members**

**\$20 for non-members.** *To get the member fee you will need to bring your current AARP Membership card.* The 4-hour AARP Smart Driver course teaches valuable defensive driving skills and provides a refresher of the rules of the road. Payment is required with registration. Please make checks or money orders payable to AARP. **Wed., Oct. 8<sup>th</sup> 12 pm-4pm**

*Future Classes: Nov. 12<sup>th</sup>***MATINEE @ MSC**

**FREE** sponsored by  
**SILL**

Fridays at 1:00 pm

**Oct. 3<sup>rd</sup> I Remember Mama****Oct. 10<sup>th</sup> Cheaper by the Dozen****Oct. 17<sup>th</sup> National Velvet****Oct. 24<sup>th</sup> Captains Courageous****Oct. 31<sup>st</sup> The Yearling****Book Club**

Thursday, October 30<sup>th</sup>  
 Meets at 1 pm to discuss  
 "Invention of Wings"

*Discussion led by Barbara MacDonald***MEET MINGLE & MUNCH SOCIAL GROUP***Formally "The Singles Group"*

Do you like to do things, but not alone? At the social club you can join others for activities and fun events. Looking for new members, both men and women, and **new ideas.** Social Hour begins at **5:30pm.** at a local restaurant.

**Oct. 9<sup>th</sup>** W.B. Lobster in Westbrook  
**Oct. 23<sup>rd</sup>** at Bill's Seafood in Westbrook.

**Lunch Bunch & Shopping***please note: lunch on your own*

**Monday, Oct. 6<sup>th</sup> Shoreline Diner in Guilford & Strawberry Hollow Farm**  
 Depart MSC at 11:45 bus fee: \$2

**Monday, Oct. 20<sup>th</sup> The "NEW" Big Y in Old Saybrook and Wayback Burger**  
 Depart MSC at 11:45 bus fee: \$2

**Friday, Oct. 24<sup>th</sup> Kent Falls and Kent Pizza Garden**  
 Depart MSC at 9:00 bus fee: \$4

**FREE TECH SUPPORT**

*Have an iPad or a smart phone and don't know how to use it?* Get all your questions answered for free at the Madison Senior Center. Scranton Library Teen Advisory Group and Madison Youth & Family Services will be offering **free "drop-in"** learning sessions. Teen Volunteers will be available to answer your questions.

**Mon., Oct. 27<sup>th</sup> & Nov. 24<sup>th</sup> 4-5pm****Learn to Play Bunco with Kristen**

Bunco is a rollin' fun dice game! Come join Kristen to learn to play. Bunco can be played with 2-12 people. **FREE**  
**Thursdays Oct. 2<sup>nd</sup>-30<sup>th</sup> 10:00-11:30**

**BRIDGE**

**If interested in learning how to play bridge please contact Kristen at (203)245-5695**  
**New class starting soon!**



*Exercise With Patty Velleca*

**CHAIR EXERCISES**

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



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

Oct. 20<sup>th</sup>-Nov. 10<sup>th</sup>

**R\$17 | NR \$27**

4 classes

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

Oct. 24<sup>th</sup>-Nov. 14<sup>th</sup>

**R\$17 | NR\$27**

4 classes

**SENIORS IN MOTION**

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

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

Oct. 22<sup>nd</sup>-Nov. 12<sup>th</sup>

**R\$13 | NR\$23**

4 classes

**EXERCISE & RELAX YOGA**

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

**Tuesdays 9:30-10:30am**

Oct. 14<sup>th</sup>- Oct. 28<sup>th</sup>

**R\$27 | NR\$37.00**

3 classes

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

Oct. 23<sup>rd</sup>-Nov. 13<sup>th</sup>

**R\$33 | NR \$43**

4 classes

**FITNESS & MOVEMENT**

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

**Mondays - 9 to 10am**

Oct. 20<sup>th</sup>-Nov. 10<sup>th</sup>

**R\$17 | NR \$27**

4 classes

**Wednesdays - 9 to 10am**

Oct. 22<sup>nd</sup>-Nov. 12<sup>th</sup>

**R\$17 | NR\$27**

4 classes

**Fridays - 9 to 10am**

Oct. 24<sup>th</sup>-Nov. 14<sup>th</sup>

**R\$17 | NR\$27**

4 classes

**THINKING OF VOLUNTEERING?**

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

**TAICHI**



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

Instructor: S. Hanley

**Mondays, 9-10am**

(5 weeks)

Oct. 20<sup>th</sup>- Nov. 17<sup>th</sup>

**R\$30 | NR\$40**



**No Excuses Tap Dance Club**

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

*Tap shoes & registration required.*

**Thursdays from 10-11am FREE**

**Class w/Instructor:**

**Thurs: Oct. 2<sup>nd</sup> & Oct. 16<sup>th</sup> Fee: \$12**

*Please come 15 minutes before class to sign up.*

**Stronger Seniors**

An education and exercise program focusing on heart health and fall prevention. For all exercise levels.

**Tuesday's and Thursday's 1-2pm  
Sept. 16<sup>th</sup> - Dec. 11<sup>th</sup>**

*No class 10/13, 11/11, and 11/4*

*\$15 for series paid to*

*VNA Community Healthcare*

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

**Nurses Clinics**

VNA Community Healthcare holds a Nurses Clinic on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of each month. A Registered Nurse is available to check your blood pressure, pulse and weight; assess your health and work with you to set goals. The Nurse can also review your medications and help you to create a medication list, as well as discuss how to prepare for an appointment with your doctor.



**Mon., Oct. 27<sup>th</sup>**

**12-1:30pm**

**EXERCISE CLASSES WITH KRIS**

The "exercise pass" is good for 5 or 10-classes taught by Kris and is valid until the end of the fiscal year of purchase. **Fiscal Year ends: June 30<sup>th</sup>, 2015.**

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

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

*All classes taught by Kris Reaske*

**ZUMBA GOLD**

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

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

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



**Walkie Talkies!!**



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

**Mondays & Tuesdays 10:00am.**

Weather permitting (*no snow, ice, or rain*)



**"New" Ballroom Line Dancing**

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

**Mon., Oct 27<sup>th</sup>-Dec. 1<sup>st</sup>**

**2-3pm**

**Fee: \$37R | \$47NR**

**Mohegan Sun Friday**

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

Friday, October 10<sup>th</sup>

\$7

**Pumpkin Festival****Keene New Hampshire**Saturday, October 18<sup>th</sup>

Late morning departure en route to Keene, NH, where you will experience the town's 23<sup>rd</sup> Annual Pumpkin Festival, which has set 8 Guinness Book of World Records for the largest number of pumpkins. Featuring food, craft vendors, live entertainment and even a children's costume parade! Entertainment will be played on three different stages throughout the day. **Bring a carved pumpkin to add to the scaffoldings in the Connecticut section in hopes to break another world record of over 31,000 pumpkins.** As dark begins to fall, enjoy the luminous glow as pumpkins light up the nights sky. **Depart for home around 7pm, please arrange transportation to and from the MSC.** Price includes transportation, driver's gratuity and time at the Pumpkin Festival. Departure time: TBD (*there may be multiple pick ups*)

\$54R | \$59NR

**Oktoberfest****Platzl Brauhaus**Tuesday, October 21<sup>st</sup>

Travel to the Platzl Brauhaus in Pomona, NY for an Oktoberfest Celebration. Enjoy delicious homemade donuts and danish served with hot coffee or tea. Later, revel in an Oktoberfest dinner including a choice of Roasted Half Chicken, Roast Pork Platter, or Sauerbraten. Also enjoy spare ribs, red cabbage and sauerkraut served with all the trimmings. soda, beer and apple cider will be served throughout the day. Dessert is fresh apple pie! Dance or sing along with the German band and dancers performing all day long! Price includes transportation, festivities, family-style luncheon and driver's gratuity. Departure time: TBD (*there may be multiple pick ups*)

\$90R | \$95NR

**Las Vegas & Atlantic City Legends Show****Aqua Turf**Tuesday, Oct. 28<sup>th</sup>

Critically impressionist, Mark Verselli captivates audiences with an ever-changing cast of characters, which now includes over 120 personalities. Holy Faris is a one woman show unlike anyone you have ever seen! Holy has thrilled audiences from coast to coast with her assortment of celebrity impersonations and comedy. Coffee and donuts, door prizes, complimentary beverage, family style lunch: salad, pasta, chicken francais, roast beef, vegetable, potato, and dessert Depart MSC at 10:00am

\$45

**"Say Goodnight Gracie"****Ivoryton Playhouse**Wednesday, October 29<sup>th</sup>

The Life, Laughter and Love of George Burns and Gracie Allen. This Broadway play invites you to spend a hilarious, heart-warming afternoon in the uplifting company of the world's favorite and funniest centenarian. George Burns, who spanned one hundred years of American entertainment history is now miraculously alive and kicking in a stunning tour de force. **"Say Goodnight Gracie"** was Broadway's third longest running solo performance show and was nominated for a 2003 Tony Award for BEST PLAY and won the **2003-04 National Broadway Theatre Award for Best Play!** Depart MSC at 1:15

\$35R | \$45NR

**It's All About the 50's****Costa Azzurra, Milford, CT**Thursday, November 6<sup>th</sup>

You can't beat the scenic water views of Long Island Sound and Charles Island, making for a breathtaking dining experience. After lunch, enjoy the performance, "It's All About the Fifties." Tap your feet and sing along as "Big John" Hartman walks you through the styles of music from this incredible decade. Price includes transportation, drivers gratuity, luncheon and show. Meal Choice: Sliced Sirloin Steak, Stuffed Sole or Chicken Parmesan. (There may be multiple stops)

70\$R | 75\$NR

**Holiday Inn****Goodspeed Opera House**Wednesday, November 12<sup>th</sup>

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

\$54R\$ | 59NR

**Holiday Wishes at the Aqua Turf**Tuesday, Dec.9<sup>th</sup>

Featuring *Red Satin Band!* Versatile and experienced, Red Satin has the talent for sparking enthusiastic audience response whether they're listening or dancing up a storm. Price includes: coffee and donuts, complimentary beverage, door prizes, family style luncheon of salad, pasta, roast turkey, sliced roast beef, vegetable, potato and dessert. Depart MSC at 10:00

\$43.00

**Shades of Ireland****Thursday, April 16<sup>th</sup>-to Saturday, April 25<sup>th</sup>, 2015**

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

**Fee does not include Cancellation Waiver or Insurance of \$260 pp. Book Now: and Save \$350 per person.**

**Double pp \$2,999, Single pp \$3,399, Triple pp \$2,969 Valid rates until Oct. 17<sup>th</sup>, 2014.**

**Pacific Northwest and California****September 14<sup>th</sup>-21<sup>st</sup>, 2015**

*This trip features Washington, Oregon and California. Highlights include Seattle, Mt. St. Helens Visitor Center, Portland, Columbia River Gorge, Portland Spirit Cruise, Newport, Bandon State Natural Area, Redwood National Park, Eureka, Avenue of the Giants and San Francisco.*

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

Included in the price: Group transportation from a central location to and from Bradley International Airport, round trip airfare from Bradley Intl Airport, air taxes and fees/surcharges, hotel transfers, 8 Days & 7 Nights, 10 meals: 6 Breakfasts, 4 dinners.

Book by March 13, 2015 and Save \$100 per person. **Not included in price is cancellation waiver insurance, cost of \$205 a person. Double: \$2,699, Single: \$3,349, Triple: \$2,669. Rates after March 13<sup>th</sup> 2015: Double: \$2,799, Single: \$3,449, Triple: \$2,769.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>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 Monday please call by noon the previous Friday.)</i></p>				
<p><b>6</b> Boneless Grilled Chicken w/ Garlic Lemon Sauce, Baked Sweet Potato, Riviera Vegetables, Rye Bread, Mixed Fruit Juice, Butter-scotch Pudding, Milk</p>	<p><b>7</b> Sliced Pork w/ Gravy, Rstd, Garlic Mashed Potatoes, Ital. Veggie Blend, Pumpernickel bread, Fresh Apple, Milk</p>	<p><b>8</b> Rstd Chicken w/ Hickory BBQ Sauce, Sweet Cranberry Rice Pilaf, Wax Beans, Pumpernickel Bread, Fruit Cocktail, Milk</p>	<p><b>2 Oktober Fest</b> Bratwurst, Boiled Potatoes, Red Cabbage &amp; Apples, Dinner Roll, Black Forrest Cake, Milk</p>	<p><b>3</b> Hawaiian Chicken, Israeli Couscous, Spinach, Rye Bread, Fruited Jell-o, Milk</p>
<p><b>13</b> <b>Closed for Columbus Day</b></p>	<p><b>14</b> Philly Cheesesteak with onions and peppers, Country Style Blend, Mandarin Oranges, Milk</p>	<p><b>15</b> <b>Fall Harvest Celebration with Evergreen Woods</b> Sign up at front desk</p>	<p><b>16</b> Rstd Cauliflower, Crab Cake, Tartar Sauce, Mac &amp; Cheese Broccoli, Wheat Dinner Roll, Fresh Fruit. Milk</p>	<p><b>17</b> Meatloaf w/ Gravy, Mashed Potato, Peas and Pearl Onions, Enriched Bread, Fruit Yogurt, Milk</p>
<p><b>20</b> Whl Wht Spaghetti, Meatballs in Marinara, Parmesan Cheese, Garden Salad, Vinaigrette Dressing, Breadstick, Fresh Fruit, Milk</p>	<p><b>21</b> Chicken Orzo Soup, Vegetable Quiche, Ital. Breadstick, Tomato Cucumber &amp; Basil Salad, Fresh Fruit, Milk</p>	<p><b>22</b> <b>Pizza Party!</b> Sign up with Ellie at the front Desk</p>	<p><b>23</b> Cod in Chucky Tomato and Mozzarella Sauce, Oven Baked Fries, Zucchini, Dinner Roll, Apple Juice, Lemon Pudding, Milk</p>	<p><b>24 Happy Birthday!</b> Sweet &amp; Sour Pork, Brown Rice, Oriental Blend, Bread, Mandarin Apple Juice, Carrot Cake, Milk</p>
<p><b>27</b> Sliced Turkey w/ Grvy, Rstd Potato, Green Beans, Marble Rye Bread, Grape Juice, Pumpkin Bread Pudding, Milk</p>	<p><b>28</b> Sliced Roast Beef w/ Grvy, Baked Potato, Scandinavian Veg. Blend, Marble Rye Bread, Pineapple</p>	<p><b>29</b> Vegetable Lasagna, Caesar Salad with Croutons and Caesar Dressing, Dinner Roll, Scalloped Apples, Milk</p>	<p><b>30</b> Salmon in a Rosemary Cream Sauce, Brown Rice, Zucchini, Dinner Roll, Fresh Fruit, Milk</p>	<p><b>31</b> Salmon in a Rosemary Cream Sauce, Brown Rice, Zucchini, Dinner Roll, Fresh Fruit, Milk</p>



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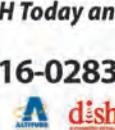
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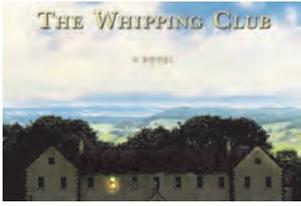
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**Local Author Discussion  
Deborah Henry’s “The Whipping Club”**

A story about secrets, a story about shame, a story about forgiveness, a story about love. “*The Whipping Club* takes us to mid-20<sup>th</sup>-century Ireland, where a good Catholic girl decides to give up her half-Jewish child for adoption. Secrecy, lifelong guilt, and remorse aren’t even half of what she and the child will suffer in Deborah Henry’s novel.” “O – *Oprab Magazine*” July Summer Reading Issue 2012

**Monday, October 27<sup>th</sup> at 1:00pm**

**COMPUTER CLASSES**

**Computer Basics For Beginners**

For the person who is new or relatively new to computers. Start with the basics - terminology, components etc. what can be done with a computer; composing a letter, e-mail, and an introduction to the Internet. If you have your own laptop, please feel free to bring it with you. **Tuesdays Oct. 7<sup>th</sup>, 14<sup>th</sup> (1 to 2:30pm) & Oct. 28<sup>th</sup> (1-2pm) No class Oct. 21<sup>st</sup> (3 classes)**

**Fee: R \$42 | NR \$52**

**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. 23<sup>rd</sup>-Nov. 20<sup>th</sup> 1 to 2:00pm (5 classes)**

**Fee: R \$42 | NR \$52**

**E-Bay: and “New” Crag’s List**

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. Learn how to become an eBay seller, what it costs, how to price your items, take and upload a picture, complete the sale, and the best words to describe your item. Please bring a camera, charged battery, & a pad and pencil. Classes are 2 hours. If you have your own laptop, please bring it with you.

**Tuesdays, Oct. 7<sup>th</sup>– Oct. 28<sup>th</sup> - 10:00-12:00 No class Oct. 21<sup>st</sup> (3 classes)**

**Fee: R \$42 | NR \$52**

**Shopping the Internet Safely**

Save money, save time. Find that perfect dress: locate that part for your classic 1955 Plymouth: Comparison shop prices; compare different brands; get that missing piece to your collection. From *LL Bean* to *Macy’s* to *Nordstrom’s* to *E-bay*. From new to antique to rare. **Thursdays, Oct. 23<sup>rd</sup> & 30<sup>th</sup> 10 to 12pm (2 classes)**

**Fee: R \$35 | NR\$45**

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

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

**Ongoing Activities at the Senior Center**

<b>Bridge</b>	Thursdays	1– 4 pm	<b>Hand &amp; Foot</b>	Fridays	1– 4 pm	<b>Swedish Weaving</b>	Tuesdays	1– 4 pm
<b>Canasta</b>	Tuesdays	1– 4 pm	<b>Knitting Group</b>	Tuesdays & Thursdays	10a-12p	<b><i>SETBACK starting Wednesday’s at 12:45 . Looking to form PINOCHLE groups as well. Please contact Kristen if interested.</i></b>		
<b>Mah Jong</b>	Thursdays	1– 4 pm	<b>Poker</b>	Wednesdays	1– 4 pm			
<b>Crocheting Bags</b>	Wednesdays	1–3 pm	<b>Walking Club</b>	Mon and Tues.	10:00am			