

# Trends & Traditions

October 2015

Madison Senior Center

## CASH MOB

You may ask, what is a "Cash Mob?" The answer is a group of people, in this case the Madison Senior Center, who assemble at a local business to make purchases. The purpose is to support both the local business and the overall community. This month, "*Nicks Place*" is offering us 10% off! **To participate you must register with the Madison Senior Center.**

**Minimum Passengers: 5**

**Friday, October 2<sup>nd</sup>, Depart MSC at 11:00am Fee: \$2**

## Basic Italian

*New Course - New Material*



Learn common expressions, phrases and essential communication related to travel, transportation, dining and sightseeing. This four week course is fun, interactive and stress free!

Instructor: *Elaine Jackson* and pre-registration is required.

**Wednesdays, Oct. 14<sup>th</sup> -Nov 4<sup>th</sup>**

**1-2pm**

**Minimum enrollment 4**

**Fee: \$36R | \$46NR**

## Visit The Historic Henry Whitfield House

Visit CT's oldest house and New England's oldest Stone House. Tour the three buildings on the site, the visitor's center, browse through the gift shop and two galleries. Enjoy the 17<sup>th</sup> -19<sup>th</sup> century furnishing and artifacts. Stroll around the landscaped grounds, featuring extensive stonewalls, a bronze statue representing Henry Whitfield a ship's cannon from the War of 1812 completes the tour.



**Friday, Oct. 16<sup>th</sup>**

**Bus Fee: \$2.00**

**Depart 12:30pm**

**\$6 Admission paid at the door**

## EAT & PEEP

Join us for a fall leaf peeping right across the Connecticut River. Lunch at Sadler's Restaurant & Bakery in Marlborough. A place of relaxation, good food & good times. Please stop in to MSC to see a menu for lunch on your own

**Mon. Oct. 19<sup>th</sup>**

**Depart 11:00**

**Fee: \$4**



## A Place Called Hope

Join us for a wonderful tour of the rehabilitation and education center for birds of prey. You will see how injured and orphaned birds are cared for and when possible released back into the wild. They take in eagles, hawks, owls, falcons, harrisers, vultures and osprey. **Please bring a donations in lieu of an admission fee.**

**Monday, Oct. 5<sup>th</sup> Depart MSC at 1 pm**

**Bus fee: \$2**

## The Adventurous Culinary Club

Come on a culinary adventure to explore cuisines from around the world and make new friends! Lunch on your own, prices will vary. This month enjoy lunch at *Alforno's* in Old Saybrook. Specializing in Italian food and pizza. **Please sign up by 10/16 and check at the desk for the menu selections that will be available.** Min. Passengers: 5

**Friday, October 23<sup>rd</sup> Depart MSC at 11:30**

**Fee: \$2**

**Island Avenue Elementary School Students to Parade in Costume through the Senior Center on Friday, Oct. 30<sup>th</sup> between 10:30 and 11:30.**



## 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. 5<sup>th</sup> 12:30pm-3pm

Tues., Oct. 14<sup>th</sup> 5pm-7:00pm

Tues., Oct. 20<sup>th</sup> 11:30pm-1:30pm



To celebrate Oktoberfest we will be serving a special meal of Bratwurst, Pork Chops, German Potato Salad, and Spätzle Pear Tart. Space is limited.

**Thursday Oct. 22 at 11:30am**

**Fee:\$10.00**



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

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

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

**WEBSITE:** www.madisonct.org/seniors

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

**SR. COMMUNITY CAFÉ**  
(203) 245-5627

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

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

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



**SENIOR COMMISSION**

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

*The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be October 8<sup>th</sup>, 2015 at 5:30pm*

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

**SENIOR CENTER STAFF**

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

**Pool Instruction**

Dave Kyle has been a student of pool instruction for a long time. He'll share with you information on the basic stance, dominant-eye sighting, and stroke. He'll introduce you to several very simple and powerful "practice drills." Together you will play the great game.

**Wednesday, Oct. 7<sup>th</sup>– Nov. 18<sup>th</sup> no class 11/11**

**1:00-3:30pm 4 Students per session**



**FREE**

**Novice Duplicate Bridge Game**

Begin the session with a mini-lesson with the instructor. The games that follow will be "supervised," meaning that you can ask questions about bidding or plays as you play the hands. It is best to come with a partner, but if you can't, you can call the instructor, to be paired with someone. No reservations.

**Director: Connie Graham 860-505-7833**

**Friday's - 12:15- 3:30**

**Fee: \$6 per session**



**"Quilts of Joy"**  
with Ellen Olson

If you are someone who can sew, cut or iron or wants to learn how to quilt and contribute your time, join us for "Quilts of Joy." Volunteer your time to help create beautiful quilts that are being donated to New Horizons Women's Shelter in Middletown. Please bring scissors, pin cushions (*rotary cutter and board if you have one*) and an excitement for quilting! Please call to register. **FREE**  
**Meets Tuesday's from 1:15-3:30**

**Mah Jongg Game Play**

It's a game of skill, strategy and a certain degree of chance. There are many opportunities to play at MSC, we have open play on the following days:

**Wednesdays: 9:30-12 & 11:30 - 3:45pm**

**Thursdays: 12 - 3:45pm**

**Fridays: 9:30-12**

**11:30 - 3:45pm**

**All are welcome!**



**Crochet with Mrs. Wimble**



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

**Ongoing Activities at the Senior Center**

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



## CONNECTICUT ENERGY ASSISTANCE PROGRAM

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



**Early Application Intake has already begun!!** Energy Assistance helps to offset heating expenses during the winter. All fuel sources welcome to apply. An applicant must meet income & asset guidelines. Income and assets are counted for all members living in the household who are benefitting from the heat. Asset limit for homeowners is \$15,000 & for renters is \$12,000. Proof of all income, rent, & utility expenses, & bank statements for the month prior to the application date are required.

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

## MEDICARE SAVINGS PROGRAM \*Updated Program limits\*

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

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

## FARMERS MARKET COUPONS



Eligible participants enjoy CT grown fruits, vegetables, fresh cut herbs, & honey from local Farmers' 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 meets income requirements. Eligible participants receive \$15 in coupons, good at the Madison Farmers' Market. **Coupons should be available beginning July 1<sup>st</sup>, 2015.** The market is open on the town green on Fridays from 3 to 6pm until the end of October.

**Single Maximum Monthly income: \$1,814.58 and Couple: \$2,455.91**

## MADISON SENIOR CENTER DINING PROGRAM ASSISTANCE

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

### Income

<\$972.50/Month

\$972.51-\$1,215/Month

### Number of Possible Meals Subsidized Per Week

4 meals/week maximum

3 meals/week maximum

This program is run off of a donation from Neighbor to Neighbor and is on a first come, first served basis.

To seek further information on the program, please see Heather Castrilli or call (203)245-5627



## MADISON COMMUNITY SERVICES FOOD PANTRY

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

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

### SNAP PROGRAM (Formerly Food Stamps).

Helps offset food expenses. Money is given to eligible participants monthly, on an EBT debit card to use at local grocery stores. **Monthly Max. Income: Single: \$1,800, Couple: \$2,425.**



## CAREGIVER SUPPORT GROUP

Join VNA's Caregiver Support Network expert, for an interactive, confidential support group. Share experiences, discuss ideas and problem-solve with other caregivers. Discuss different options such as: Curative, Palliative or Hospice Care. Discover ways to be mindful in healing from grief. Group meets the 3<sup>rd</sup> Tuesday of the month. **Tuesday, October 20<sup>th</sup>, 11am-12pm FREE**

## BRING A PUMPKIN TO PAINT

Have fun carving pumpkins together! Bring your pumpkin and some creativity! We will show them off at the Senior Center and you can take them home on Friday. **Thurs., Oct. 28<sup>th</sup> at 1pm**



Fee: \$5.00

## Intergenerational Book Club

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



**Wed., Oct. 7<sup>th</sup> at the Senior Center 10:30-11:15 Free**  
**Dates: Wednesday's 10/7 & 21, 11/4 & 18**

## Bingo!

**Dessert Bingo with Watrous**  
**Friday, October 2<sup>nd</sup> at 1pm**  
**St. Margaret's Bingo**  
**October 14<sup>th</sup> 2015**

## EVERYONE HAS A STORY!

**Roundtable discussion and writing group**

Reflect on your life, relive special moments, and begin to come to terms with issues. Exercises will be exciting and help motivate you to write! All attendees should be good listeners, able to maintain confidentiality, and have a willingness to share. **Mondays, 1-2pm Free**

## Swedish Weaving

Swedish Weaving is a very relaxing and fun needle craft that dates back centuries. The beauty of this needle-craft is that it only requires a few items: Monk's cloth, 4-ply yarn, a #13 yarn needle, scissors, a pattern, and the desire to create a unique, impressive handcraft. Start with a small project, instructor Dolores Sacricder will explain what is needed. New students welcome. **FREE**  
**Tuesday's Sept. 8<sup>th</sup> - Nov. 24<sup>th</sup> 10-12**

## The Friday Movie Matinee at MSC

All movies begin at 1:00

10/2 "In The Heat of the Night"  
 10/9 "Mississippi Burning"  
 10/16 "The Color Purple"  
 10/23 "Driving Miss Daisy"  
 10/30 "A Time to Kill"



## Book Club

Thursday, October 29<sup>th</sup>

Meets at 1 pm to discuss

"All the Light You Cannot See"

Discussion led by Barbara MacDonald



## Shopping & Adventures!

*please note: lunch is on your own*  
**Bus fee \$2 minimum of 5 people.**

**Friday, Oct. 30<sup>th</sup>**

Visit **Strawberry Hollow Farm**  
 depart MSC at 1:00

## Emergency Kit Checklist

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



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



**Flashlight, battery operated radio, extra batteries**



**First aid kit, cash, cellphone and charger**



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



**Clothes and baby or pet supplies if you need them.**

## Seniors Newcomers' Club

Have you just relocated or recently retired to the Shoreline? We welcome you to join our newcomers club designed to acquaint new residents with the community. We look forward to meeting you for fun, friendship and great conversation! Club organizer: **Jennie Owens**  
**This time we will be meeting for lunch at senior center**  
**Wed. Oct. 7<sup>th</sup> 11:30 Lunch Fee: \$4**  
**Call (203)245-5627 to register for lunch.**

## MSC ART GALLERY

View our latest exhibit by **The Coastal Camera Club**. The show will run from **Oct. 5<sup>th</sup> to Nov. 15<sup>th</sup>** and is open Monday thru Friday from 8:30am-4pm (Please call the senior center for alternate times.)

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

**LEGAL ASSISTANCE**Thurs., Oct. 15<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 APPLICATION**

Available in the Senior Center office

**NOTARY SERVICES**

By appointment only

**MEDICARE COUNSELLING**

By appointment only

**DIAL-A-RIDE**

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



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

**SENIOR CENTER BUS**

Monday - Friday 9am to 3:30pm

A fixed route service to the MSC, downtown, & grocery shopping.

**MEALS-ON-WHEELS**

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

**SENIOR CAFÉ**

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

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

**TECH SUPPORT**

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

**Mon. October 26<sup>th</sup> 4-5pm Free**

*Please register with **Tom Piezzo** at the Scranton Memorial Library (203) 245-7365 to receive updates regarding cancellations and changes. This also assists the library to schedule an appropriate number of volunteers.*

**MASSAGE THERAPY**

Loosen up those tight muscles and get the blood flowing with a twenty minute chair massage.

Let an experienced massage therapist help you achieve your wellness goals and feel better in the process.



*Licensed Massage Therapist*  
Susan Graham

**Offered on 1<sup>st</sup> and 3<sup>rd</sup> Friday monthly**  
**October 2<sup>nd</sup> and 16<sup>th</sup> Fee: \$24**  
Call Senior Center for appointment.

**Myths and Realities of Aging**

Columnist for the New Haven Register Jean Cherni will give a talk on the *Myths And Realities Of Aging* for the Encore Club of Madison on Wednesday Oct. 7<sup>th</sup> at 2PM at the Madison Senior Center Cafe. **Space is Limited**

The Encore Club is a friendly, social group which welcomes all women residing on the Connecticut shoreline. The talk is open to the public. To attend the talk or inquire about membership please call Lee Hall 203-315-5057.

**MEET MINGLE & MUNCH SOCIAL 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 is at **5pm.** at a local restaurant.



**October 8<sup>th</sup> at Café Allegre**

**HEARING CLINICS**

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

**By Appointment Only Oct. 19<sup>th</sup>.**

**“SAFETY CHECK LIST”**

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

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

**ART 101**

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

**Come get your creative juices flowing!**

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

### Exercise With Patty Velleca

#### CHAIR EXERCISES

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



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

October 5<sup>th</sup> - 26<sup>th</sup> (no class on 10/12)  
 R\$14 | NR\$24 **3 classes**  
**Minimum Enrollment: 2**

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

October 2<sup>nd</sup>-30<sup>th</sup>  
 R\$24 | NR\$35 **5 classes**  
**Minimum Enrollment: 2**

#### SENIORS IN MOTION

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

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

October 7<sup>th</sup>-28<sup>th</sup>  
 R\$19 | NR\$29 **4 classes**  
**Minimum Enrollment: 12**

#### EXERCISE & RELAX YOGA

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

**Mondays 9:30-10:30am**

October 5<sup>th</sup> - 26<sup>th</sup> (no class on 10/12)  
 R\$26 | NR\$36 **3 classes**  
**Minimum Enrollment: 2**

**Tuesday's 9:30-10:30am**

October 6<sup>th</sup>-27<sup>th</sup>  
 R\$34 | NR\$44 **4 classes**  
**Minimum Enrollment: 2**

#### FITNESS & MOVEMENT

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

**Wednesdays - 9:00 to 10:00am**

October 7<sup>th</sup>-28<sup>th</sup>  
 R\$34 | NR\$44 **4 Classes**  
**Minimum Enrollment: 2**

**Fridays - 9:00-10:00am**

October 2<sup>nd</sup>-30<sup>th</sup>  
 R\$42 | NR\$52 **5 Classes**  
**Minimum Enrollment: 2**

## TAICHI



T'ai Ch'uan is a gentle way to nourish body, mind, and spirit. Slow movements can improve health, vitality, balance, and concentration. Instructor: S. Hanley **Oct. 26<sup>th</sup>-Nov. 23<sup>rd</sup> (5 weeks)**  
**Fee: R\$30 | NR\$40**

**Minimum Enrollment: 8**



### No Excuses Tap Dance Club

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

*Instructor Annette Smith will be here on October 8<sup>th</sup> and 22<sup>nd</sup>*

*Fee is \$12.00*

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

### Walkie Talkies



If you are tired of walking alone and want to meet other walkers. Walk with us weather permitting  
**Mon. & Tues. at the MSC 9:00 am-**

**Wednesday's at 9:00 am**

Walking the Madison section of the *Shoreline Greenway Trail*. Starts at Hammonasset State Park. A new parking area is now available just east of the main entrance, on Rte 1.

**Please note: No Classes, Activities, or lunch on Tuesday, Nov. 3<sup>rd</sup> & 11<sup>th</sup>**

### 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>, 2016.**

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

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

### ZUMBA GOLD

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

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

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



### Ask the Nurse

The VNA holds a Nurses Clinic on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday monthly. Check your blood pressure, pulse and weight; assess your health and work to set goals. The Nurse can also review your medications and help you to create a medication list, and discuss how to prepare for an appointment with your doctor. **12:30 pm on:**

**Tues. October 13<sup>th</sup> and 27<sup>th</sup>**



### Healthy Habits for Life

A four part series that will help you communicate with your healthcare provider, make diet and exercise changes, learn effective ways to manage medications and develop home safety strategies.

Instructed by Guilford VNA

**Mondays, Nov. 16<sup>th</sup>- Dec. 7<sup>th</sup>**

**10:30-11:30 Classes: 4 Fee:\$25**

**Maximum: 12 Participants**



### Ballroom Line Dancing

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

Instructor: Karen Pfrommer

**Mon., Nov. 2<sup>th</sup>-Dec. 7<sup>th</sup> 2-3pm**

**6 Classes**

**Minimum: 6**

**Fee:\$36R | \$46NR**

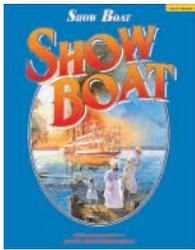
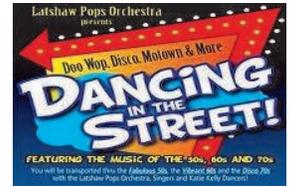
### LAUGHTER IS THE BEST MEDICINE

A woman on the phone to her friend; "I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, jumped up and down and perspired for an hour. But by the time I got my leotard on, the class was over!"

**Mohegan Sun Friday****Friday, October 9<sup>th</sup>**Every turn leads to a new adventure. Food vouchers & bet coupons included. **Depart MSC at 9am.****Fee:\$7****Dancing in the Street****Aqua Turf****Monday, October 26<sup>th</sup>**

Latshaw Pops Orchestra presents *Dancing In The Street*. It's an unforgettable musical show featuring Doo Wop, Disco, Motown and more! You will be transported through the Fabulous 50's, the Vibrant 60's and the Disco 70's with the Latshaw Pops Orchestra, Singers and Katie Kelly Dancers! Price includes full course family style lunch, show and transportation.

Depart MSC at 10

**Fee: R\$65 | NR \$75****"Show Boat"****Westchester Theater****Thursday, November 12<sup>th</sup>**

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

**Departure time TBD****Fee: R\$104 | NR \$109****"Country Diva's"****Aqua Turf****Tuesday, November 17<sup>th</sup>**

Patsy! Reba! Minnie Pearl! and the one and only Dolly! Three women performing four legends, one great show, unlike any you've seen before! Country's top legends and their # 1 hits portrayed by nationally renowned tribute artists, Wendy T, Holly Faris and Roxanne Bailey. This show is an event, there will be no dancing. Lunch includes: Salad, Pasta, Chicken Florentine, Sliced Roast Beef, Vegetable, Potato, Dessert. Price includes lunch and entertainment. **Depart MSC on 10:00am bus.**

**Fee: \$50****Christmas Spectacular****Radio City Music Hall, New York City****Friday, November 20<sup>th</sup>**

Upon arrival enjoy your family style lunch at Carmine's including: Rigatoni with Broccoli and Sausage, Penne a la Vodka and Chicken Parmigiana. After lunch we will depart for Radio City Music Hall to see the world famous Rockettes! Be part of this American tradition as a new show will be introduced with a bounty of exciting segments and special effects yet still retaining your favorite classical Christmas sights and songs! This is a Holiday Getaway that can't be missed! Price includes transportation, Radio City Christmas Spectacular and lunch at Carmine's. There may be multiple stops, departure time TBA **Fee: \$173R | \$183NR**

*As the new program coordinator, I would love to hear your suggestions of fun and interesting places to go in Connecticut, or delicious restaurants you know about. So please feel free to come in and chat, or give me a call (203) 245-5695 or email me at gillespiee@madisonct.org.*

*Thanks,  
Ellie*

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

### Tropical Costa Rica

March 14<sup>th</sup>-March 22<sup>nd</sup>, 2016

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

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

### America's Music Cities

April 15<sup>th</sup>-April 22<sup>nd</sup>, 2016

8 Days/11 Meals: 7 Breakfast, 4 Dinners

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

**A deposit of \$250 pp due at time of reservation**

### Canada and New England with Norwegian Cruise Line

October 1-8, 2016

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

### Reflections of Italy

Depart Monday, October 10<sup>th</sup> – October 20<sup>th</sup>, 2016

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

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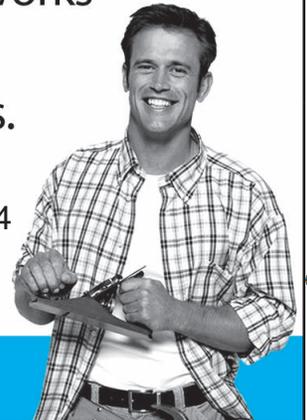
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# October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><i>Please remember to make your reservation for lunch at (203) 245-5627 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.) There will now be a flat fee of \$4 for lunch .</i></p>		<p><b>1</b> Broccoli Cheddar-Soup, Crab Cake Sandwich, Orange Cake</p>	<p><b>2</b> Seafood Bisque, Buffalo Mozzarella Ravioli with Feta and Beef Chocolate Peanut Butter Pie</p>
<p><b>5</b> Cream of Asparagus Soup, Grilled Flank Steak with Roasted Potatoes and Corn Pudding, Pound Cake</p>	<p><b>6</b> Caribbean Jerk Shrimp Soup, Pork Piccata with Spaghetti and Green Beans, Chocolate Pudding</p>	<p><b>7</b> White Bean and Sausage Soup, Eggplant Parmigiana, Fruited Jell-o</p>	<p><b>8</b> New England Clam Chowder, Chicken Marsala with Mashed Garlic and Asparagus, Chocolate Cake</p>	<p><b>9</b> Navy Bean with Ham Soup, Salmon Salad Club Sandwich, Strawberry Shortcake</p>
<p><b>12</b> MSC IS CLOSED for Columbus Day.</p>	<p><b>13</b> Corn Chowder, Balsamic Braised Chicken, Vanilla Pudding</p>	<p><b>14</b> Wild Mushroom Barley Soup, Seared Bassa (White Fish) with Herbed Butter, Roasted Sweet Potatoes, Black Forest Cake</p>	<p><b>15</b> Tuscan Chicken and Pasta Soup, Quiche Lorraine with Fresh Baby Spinach Salad, Parfait</p>	<p><b>16</b> Asian Pepper Steak Soup, Lasagna, Lemon Cake</p>
<p><b>19</b> Manhattan Clam Chowder, Pulled Pork Sandwich with a Broccoli Slaw, Apple Pie</p>	<p><b>20</b> Chicken Lentil Soup, Cavatelli Broccoli and Sausage, Cookies</p>	<p><b>21</b> Split Pea Soup, Grilled Salmon with a Melon BBQ Sauce, Cookies</p>	<p><b>22</b> Oktoberfest! Brats, Pork Chop, German Potato Salad, Spaetzle, Pear Tart <i>\$10.00 per person</i></p>	<p><b>23</b> Chicken Vegetable Soup, Grilled Pork with Apples, Cinnamon Apple Cake</p>
<p><b>26</b> Potato Soup, Grilled Chicken &amp; Avocado Caesar Salad, Chocolate Cream Pie</p>	<p><b>27</b> Beef Minestrone Soup, Ginger Chicken Kabobs with Brown Rice and Peas, Cherry Pie,</p>	<p><b>28</b> Pasta Faggioli Soup, Grilled Ham, Tomato and Cheese, Blueberry Pie</p>	<p><b>29</b> Butternut Squash Soup, Penne Pasta with Potatoes and Broccoli, Roasted Root Vegetables, Pumpkin Pie</p>	<p><b>30</b> Autumn Bisque, Pumpkin Ravioli with Toasted Pine Nuts, Ice Cream</p>

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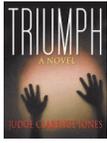
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Katie, who as an infant is rescued from death-by a mother suffering from Munchausen by Proxy Syndrome, was placed into foster care and later escapes death while trying to right many wrongs. Katie’s journey opens the door into the cloistered world of the juvenile court, where the reader sees cases through the eyes of the judge.



**Monday, October 26<sup>th</sup> at 1pm**

**FREE**

**AARP DRIVER SAFETY CLASS**

A refresher course aimed at the age 60+ driver. Call your insurance company. You may be eligible for a discount for completing this course! The class will be held on Wednesdays from 12:30p to 4:30p

**Oct. 14<sup>th</sup> & Nov. 18<sup>th</sup>**

**Instructor: Cliff McGuire**

**Fee: AARP Member \$15 Non-Member \$20**

**Checks made payable to AARP**

**COMPUTER HELP SESSIONS - 2-3 HOURS LONG** *These short courses will expand your knowledge of their subjects. They are designed for new and beginning users. You can bring your own laptop or tablet or use the Center’s computers. Classes will be available Tues: 9am-4pm, Wed: 1-4pm or Thurs. 1-4pm.* Contact us to arrange a time. **Registration minimum is 2 people. Fee: \$12/per session**

**SHOPPING the INTERNET – Safely and Securely!**

Learn how to save money, time, and safely shop from the comfort of your home. One purchase will pay for this registration fee.

**EMAIL-** Learn to: write and send an email, how and when to open an one; how to send, receive and print photos; and how to make and use an address book.

**THE INTERNET-** Learn the basics of the Internet, how to research, read local & international news, visit museums, and watch movies.

**FACEBOOK & SOCIAL MEDIA -** Learn how to get started, connect with grandchildren, old friends and more.

**COMPUTER CLASSES**

*Classes are forming for the courses listed below. As we gather enough students for each class we will schedule the dates for them to run. Please call the Senior Center (203-245-5627) and let us know if you are interested in any of the classes below.*

**Computer Basics For Beginners -** For those relatively new to computers. Learn the basics terminology, components etc. what can be done with a computer. If you have your own laptop or tablet, feel free to bring it with you.

**Minimum: 4** **Wednesdays 10 to 11:30 (4 classes)**

**Fee: \$63R | \$73NR**

**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, and entertaining. Bring your iPad & Apple password.

**Minimum: 4** **Wednesdays 1-2:30pm (4 classes)**

**Fee: \$63R | \$73NR**

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**Fee: \$80R | \$90NR**

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

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