

Trends & Traditions

September 2012

Madison Senior News and Activities

FREE COMPUTER SUPPORT

Learn or update your computer skills in one-to-one, individual computer sessions at the senior center. You will learn computer skills through working on your OWN project. Progress as slowly or quickly as you need! **Sign up for 2-4 weeks of one-hour sessions on Tuesdays from September 4- December 4, 2012. (10am to 11am or 11am to 12pm)** Pre-registration is required; Call the Senior Center to sign up and book your spot.

Staging Your Home For Quick Sale and Downsizing

Dixie Allen specializes in helping Seniors make lifestyle transitions and will help take the stress out of moving. She can help you make decisions regarding your accumulation. Dixie has spoken at local retirement communities and knows the process for "taking the next step" into a new environment. Every house she has staged has sold successfully. Come stop by and see how Dixie can help you.

Friday, September 14 1:00p to 2:00p Activity Room 2

The Artists of Spain

Explore the lives and paintings of Spain's artists: El Greco, Velazquez, Goya, and Picasso. This four-week course will be offered in an intimate setting for optimal viewing and listening.

Mondays, Sept. 17 to Oct. 15, 2012 in Senior Center Lib.

10:30am to 11:30p - Fee: \$40.00



MONTHLY VETERANS SOCIAL

Are you a US Veteran? Would you like to share your experiences and stories with other veteran's? If so, join us on **Friday August 21, 2012 from 10:00 to 11:00 in the Madison Senior Center Café.** Please call to let us know if you will be coming to join us. We meet on the 3rd Friday of the month

Miss Martha's Bake Shoppe Fall Mini Pies

Fall is a perfect time for pie, but sometimes a big pie is just too much. Mini pies are a perfect size for us. Possible pies that we will be making are apple, pecan, and pumpkin.



Monday September 24, 2012 - Senior Center Kitchen 1:45p to 3:45p - Fee: \$3.00 Pre-registration is required - Max 8 People

Home Ownership Options for Seniors

Why Can't I Give My House to My Kids?

Mark Connell - Elder Law Attorney will be at the Senior Center discussing why giving your house to your children may be one of the **worst financial decisions** you could make... **for you and them!**

Come learn how to effectively, legally, and honestly protect your assets.

Wednesday, September 5

1:00p to 2:00p

LUNCH BUNCH

Once a month we will be traveling to a local restaurant to enjoy a meal out on the town. This month we head to:

- Lenny and Joe's (Westbrook) - Monday Sept. 10
- Depart Senior Center at 11:30 am

Please reserve your spot by September 4

BILLARDS LEAGUES

Registration deadline is September 13.

"A" League - for the average to above average player.

"B" League - for the below average to average player.

The leagues will run from September 17th to November 16th. Fee: \$5

Matches scheduled by each player when it best suits each players schedule



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, entertaining and E-MAIL, and an introduction to the internet.

Tuesday - 1:00p to 2:00p

September 4 to October 9.....6 Classes
R \$40 NR \$50

Computers II

Meant to build upon skills learned in Computer Basics. We will build upon email skills, learn to manage your inbox, learn about attachments etc. We will learn more about the internet like, setting your home page, creating a favorites list, searching the internet for what you are looking for, social networking and more.

Thursdays - 1:00p to 2:00p

September 6 to October 11.....6 Classes
R \$40 NR \$50

Instructor: Robert Hartz

Computer Lab

2 General Information/Municipal Agent For The Elderly Information



MADISON SENIOR CENTER

29 Bradley Road, Madison, CT 06443

PHONE: (203)245-5627

FAX: (203)245-6186

WEBSITE: www.madisonct.org/seniors

HOURS:

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

SR. COMMUNITY CAFÉ

(203)245-5686

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

DIAL-A-RIDE (203)245-5695

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



SENIOR COMMISSION

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

The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be Sept.13, 2012 at 5:30pm

LIAISON TO BOARD OF

SELECTMAN Diane Stadterman

SENIOR CENTER STAFF

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

RENT REBATE

FILING DEADLINE: September 14th 2012

The filing period for the Rent Rebate program has begun. Participants must submit proof of income for 2011 as well as proof of rental, heating, electric, & water payments made in 2011. This proof can easily be obtained by contacting your landlord, oil/gas/propane company, CL&P and Connecticut Water Company.

An eligible participant must be age 65 & over or disabled & have incurred rental expenses in 2011, not necessarily in Madison.

Maximum income in 2011 for a single person: \$32,300 & for a couple: \$39,500.

FARMER'S MARKET COUPONS

This program allows eligible participants to enjoy CT Grown fruits, vegetables, fresh cut herbs, and honey from approved local Farmer's Markets. Eligible participants are age 60 or older or are disabled and living in senior housing, are participating with another program that requires means testing and have an income at or below 185% of the FPL. An eligible participant will receive \$15.00 of coupons, which are good at the Madison Farmer's Market. Coupons should be available beginning July 1, 2012. The market is open on the town green on Fridays from 3 to 6pm until October 25, 2012. **The maximum monthly income for a single person is \$1,679 and for a couple is \$2,268.**



MEDICARE SAVINGS PROGRAM

The Medicare Savings Program assists eligible participants with paying their Medicare Part B premiums each month. In addition, participants will have \$2.50 co-pay for generic Rx's and \$6.30 co-pay for name brand Rx's. This may also cover doctor Co-Pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program. **Maximum gross monthly income for a single: \$2,308.88 and for a couple: \$3,127.28**

MEDICARE "TURNING 65" SEMINAR

Are you getting ready to turn 65? Does Medicare get you confused? Are you concerned about your finances for retirement? Do you need some information about how to select a Medigap or Medicare Advantage Plan Policy? Join Carlos Maynard, our Medicare expert, Craig Bernard of Madison Investments and David Hampton of Professional Secure Assistance (Social Security Expert) for information about what you need to know before you turn 65. **Please call ASAP to reserve your place, space is limited. Wed. September 12th - 6:00 to 8:00pm**

MADISON FOOD PANTRY

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

SNAP PROGRAM (Formerly Food Stamps)

This program helps offset food expenses. A set amount of money each month given to eligible participants put on an EBT debit card to use at local grocery stores. The guidelines for monthly income: **Single: \$1,671, Couple: \$2,248.**

TOWN OF MADISON "SAFETY CHECK LIST"

Senior Services along with the Beach and Recreation Department are trying to put together a "Safety Check List" in case of emergency-situations. The "safety check list" will be utilized in the case of an emergency. To add your name to the list, please contact the Senior Services Department (203)245-5627.

3 Programs & Services



MEDICARE MONDAY

Monday September 10 9-11:00a
Unbiased information, counseling, and assistance on Medicare, Supplemental Insurance & Medicare Advantage Plans. Carlos A. Maynard assists Madison Residents. By appointment only: Call the Senior Center



WELL RIGHT NOW CLINICS

Monday Sept. 10 & 24.....12 - 1:30p
VNA Community Healthcare holds Well Right Now Clinics on the 2nd & 4th Mondays of the month @ the Senior Center. Please call



LEGAL ASSISTANCE

Thursday, Sept. 20, 2012..... 9-10:00a
Attorneys Thomas Cronan, Michael Sweeney, & Timothy Shields volunteer counseling services on a one-on-one basis. Thank you to our legal team for their monthly assistance! **By appointment only: Call the Senior Center**

NOTARY SERVICES

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

MEALS-ON-WHEELS

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



HANDICAPPED PARKING PERMIT

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

SENIOR CAFÉ

Monday through Friday at Noon

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

DIAL-A-RIDE

Available M, W & F - 8:45a to 3:30p
A public transportation service designed to meet the transportation needs of the elderly and disabled. Must be a Madison resident. Rides are provided to a 14 town region for medical appointments, legal appointments, work, and personal business. Appointments must be made at least 48 hours in advance and are on a first-come, first-served basis. Please call (203)245-5695 for more information or to set up an appointment.



SENIOR CENTER BUS

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

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

FOOD PANTRY

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



DESSERT BINGO PROVIDED BY WATROUS NURSING CENTER



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

ST. MARGARET'S BINGO

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



MOVIE MATINEE

@ MSC

Join us for an afternoon movie at the Madison Senior Center. Each Friday will be showing a classic or a newer movie, as well as, a movie provided by SSILL. **Movies start at 1:00pm. No Fee.**

September 7 - As Good As It Gets
September 14 - To Kill A Mockingbird
September 21 - Father of the Bride
September 28 - True Grit



OUT-OF-TOWN SHOPPING

This is a fixed route program and we require 48 hours advanced notice telling us you would like to attend the trip. Please call 203-245-5627 to schedule your ride. All busses leave for shopping at 10:00am. This month we will be traveling to the following destinations:

Sept. 5 : Crystal Mall
Sept 19: Lyman Orchards (Leave 11:30am)
Sept.21: Cromwell Area Shopping

SENIOR CENTER CLUBS & GROUPS

We are currently looking for individuals who are interested in participating in the following clubs/groups:

**Chess Club/ Senior Singles Group/Choral Group/Wii Club
Current Events Discussion Group/Biking Club
Downtown Walkers Group/Hiking Club/Poker Club**

If you are interested in joining a group call us at (203) 245-5627

GARDEN CLUB

We are looking for individuals who would like to help maintain the garden beds and develop new ones at the Senior Center. This group will work closely with the Madison Garden Club and be able to attend their events. Interested individuals should contact the Senior Center for more information.



4 Senior Center Activities and Programs



CHAIR EXERCISES

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



Mondays - 10:30a to 11:30a

Sept. 17 to December 3.....10 Classes

No Class 10/8 & 11/12

R \$33 NR \$43

Instructor: Pat Velleca

Fridays - 10:30a to 11:30a

Sept. 28 to Dec. 7.....10 Classes

No Class 11/23

R \$33 NR \$43

Instructor: Pat Velleca

YOGA FOR ALL

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



Tuesdays - 3:00p to 4:00p

Sept 18 to Nov 27.....10 Classes

No Class 11/06/12

R \$66 NR \$76

Instructor: Pat Velleca

Thursdays - 3:00p to 4:00p

Sept 20 to Nov 29.....10 Classes

No Class 11/22/12

R \$66 NR \$76

Instructor: Pat Velleca

ART 101

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



Tuesdays- 1:30 to 3:30p

October 2 to January 30th

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

Fee: \$5

Instructor: Muriel Waldvogel

HULA CLASS

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

Mondays - 3:00p to 3:55p

Aug. 13 to Oct. 22.....10 Classes

No Class September 3, 2012

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

FITNESS & MOVEMENT

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



Mondays - 9:00a to 10:00a

Sept. 17 to Dec. 3.....10 Classes

No Class 10/8 & 11/12

R \$33 NR \$43

Instructor: Pat Velleca

Wednesdays - 9:00a to 10:00a

Sept. 19 to Nov. 28.....10 Classes

No Class 11/21

R \$33 NR \$43

Instructor: Pat Velleca

Fridays - 9:00a to 10:00a

Sept. 28 to Dec. 7.....10 Classes

No Class 11/23

R \$33 NR \$43

Instructor: Pat Velleca

SENIORS IN MOTION

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



Wednesdays - 10:30a to 11:30a

Sept. 19 to Nov. 28.....10 Classes

No Class 11/21

R \$26 NR \$36

Instructor: Pat Velleca

TAI CHI

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



Mondays - 9:00a to 10:00a

Sept. 17 to Oct. 22.....5 Classes

No Class 10/8/12

TAI CHI FOR ARTHRITIS

Wednesdays - 9:00a to 10:00a

Sept. 12 to October 10.....5 Classes

SITTING TAI CHI

Fridays - 9:00a to 10:00a

Sept. 14 to October 12.....5 Classes

R \$44 NR \$54 (Per Each Class)

Instructor: Suzanne Hanley



EXERCISE CLASSES WITH KRIS

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

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

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

All classes taught by Kris Reaske

BASIC PILATES CORE/FLEX

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

Tuesdays - 10:00a to 11:00a

LOW IMPACT AEROBICS

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

Tuesdays - 11:00a to 12:00p

ZUMBA FOR ALL

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

Mondays - 6:00p to 7:00p

ZUMBA GOLD

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

Mondays - 1:00p to 1:55p

Thursdays - 11:10a to 12:10p

LINE DANCING

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

Mondays - 2:00p to 2:55p

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

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

September Cass Dates: 10th, 17th, 24th

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

TAP DANCE CLASS

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

Thursdays - 10:00a to 11:00a

Sept. 6 to October 25.....8 Classes

R \$50 NR \$60 -

Instructor -M Goglia

5 Madison Travel Club Trips



Connecticut Science Center - Thursday September 13, 2012

Join us as we explore the many wonders of the Connecticut Science Center. Exhibits include: Forces in Motion, Sights and Sound Experience, Exploring Space, Picture of Health, Invention Dimension and more. We will also see a 3D movie "Wild Ocean" at the Science Center. **Depart Senior Center at 9:00am. Fee: \$24.**

The Big E Fair - Connecticut Day - Wednesday September 19, 2012

The Big E, "New England's Great State Fair," is the premier event each fall with nearly one million guests passing through the gates every September. With plenty of food, shopping and entertainment, you'll be sure to enjoy your time. **Depart Senior Center: TBA - Fee: \$50.00 - Includes motorcoach transportation and admission to the "Big E".**



Breaking Up Is Hard To Do at Ivoryton Playhouse (with Guilford Senior Center)- Wednesday Sept. 26, 2012

Set at a Catskills resort in 1960, this is the sweetly comic story of Lois and Marge, two friends from Brooklyn, in search of good times and romance over one wild Labor Day weekend. The score showcases 18 Neil Sedaka classics. Lunch will be on your own at the New Deal Steakhouse in Westbrook. **Fee: \$32 R \$42 NR includes bus and show. Departure time is scheduled for 11:00am, but may change depending on transportation requirements with Guilford and Madison. Return by 4:30pm**

Fall Foliage Drive in Litchfield County CT - Friday, September 28

Today we will travel to Litchfield County and do a driving fall foliage tour. We will start in New Milford and drive through Gaylordsville and Kent. The route will take us by Bull's Bridge (one of two covered bridges in CT). We have a planned stop at Kent Falls State Park. Lunch will be at The Villager Restaurant on North Main Street (Menu's available on www.villagerkent.com/menus). **Depart Senior Center at 9:30am. Fee: \$5 (Lunch is not included in the price)**



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

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

Oktoberfest at the Platzl Brauhaus - Thursday October 18, 2012

We will travel today to the Platzl Brauhaus in Pomona, NY for an Oktoberfest Celebration. Enjoy delicious homemade donuts and danish. Later, dinner includes a choice of Roasted Half Chicken, Roast Pork Platter, or Sauerbraten. You'll also enjoy Spare Ribs, Red Cabbage and Sauerkraut. At 4:00pm a standing steamship Roast will be carved. Feel free to dance or sing along with the German band and dancers performing all day long. **Depart Senior Center at 8:15am. Fee: \$90**

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

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

September 11th Memorial - Friday November 2, 2012

The Memorial is a national tribute of remembrance and honor to the nearly 3000 people killed in the terror attacks of September 11, 2001 at the World Trade Center, the Pentagon, and United Flight 93 that crashed in Shanksville, PA. The Memorial design is defined by two reflecting pools, a grove of trees and the names of the victims inscribed in bronze. The reflecting pools are nearly an acre in size and feature the largest man made waterfalls in North America. After a visit to the Memorial we will eat lunch at the famous Italian restaurant **CARMINE'S** where we will have a family style meal of Rigatoni & Broccoli and Chicken Parm..**Depart Senior Center at 7:30am. Fee \$82**

Jonah at Millennium Theater - Sights, Sounds and Tastes of Lancaster - October 24 to 26. 2012

Spend two nights at the Country Inn of Lancaster. Day one we will enjoy dinner and a musical at The Dutch Apple Dinner Theater. Day two we spend the morning at the Turkey Hill Dairy, lunch on your own and a matinee performance of **Jonah**. After the show we will enjoy an Amish style meal at Plain and Fancy. Day three takes us on a tour of the Intercourse Pretzel Factory and shopping at the Kitchen Kettle Village. **\$394 PP Double; \$494 PP Single; \$384 PP Triple**

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

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



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DIRECT CREMATION:
\$1,245.00 Complete

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203-245-1950

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- Post Surgical Orthopedic and Cardiac Care
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 LABOR DAY SENIOR CENTER CLOSED	4 10:00 Basic Pilates 11:00 LI Aerobics 10:00 Social Hour 10:00 Computer Supp. 1:00 Computer Basics 1:00 Cards 4:30 Bocce	5 9:00 Tai Chi for Arthritis 10:00 Crystal Mall Trip 1:00 Poker 1:00 Home Ownership Seminar	6 9:30 Bocce 10:00 Tap Dance 11:10 Zumba Gold 1:00 Computers II 1:00 Mah Jongg	7 9:00 Sitting Tai Chi 1:00 Movie Matinee 1:00 Dessert Bingo 1:00 Hand and Foot
10 9:00 Tai Chi 9:00 Medicare Monday 10:00 Well Right Now 11:30 Lunch Bunch 1:00 Zumba Gold 2:00 Line Dancing 3:00 Hula Class 4:00 Quilters Guild 6:00 Zumba For All	11 10:00 Basic Pilates 11:00 LI Aerobics 10:00 Social Hour 10:00 Computer Supp. 1:00 Computer Basics 1:00 Cards 4:30 Bocce	12 9:00 Tai Chi for Arthritis 12:00 St. Margs. Bingo 1:00 Memory Matters 1:00 Poker 6:00 Turning 65 Seminar	13 9:30 Bocce 10:00 Tap Dance 11:10 Zumba Gold 1:00 Computers II 1:00 Mah Jongg 5:30 Commission Mtg.	14 9:00 Sitting Tai Chi 1:00 Movie Matinee 1:00 Downsizing Seminar 1:00 Hand and Foot
17 9:00 Tai Chi 9:00 Fitness & Movement 10:30 Chair Exercises 1:00 Zumba Gold 2:00 Line Dancing 3:00 Hula Class 6:00 Zumba For All	18 10:00 Basic Pilates 11:00 LI Aerobics 10:00 Social Hour 10:00 Computer Supp. 1:00 Computer Basics 1:00 Cards 3:00 Yoga for All 4:30 Bocce	19 TBD—Big “E” Trip 9:00 Tai Chi for Arthritis 9:00 Fitness & Movement 10:30 Srs in Motion 11:30 Lyman Orchards 1:00 Memory Matters 1:00 Poker	20 9:00 Legal Assistance 9:30 Bocce 10:00 Tap Dance 11:10 Zumba Gold 1:00 Computers II 1:00 Mah Jongg 3:00 Yoga for All	21 9:00 Sitting Tai Chi 10:00 Veterans Social 10:00 Shopping in Cromwell 1:00 Movie Matinee 1:00 Hand and Foot
24 9:00 Tai Chi 9:00 Fitness & Movement 10:00 Well Right Now 10:30 Chair Exercises 1:00 Zumba Gold 1:00 Book Club 1:45 Bake Shoppe 2:00 Line Dancing 3:00 Hula Class 4:00 Quilter’s Guild 6:00 Zumba For All	25 10:00 Social Hour 10:00 Basic Pilates 11:00 LI Aerobics 10:00 Computer Supp. 1:00 Computer Basics 1:00 Cards 3:00 Yoga for All 4:30 Bocce	26 9:00 Tai Chi for Arthritis 9:00 Fitness & Movement 10:30 Srs in Motion 11:00 Ivoryton Playhouse 1:00 Memory Matters 1:00 Poker	27 9:30 Bocce 10:00 Tap Dance 11:10 Zumba Gold 12:00 Bocce Picnic 1:00 Computers II 1:00 Mah Jongg 3:00 Yoga for All	28 9:00 Sitting Tai Chi 9:00 Fitness & Movement 10:30 Artists of Spain 10:30 Chair Exercises 1:00 Movie Matinee 1:00 Hand and Foot

Memory Matters - Weds. Sept. 12 to Oct. 24, 1 to 2pm

Join us for this 7 week program: have fun with brain fitness activities, identify strategies to enhance brain function. Learn about the normal changes as you age. **Fee: \$5** Call the VNA to Register at 1(866) 474-5230.



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

203.458.5990 LIFETIMECareatHome.com
 An affiliate of VNA Community Healthcare



Madison Senior Center
 29 Bradley Road
 Madison, CT 06443

09/2012

**PRSR STANDARD
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RETURN SERVICE REQUESTED

Ongoing Activities at the Senior Center

PROGRAM	DAY	TIME
Bridge – Drop in and join us for a game.	Thursdays	1– 4 pm
Canasta – Come join us for a game, if it has been a while, we will help refresh your skills.	Tuesdays	1– 4 pm
Chess Club – Looking to play some chess? We are looking for players – Call to sign-up.	Tuesdays	1-4 pm
Discussion Group - Join us for a weekly discussion about TV shows, current events and other topics	Off until Oct.	11 am
Hand and Foot - Beginners welcome	Fridays	1– 4 pm
Mah Jongg – All levels welcome. Lessons available Thursday mornings by appointment only. Call 203-245-5627 to set a time.	Thursdays	1– 4 pm
Pinochle – We are looking for players. Call the Senior Center if you are interested.	Tuesdays	1– 4 pm
Poker – New player or groups always welcome. Call the Senior Center if you are interested.	Wednesdays	1– 4 pm
Social Hour – Join us for coffee, pastries and conversation	Tuesdays	10 am
Veteran’s Social Group – Join other Veteran’s for a monthly discussion and some goodies.	3rd Friday	10 am
Walking Club – Join our group for some exercise and socialization	Wednesdays	9 am

AARP DRIVER SAFETY CLASS

The AARP Driver Safety Course is a refresher course primarily aimed at the 60+ year old driver. Taking this course may make you eligible for a discount on your auto insurance.
The class will be held Wednesdays in 2012 from 12:30 pm to 4:30 pm.

**September 12
 October 10
 November 14**

Instr. Cliff McGuire
 Fee: AARP Member \$12.00
 Non-Member \$14.00

Checks payable to AARP

BOOK CLUB

The book club meets at 1:00pm at the Madison Senior Center.

September 24 -

Discussing: The Girl with the Dragon Tattoo by Larsson & Keeland
Reading: The Friday Night Knitting Club by Kate Jacobs