

# Trends & Traditions

September 2013



Madison Senior and Activities

## MUSEUM OF THE MONTH TRIP



### Mashantucket Pequot Museum and Research Center

Enjoy learning the life story of the Mashantucket Pequot Tribal Nation. Lunch on your own at the Pequot Cafeteria Depart MSC at 9:30. Fee includes 1 hour tour guide, museum admission and bus fee.

Friday, Sept. 20<sup>th</sup>

Fee: \$17

## Ice Cream Social



You are invited to an ice cream social at the Madison Senior Center. Choose vanilla, chocolate or strawberry ice-cream and add some chocolate, whipped cream and a cherry on top!

Thursday, Sept. 12<sup>th</sup> at 12:45pm

Fee \$3

## "NEW" Spanish for Fun



Learn conversational Spanish. Visit Spain. Explore history and culinary specialties of Mexico, Puerto Rico and Cuba.



Instructor: E. Jackson

Mon. Sept. 30<sup>th</sup> - Oct. 28<sup>th</sup>

10:30am-11:30am

No Class Oct. 14<sup>th</sup>

R\$ 32 NR\$42



## Beginner Bridge Lessons



An 6 week session consisting of bidding, play, and defense. The lessons will focus on preparing students to play duplicate bridge sponsored by the ACB League but will include guidelines for rubber and social bridge. Please purchase the book, *"Bridge Basics 1 An Introduction"* by Audrey Grant for \$9.66, and to bring to the first class.

Inst. C. Graham

Fridays, Sept. 13<sup>th</sup> - Oct. 18<sup>th</sup>

10:00am-Noon

6 Weeks

Fee: R \$48 NR\$58

## DISCOVER LOCAL AUTHORS

### Mystic Seafarer's Trail and the "7 Wonders"

Lisa Saunders will present her latest book, *Mystic Seafarer's Trail*, a humorous and historical look at Mystic's famous sea voyagers, living and dead! While searching for the Seven Wonders of Mystic with her beagle/basset hound, Saunders uncovers the secrets behind the Titanic's shoes, Captain Sisson's hunt for gold, and Amelia Earhart's Noank wedding. But will she ever find an adventure of her own? *About the Author:* Lisa Saunders is a speaker and award-winning writer living in Mystic with her husband and dog. Saunders will autograph copies of her book, which will be available for purchase.

Monday, Sept. 30<sup>th</sup> at 1:00pm

Free

## MEDICARE "TURNING 65" SEMINAR

Are you getting ready to turn 65? Do you have questions about Social Security? 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, Dave Hampton retired from the Social Security Administration for information about Medicare, Social Security, and planning your finances for retirement. **Pre-registration required, space fills quickly.** Tues., Oct. 1<sup>st</sup>- 6:00 to 8:00pm

FREE

## Highwire Deer & Animal Farm

"Simply Unusual" a 5-acre farm in the hills of Woodbury, featuring: kangaroos, coatimundis, a camel, and a beautiful "z-donk", born last year. Wear comfortable sneakers, there is a lot of walking. **Admission is \$6** paid at the door. Lunch on your own at Connecticut's oldest inn The Curtis House, a warm inviting pub with a rich history!



Friday, September 27<sup>th</sup> Depart MSC at 10am

Fee: \$2

## 2014 Gardens of London Trip - Info Session

See page 5 for trip details. Tues., October 1<sup>st</sup> at 12:30

# September ADVENTURES

## New York Botanical Gardens

Enjoy an escorted tour of the New York Botanical Gardens, spectacular seasonal exhibitions inside a landmark glasshouse that also features a tropical rain forest and cactus-filled desert with plants that can be seen nowhere else in New York. Free time to follow in *"Little Italy"* on Arthur Avenue, in the Bronx. Price includes transportation and admission to the Garden, lunch is on your own. **Please arrange for a drop off and pick up to the MSC.**

Depart MSC at 7:30 am and return approximately 7:00pm.

Wednesday, September 18<sup>th</sup>

Fee: R\$76 NR \$81

## Doo-Wop Show and Dancing Featuring "In Harmony" at the Aqua Turf

Tuesday, September 24<sup>th</sup>

New England's Premier oldies vocal group hits the stage performing 50's & 60's music! A sweet sounding six person ensemble and a multi-talented synthesizer/keyboardist! Coffee, donuts, door prizes, complimentary beverage. Family style lunch includes Salad, Pasta, Pan Seared Salmon, Flank Steak, Vegetable, Potato, and Dessert. Depart MSC at 10:00 am.

Fee: \$43



### MADISON SENIOR CENTER

29 Bradley Road, Madison, CT 06443

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

**FAX:** (203)245-6186

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

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

### SR. COMMUNITY CAFÉ

(203)245-5686

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

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

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

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

### SENIOR COMMISSION

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

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

*The next meeting will be*

**September 12<sup>th</sup>, 2013 at 5:30pm**

### LIAISON TO BOARD OF

**SELECTMAN**.....Diane Stadterman

### SENIOR CENTER STAFF

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

### RENT REBATE

**Monday, April 1<sup>st</sup> – Tuesday, October 1<sup>st</sup> 2013**

Participants must submit proof of income for 2012, proof of rental, heating, electric, & water payments made in 2012. This proof can be obtained by contacting your landlord, oil/gas/propane company, CL&P & Connecticut Water Company. Eligible participants are age 65 & over or disabled & have incurred rental expenses in 2012, in Connecticut. *Only those participants who applied in 2012 may apply again this year.*

**2012 max. income: single: \$33,500 & couple: \$40,900**

### FARMERS MARKET COUPONS

To qualify: Madison Resident's age 60 or older or disabled & living in senior housing, participating in a program with means testing, income guidelines apply. Eligible participants receive \$15 in coupons to use at the Madison Farmer's Market. Coupons **should** be available beginning July 1, 2013. Located on the town green on Fridays 3 to 6pm until October 25<sup>th</sup>. **Monthly income: Single \$1,723 and Couple: \$2,333.**

### MADISON FOOD PANTRY

The food pantry, operated by Madison Community Services, is available to Town residents. The Pantry is located at Orchard Park off Mungertown Rd and is open Wednesdays from 11AM – 3PM. If you are unable to leave your home, a home-bound delivery program is available. **Bus pick up for trip to pantry around noon.**

### MEDICARE SAVINGS PROGRAM

Pay the monthly Medicare Part B premiums for qualifying participants. May lower co-pays for prescriptions to between \$2.60 - \$6.50. May also cover doctor co-pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program. **Monthly Max. Income: Single: \$2,356.68 & Couple: \$3,180.78**

### “SAFETY CHECK LIST”

Are you concerned for your safety in the event of a Hurricane or do you know someone you are worried about? The “safety check list” will be utilized in the case of an emergency. To add your name to the list, call **(203)245-5627**.

### Beware of this Scam

Have you ever seen something like this? *“Get money fast! Bad or No credit, no problem! We don't care about your past, you deserve a loan today. Approval guaranteed.”* If so, you've seen the first steps of an **Advance Fee Loan Scam**.

The goal is to get you to pay fees with promises of impossible loans that will never come. It is more believable by the fact that no one has promised you outright free money. Victims are lured in by promises of easy credit, often catching people unable to find help anywhere else. It's effective, straightforward and entirely **illegal**.

According to the FCC, “The consumer is told, ‘You are qualified but you must send a fee to process your application, pay a security deposit, or pay for insurance. The victim pays the money, and no loan or credit card is ever issued.’”

Protecting yourself is easy, legitimate lenders never “guarantee” that you're likely to get a loan or credit card before you apply, especially if you have bad credit, no credit or a bankruptcy. It's illegal for a lender to ask for payment before a loan or credit card has been issued. When in doubt, the website **Great Loans for Bad Credit** keeps a running list of identified scam artists on their blog.

### Red Flags

- If they aren't interested in your credit history. Anyone advertising loans for people with bad credit, or saying, “We don't care about your past” is not your friend.
- Any up front or hidden fees. Many lenders do charge application or credit check fees, but those are displayed prominently and taken out of the loan once issued.
- Loans, other than a credit card, offered by telephone.
- Lenders who use “copy-cat or wanna-be” names.
- A lender not registered in your state. If they aren't registered locally, there's probably a reason.
- Any lender who asks you to send money directly to an individual at any point in the process.



### MEDICARE MONDAY

Mon., Sept. 2<sup>nd</sup> 9-10am  
Information, counseling, & assistance  
Carlos Maynard assists by appointment

### WELL RIGHT NOW CLINICS

Mon., Sept. 9<sup>th</sup> & 23<sup>rd</sup>..... 12-1:30pm  
VNA Community Healthcare holds Well Right Now Clinics on the 2<sup>nd</sup> & 4<sup>th</sup> Mondays of the month., included blood pressure check.

### LEGAL ASSISTANCE

Thurs., Sept. 19<sup>th</sup> 9-10am  
Attorneys from Cronan and Sweeney offer quick 15 minute counseling services on a one-on-one basis. **Call the Senior Center for an appointment.**



### DIAL-A-RIDE

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

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



### SENIOR CENTER BUS

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

### HANDICAPPED PARKING PERMIT

Available in the Senior Center office.

### MEALS-ON-WHEELS

by The Estuary Council of Seniors  
(860) 388-1611 Ext. 207

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

### SENIOR CAFÉ

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

### NOTARY SERVICES

Tues., Sept. 9<sup>th</sup> .....10am-12pm  
By appointment only, on the 2<sup>nd</sup> Tuesday of the month.

## MOVIE MATINEE @ MSC

Fridays, movies start at 1:00pm FREE

September 6<sup>th</sup>: "Silver Lining" September 13<sup>th</sup>: "42 The Jackie Robinson Story"  
September 20<sup>th</sup>: "Zookeepers".....September 27<sup>th</sup>: "Singing in the Rain".



### Thursday Book Club

The book club meets on the last Thursday of every month **Sept. 26<sup>th</sup> at 1pm**  
**Discussing: "The Night Circus"**  
By: Erin Morgenstern  
Discussion led by Barbara MacDonald

### Coin Collecting Presentation

Learn the state of the hobby today. Blair S. has been collecting coins for over 40 years and is a professional dealer. Please bring any coins or currency for Blair to look over, he will help appraise the coins.  
**Thurs., Sept. 19<sup>th</sup> 1-2:00pm FREE**

### "Stamp It Up" CRAFT

Liz Vickerman shows us how to make a simple Halloween card.  
**Wed., Sept. 25<sup>th</sup> 1pm FREE**

### FREE MAH JONG LESSONS

Interested in learning to play the Western Chinese tile game, Mah Jong? A game of skill, strategy and a certain degree of chance.  
Instructor: Ronnie Olinsky  
**Thursdays, Sept. 19<sup>th</sup>-Oct. 24<sup>th</sup> 9:30-11:30 FREE**



### Exhibition at The Lee Academy *The Business of Leisure: Madison Welcomes its Summer Colony*

In the late 1800's, the economic climate changed greatly. The growing middle class found Madison to be a good place to spend their leisure time, & the economy of Madison was revived. Madison soon became the "Gem of the Connecticut Shore." This intriguing exhibition reveals the ways that the community responded to the needs and desires of the vacationers and cottagers who came to the shoreline for rest and recreation. **Free Wed. Sept. 18<sup>th</sup> Depart MSC at 9:45**

### AARP DRIVER SAFETY CLASS

A refresher course aimed at the 60+ driver. You may be eligible for a discount through your insurance company by completing this course! Wednesdays from 12:30p to 4:30p  
Checks payable to AARP  
**Sept. 11<sup>th</sup>, Oct. 9<sup>th</sup>, & Nov. 13<sup>th</sup>**  
Instructor: Cliff McGuire  
**Fee: Member \$12 Non \$14**

**Dessert Bingo:** Fri., Sept. 6<sup>th</sup> at 1pm

**St. Margaret's Church Bingo**  
Bingo starts at 12pm. Bring a bag lunch!  
**Wed. September 11<sup>th</sup>**

### Lunch Bunch & Shopping

Meals on your own Fee \$2  
**Mon. Sept. 9<sup>th</sup>** Depart MSC 10  
Brunch at **Friendly's & Stew Leonard's**  
**Mon. Sept. 16<sup>th</sup>** Depart MSC 11:45  
**Mango's** in Branford  
**Fri., Sept. 20<sup>th</sup>** Depart MSC 12:45  
**Walmart** in Old Saybrook  
**Mon. Sept. 23<sup>rd</sup>** Depart MSC 10am  
**K-Mart & Ruby Tuesdays** - Cromwell  
**Mon., Sept. 30<sup>th</sup>** Depart. MSC 12:45  
**Big Y** in Branford

### ART 101

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



### Frida Kahlo & Diego Rivera

Explore the fascinating art and lives of these intriguing Mexican artists!  
Instructor: E. Jackson  
**Mon. Sept. 16<sup>th</sup> & 23<sup>rd</sup> 10:30-11:30**  
Fee: R:\$16 NR \$26

### Senior Singles Group

**Tuesday, September 10<sup>th</sup> at MSC at 5:30pm**  
Dinner on your own to follow at Back Porch in Old Saybrook.

Exercise With Patty Velleca

## CHAIR EXERCISES

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



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

Sept. 16<sup>th</sup> - Oct. 28<sup>th</sup>

6 classes

No class: 10/14

R\$31.00 NR\$41.00

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

Sept. 20<sup>th</sup> - Nov. 1<sup>st</sup>

7 classes

R\$35.00 NR\$45.00

## SENIORS IN MOTION

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

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

Sept. 18<sup>th</sup> - Oct. 30<sup>th</sup>

7 classes

R\$35.00 NR\$45.00

## EXERCISE & RELAX YOGA

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

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

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

7 weeks

R\$35.00 NR\$45.00

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

Sept. 19<sup>th</sup> - Oct. 31<sup>st</sup>

7 weeks

R\$35.00 NR\$45.00

## FITNESS & MOVEMENT

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

**Mondays - 9 to 10am**

Sept. 16<sup>th</sup> - Oct. 28<sup>th</sup>

6 weeks

R\$31.00 NR\$41.00

**Wednesdays - 9 to 10am**

Sept. 18<sup>th</sup> - Oct. 30<sup>th</sup>

7 weeks

R\$35.00 NR\$45.00

**Fridays - 9 to 10am**

Sept. 20<sup>th</sup> - Nov. 1<sup>st</sup>

7 weeks

R\$35.00 NR\$45.00

## Cooking Demo & Meals To Go!

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

**Sept. 19<sup>th</sup> - Oct. 10<sup>th</sup> Fee: R:\$23**

Week 1: Italian Chicken Primavera

Week 2: Fretta

Week 3: Meatloaf

Week 4: Baked Chicken



## TAI CHI

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



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

## SILVER TAPPERS CLASS

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

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

Thursday's 10:00-11:00am

**Sept. 5<sup>th</sup> - Oct. 31<sup>st</sup> 9 weeks**

Instructor - M. Goglia R \$60 NR \$70

## Middlesex Hospital COPD

Chronic Obstructive Pulmonary Disease is one of the most common lung diseases. It can interfere with activities of daily living and making breathing difficult at times. Learn about causes, what happens to your lungs and the treatment.

**Thurs., Sept. 26<sup>th</sup> 10:30-11:30 FREE**

## CHRONIC KIDNEY DISEASE

with Lisa Cantey, of Metabolism Assoc.

Did you know one in four adults over the age of 60 have some form of Chronic Kidney Disease? Learn how your kidneys are important for maintaining your health and wellness and why you should "know your numbers". Lisa Cantey is a Physician's Assistant with Metabolism Associates.

**Wed., Sept. 11<sup>th</sup> at 1p Free**

## "The Importance of Hydration"

Madison House/Genesis Health Care discusses the importance of hydration. Why to Hydrate, tips to maintain proper hydration, and the importance of drinking water when exercising.

**Tues., Sept. 17<sup>th</sup> at 1p Free**

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

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

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

*All classes taught by Kris Reaske*

## ZUMBA FOR ALL

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

**Mondays - 6 to 7pm**

## ZUMBA GOLD

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

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

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



## "FIT For LIFE"

*A Senior Wellness Program*

A program combining exercise & a health-wellness seminar. Each week you will focus on a different health topic.

Participants will increase overall strength, improve balance and alignment, increase core strength, increase lean muscle mass, improve bone density and feel increased energy! Please bring an Exercise Mat & bath towel.

Instructor: Jennifer McManus

**Sept. 18<sup>th</sup> - Sept. Oct. 9<sup>th</sup> 1-2pm**

Fee: R\$38 NR\$43 (4 Classes)

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

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



## LINE DANCING

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

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

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

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

## CAREGIVER SUPPORT GROUP

Join VNA's Caregiver Support Network expert, Molly Standley for an interactive, confidential



support group. Share experiences, discuss ideas and problem-solve with other caregivers. Your loved ones can take part in a supervised activity run by the program director. Group meets the 3<sup>rd</sup> Tuesday of the month **FREE**

**September 17<sup>th</sup> 11 am-12.**

**Mohegan Sun Friday**Friday, September 13<sup>th</sup>

Every turn leads to a new adventure. Enjoy the 55 foot waterfall, and electrifying water wall, the world's largest indoor planetarium dome, and a glowing crystal mountain. Upon arrival receive a food vouchers & bet coupons. **Depart MSC 9am.** **Fee: \$7**

**Myrtle Beach/The Grand Strand PLUS Charleston**Sunday, Oct. 6<sup>th</sup> - Saturday Oct. 12<sup>th</sup>

White Sandy Beaches, great seafood, championship golf courses, beautiful gardens, abundant shopping and fine entertainment! This tour includes transportation, six nights accommodation, 12 meals: 6 breakfasts, 6 dinners, 3 shows in Myrtle beach, "Barefoot Landing" outdoor shopping adventure, a riverboat cruise, tour of Charlestown, visit Brookgreen Gardens, Breakfast and visit Ripley's Aquarium. Also included: baggage & handling, Tour Director, canc. ins.  
 Departure time TBA Add \$10 for Non-Madison Residents. **Fee: Single: \$1044, Double: \$905, Triple: \$865**

**"I Love You, You're Perfect Now Change" at the Ivoryton Playhouse**Wednesday, Oct. 9<sup>th</sup>

This hilarious revue pays tribute to those who have loved and lost and lived to try again. Catchy tunes and witty lyrics, an affectionate look at love and marriage. Depart MSC at 1:00pm **Fee: R\$35 NR \$40**

**Kiss Me Kate at The Westchester Broadway Dinner**Wednesday, Oct. 16<sup>th</sup>

A delightful romp of a play within a play. Located in Elmsford, NY, this elegant, theater features dining and full scale musical productions. Menu includes house salad, chicken, beef, or fish entrée, pasta, dessert, and a specialty drink. Meet at the GUILFORD SENIOR CENTER at 8:45am Return Approx. 5:30pm **Fee: R\$90 NR\$95**

**Noah at The Millennium Theater in Lancaster,**Monday & Tuesday, Oct. 21<sup>st</sup> & 22<sup>nd</sup>

Become a member of Noah's family, watch the animals march two by two and sail through the great flood. Motor coach to the Sands Casino, lodging at the Crowne Plaza in Reading, a wine and cheese reception, dinner and a musical comedy one man show. Day two includes a breakfast buffet, sightseeing in Amish country and the Noah at The Millennium Theater. Dinner on your own on the way home. Trip insurance not included. Depart the GUILFORD SENIOR CENTER at 7:00am return at 10:45pm Non Madison Residents add \$10. **Fee: Single: \$359, Double: \$289, Triple: \$279**

**Oktoberfest Platzl Brauhaus**

NEW DATE!!! Monday, Oct. 21st

Come enjoy all the music, excitement, and great food at these October Festivities! Travel to the well-known Platzl Brauhaus located in Pomona, NY for an Oktoberfest Celebration. Feel free to sing along with the German band and dancers performing all day long. The fun starts with delicious homemade donuts, danish & hot coffee or tea. Delight in an Oktoberfest dinner: choice of Roasted Half Chicken, Roast Pork Platter, or Sauerbraten. and Spare Ribs, Red Cabbage, and Sauerkraut with all the trimmings. Soda, beer, and apple cider will be served throughout the day. **Departure TBD.** Trip includes: transportation, festivities, family style luncheon, and driver's gratuity. Please arrange transportation to and from MSC. **Fee: R\$91 NR \$96**

**Aqua Turf Oktoberfest Featuring The Schwarze Schafe Band**Tuesday, Oct. 29<sup>th</sup>

Enjoy the 5 piece "Schwarze Schafe Band", which is a German Oom-pah band that plays at German concerts and Oktoberfest celebrations in New England and New York. They encourage the audience to participate in the fun, doing "The Sixteen Days of Oktoberfest", "Schitzelbank", "Hands on My Head" etc!! Trip includes coffee and donuts, door prizes, complimentary beverage, soup, pasta, roast pork, German meat platter, vegetable, potato, and dessert.. **Depart MSC at 10:00am.** **Fee: \$43**

**Exotic Southern Caribbean Cruise Aboard the Norwegian Dawn**Nov. 1<sup>st</sup> - 15<sup>th</sup> 2013

A 14-night cruise experience departing from Boston to the Deep Southern Caribbean offering perfect pink and white sand beaches, crystal-clear waters & exquisite adventures. **Fee: Inside State Room - \$1509, Ocean view - \$1799, Balcony - \$2239**

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

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

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



## Connecticut Cremation Service

**DIRECT CREMATION:**  
\$1,245.00 Complete

**GRAVESIDE BURIAL SERVICE**  
\$3,370.00 + Cemetery Charges

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with memory impairment*

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For Information Call

**Mark Carofano**

1-800-732-8070  
ext. 3445

email: mcarofano@4LPi.com

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Homemakers  
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Madison House

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(203) 245-8008



## The Guilford House

Rehabilitation ~ Healthcare ~ Hospitality

109 West Lake Avenue, Guilford, CT

To Pre-book your rehab stay, contact  
the Admissions Department at  
**(203) 488-9142**

[www.theguilfordhouse.com](http://www.theguilfordhouse.com)

[www.youtube.com/theguilfordhouse](http://www.youtube.com/theguilfordhouse)



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Sylvia Patterson NMLS# 529441, OSB NMLS# 525596



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 MSC Closed Today</p>	<p>3 Chicken Teriyaki, Brown Rice, Oriental Vegetables, Oat Bread, Pineapple, Milk</p>	<p>4 No Lunch today Hawaiian Luau</p>	<p>5 Pot Roast w/ Gravy, Mashed Potatoes, Peas and Carrots, Whole Wheat Bread, Fruit Cocktail, Milk</p>	<p>6 Spinach Grandioli Ravioli, Parmesan Cheese, Broccoli, Meatballs in Marinara Sauce, Italian Bread, Sliced Peaches, Milk</p>
<p>9 Stuffed Cabbage Casserole, Rice, Belgium Carrots, Whole Wheat Dinner Roll, Fresh Baked Apple, Milk</p>	<p>10 Orange Juice, Beef Stew, Noodles, Collard Greens, Wheat Bread, Margarine, Coffee Cake, Milk</p>	<p>11 Escarole Bean Soup, Crackers, Broccoli Quiche, Zucchini, Roasted Potatoes, Wheat Dinner Roll, Fresh Fruit &amp; Milk</p>	<p>12 Oven Fried Chicken, Macaroni &amp; Cheese, Green Beans, Marble Rye, Applesauce &amp; Milk</p>	<p>13 BBQ Pulled Pork, Sweet Potato Fries, Cabbage Slaw, Wheat Sandwich Roll, Pineapple Tidbits, Milk</p>
<p>16 Fresh Baked Ham with Gravy, Scalloped Potatoes, Peas and Carrots, Rye Bread, Milk</p>	<p>17 BBQ Chicken Qtr, Veg. Baked Beans, Green Beans, Multigrain Roll, Fruit Cocktail, Milk</p>	<p>18 Lasagna Roll w/ Meat Sauce, Tossed Salad, w/Tomato and Italian Dressing, Garlic Bread, Margarine, Peach Halves, Milk</p>	<p>19 Turkey w/ Gravy, Cranberry Sauce, Mashed Potato, California Blend Veg., Whole Wheat Bread, Oatmeal Raisin Cookie, Milk</p>	<p>20 Veg. Omelet, Hash Brown Potatoes, Grilled Veggies, Multigrain Bread, Tropical Fruit Salad, Milk</p>
<p>23 Herb Baked Chicken Qtr., Orzo, Broccoli, Wheat Bread, Mandarin Oranges, Milk</p>	<p>24 Apple Juice, Roast Beef w/Gravy, Baked Potato, Scandinavian Blend Vegetables, Rye Bread, Mixed Berry Strudel, Milk</p>	<p>25 New England Clam Chowder, Crackers, Parmesan Crusted Scrod w/ Tartar Sauce &amp; Lemon, Succotash, Spinach, Oat Bread, Fresh Fruit, Milk</p>	<p>26 Grape Juice, Whole Grain Spaghetti &amp; Meat Sauce, Parmesan Cheese, Cesar Salad w/ Croutons, Italian Bread, Vanilla Pudding, Strawberry Topping, Milk</p>	<p>27 Sweet &amp; Sour Pork, Brown Rice, Oriental Vegetable Blend, Oat Bread, Pineapple Tidbits, Milk</p>
<p>30 Baked Ziti with Meat Sauce, Parmesan Cheese, Broccoli, Italian Bread, Peaches, Milk</p>	<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>			



BESIDE YOU AT EVERY TURN  
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- Live-in caregivers
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- Homemakers
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An affiliate of VNA Community Healthcare



Madison Senior Center  
 29 Bradley Road  
 Madison, CT 06443

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9/2013 **Meals On Wheels Volunteer Drivers Needed**  
**Call Heather at (203)245-5687**

RETURN SERVICE REQUESTED

## COMPUTER CLASSES

### Computer Basics For Beginners

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

**Tuesdays, September 10th– October 8th 1:00 to 2:00pm** **Fee: R \$42 NR \$52 (5 classes)**

### iPad for Beginners

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

**Thursdays, September 12th—Oct. 10th 1 to 2 pm** **Fee: R \$42 NR \$52 (5 classes)**

### E-Bay: Buying and Selling Online

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

**Tuesdays, September 10th - September 24<sup>th</sup> 10 to 12pm** **Fee: R \$42 NR \$52 (3 classes)**

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

### Ongoing Activities at the Senior Center

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