



Trends & Traditions



September 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, “*Lenny and Joe’s*” is offering us 20% off! **To participate you must register with the Madison Senior Center.**

Minimum Passengers: 5

Friday, September 4th, Depart MSC at 11:00am Fee: \$2

Basic Italian-New Course!

Learn common expressions, phrases and essential communication related to travel, transportation, dining and sightseeing. This four week course is fun, interactive and stress free! The instructor: Elaine Jackson and pre-registration is required.



Wednesday, Sept. 16th-Oct. 7th

10:30-11:30am

Minimum enrollment 4

Fee: \$36R | \$46NR

Basic Spanish - NEW Class

This four week-course contains important linguistic and cultural information pertaining to the twenty Spanish-speaking countries. Everyday expressions and vocabulary relate to the weather, food and travel and celebrations! Instructor: Elaine Jackson. Pre-registration is required.

Wednesday, September 16th - Oct. 7th

1:00pm-2:00pm

Minimum enrollment: 4

Fee: \$36R | \$46NR

BRIDGE BASICS 1 ♠ ♥ ♣ ♦

An 8-week class that covers the fundamentals of the game of Bridge which will consist of play, and defense. This class is for anyone who wants to learn to play bridge. In addition to discussion, practice hands will be provided for actual play. Please purchase the book, *Bridge Basics 1, An Introduction* by Audrey Grant and bring to the first class. It is available at R.J. Julia’s at a 10% discounted price of \$10.75 (*may need to be ordered*).

Instructor: Don Brueggemann Minimum enrollment: 8

Tuesday, Sept. 22nd– Nov. 17th 10-11:30 No Class 11/3

8 Sessions

Fee: \$60R | \$70NR



MIDDLEBURY CONSIGNMENT

A beautiful showroom displaying furniture and decorative accessories. One of Connecticut’s premier consignment destinations for shopping, then enjoy lunch in

their café. There are two lunch times (*on your own*) 11:30 & 12:00. Please let us know upon registration which lunch time you would prefer. **Minimum passengers: 10**

Friday, Sept. 18th Depart MSC at 9:30am

Fee: \$5

Hollister Gardens and Hidden Valley Eatery

Hollister Gardens is beautifully situated on a sloping, terraced site in the rolling hills of Litchfield in Washington, CT. *Hollister House* Garden is an American interpretation of such classic English gardens as *Sissinghurst*, *Great Dixter* and *Hidcote*, formal in it’s structure but informal and rather wild in its style of planting. The garden is sited on 25 acres. *Admission is paid at the door* : \$10. Lunch is on your own. **Minimum passengers: 10**

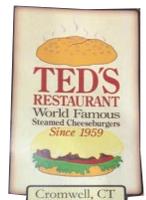


Monday, Sept. 14th Depart MSC at 9 am.

Fee: \$5

The Adventurous Culinary Club

Come on a culinary adventure to explore cuisines from around the world and make new friends! Go somewhere new every month. Lunch on your own, prices will vary. This month enjoy lunch at *Ted’s in Cromwell CT*,



home of the Steamed Hamburger. **Minimum passengers: 5**

Friday, September 25th Depart MSC at 10:00am Fee: \$2



Chinese Philosophy and Culture

Introduction to Chinese philosophy and culture. We will focus on Confucianism and Taoism-their influence on Chinese society can be felt even today. Major Chinese holidays will be discussed, through which you will learn more about Chinese culture. Instructor: Jennie Owens (4 weeks) **Minimum enrollment: 5- preregistration required.**

Thursday, September 24th - October 15th 1:30-2:30 Fee:\$10

End of Summer Picnic with Chef Kevin

Enjoy a picnic at our fabulous Surf Club. Menu to include: grilled lemon tarragon chicken thighs, grilled salmon with melon barbeque sauce, caprese salad with fresh mozzarella and tomatoes, rosemary roasted red potatoes, and white peach shortcake for a dessert. For your entertainment, enjoy Joanne Wilder and her hula dancers. Pre-registration required.

Maximum: 50

Wednesday, September 16th at 12:00

Fee: \$10





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 September 10th, 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 Kristen Caramanica
- Secretary: Ellie Gillespie
- Bus Driver: Michael Rand
- Bus Driver: Helen Sneider
- Bus Driver: Dennis Marron
- Bus Driver: Tina Macero
- Chef: Kevin Wolfe
- Café Server: Yamilette Moisher

Volunteer Spotlight

Special Thanks to
Adele Campanelli
organizer for Senior Single Group

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:

Wed.: 9:30-12 & 11:30 - 3:45pm

Thurs: 12 - 3:45pm

Fri.: 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). **Starting September 9th 1-3pm**

PLEASE NOTE that *all* of our activities require preregistration, so we can be sure we provide adequate space and supplies for you.

Ongoing Activities at the Senior Center

Bridge	Thursdays & Fridays	1 – 4 pm
Canasta	Tuesdays	1 – 4 pm
Crocheting Bags	Wednesdays re-starting September 9 th	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

RENT REBATE

Application intake until Wednesday, September 30th, 2015

Participants will receive a one-time check in the fall to help offset rental expenses. Participants must submit proof of income for 2014, proof of rental, heating, electric, & water payments made in 2014. Eligible participants are age 65 & over, or disabled & have incurred rental expenses in 2014, in Connecticut. Applications will be accepted for PREVIOUS and NEW Applicants

2014 max. income: single: \$34,600 & couple: \$42,200

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 1st 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 1st, 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 3rd, 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:

<u>Income</u>	<u>Number of Possible Meals Subsidized Per Week</u>
<\$972.50/Month	4 meals/week maximum
\$972.51-\$1,215/Month	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, Molly Standley for an interactive, confidential support group. Share experiences, discuss ideas and problem-solve with other caregivers. Discuss different options such as: Curative, Palliative or Hospice Care. Discover ways to be mindful in healing from grief. Group meets the 3rd Tuesday of the month.

Tuesday, September 15th, 11am-12pm FREE



LOCAL AUTHOR

Nancy Shapiro presents "*We Had A Ball*," a collection of essays by an assortment of authors who share their memories of playing sports as children, both freely or with an organized team. "*We Had A Ball*" also includes references to today's current authors who have written about issues in youth sports and their excellent guides to best practices for our children. As you make your way through these captivating accounts, you are encouraged to dig deep into your own memories and understand how playing sports as a kid has influenced you today. Books will be available for signing and purchase. Please call to pre-register. **Monday, September 28th at 1pm FREE**

Intergenerational Book Club

Share your love of books and exchange ideas. Fourth grade students from Country School partner with MSC and will read the same book. Gather either at the Senior Center or at the Country School to discuss the book. Discussion led by Heather Butler. **Please call to register.**

**Wednesday's Oct. 7th & 21st, Nov. 4th, & 18th
 10:30-11:30 Madison Senior Ctr. Free**

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



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.

Bingo!

Dessert Bingo with Watrous
 Friday, September 4th at 1pm

St. Margaret's Bingo
 September 9th 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. 8th - Nov. 24th 10-12

The Friday Movie Matinee at MSC

All movies begin at 1:00

9/4 "Letters to Juliet" PG

9/11 "Get Low" PG-13

9/18 "To Kill a Mockingbird" NR

9/25 "Second Best Exotic Marigold Hotel" -PG



Book Club

Thursday, September 24th

Meets at 1 pm to discuss

"A Spool of Blue Thread"

Discussion led by Barbara MacDonald

Lunch Bunch, Shopping & Adventures!

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

Monday, Sept. 21st

Visit Bishops Orchards
depart MSC at 12:30

Monday Sept. 28th

Walmart in Old Saybrook
Depart MSC at 12:45.

"NEW" SENIORS NEWCOMERS CLUB

Have you just relocated or recently retired to the North? 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
Mon. Sept. 21st at 1:30-2:30pm
Wed. Oct. 7th 11:30 for lunch at senior center Fee: \$4—Please register!!

MSC ART GALLERY

View our latest exhibit by **Tom Benincas**. The show will run from **August 18th to October 2nd** and is open Monday thru Friday from 8:30am-4pm (*Please call the senior center for alternate times.*)

The next show features the work of the Coastal Camera Club October 5th—November 15th

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 ASSISTANCEThurs., Sept. 17th 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 The Madison Senior Center (203) 245-5687

Meals are 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

Reservations needed the day before by 12pm. Call (203)245-5627, to make a reservation.

**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.



September 10th at
The Madison Beach Hotel

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. Sept. 28th 4-5pm Free

*Please register with **Katie Fargo** 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 1st & 3rd Friday monthly Friday, Sept. 4th & 18th

Call MSC for appointment. Fee: \$24

OTAGO STRENGTH & BALANCE PROGRAM

Mary Jane Fegan from Rehab Concepts Physical Therapy, discusses Otago, an individualized program proven to reduce falls by 35-40%.

Otago can increase your energy level, help maintain your independence, enable you to participate in more of life's fun activities and help you feel safer, in your own home. If you have fallen during the past year, or have any concerns about falling – you should plan to attend. There will be a quick screening afterwards for those interested.

Tuesday, September 8th 1:30 FREE

CHIROPRACTIC WELLNESS SERIES

Dr. John Mastrobattisto, of *Shoreline Chiropractic* will host a **Lunch & Learn**. A practical guide on how to live with achy joints. Learn proper ways to move, sit and stand to avoid added stress on your joints. Lunch and information provided by Dr. John Mastrobattisto of Shoreline Chiropractic in Madison, space is limited., so call soon!

Tues. Sept. 29th at 12:30 FREE

**HEARING CLINICS**

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

By Appointment Only Sept. 21st.

“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.**

Medicare Savings Program

Shayla Del Giudice, an independent living advocate from Access Independence, Inc. will join us to discuss the Medicare Savings Program. Add \$104.90 into your Social Security check each month, help pay your Medicare Part “D” premiums/deductible and may even help pay your doctor/lab co-pays. **Pre-registration required.**
Wednesday, September 16th at 1:00

Exercise with Patty Velleca



CHAIR EXERCISES

Seated exercise. Increase muscle tone, joint flexibility, and cardiovascular strength. **Min. Enrollment: 9**

Mondays - 10:30 to 11:30am

September 21st & 28th

R\$10 | NR\$19

2 classes

Fridays - 10:30 to 11:30am

September 4th-25th *no class on 9/18*

R\$15 | NR\$25

3 classes

SENIORS IN MOTION

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

Min. Enrollment: 12

Wednesdays - 10:30 to 11:30am

September 2nd-30th *no class on 9/16*

R\$14 | NR\$24

4 classes

EXERCISE & RELAX YOGA

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

Min. Enrollment: 5

Mondays 9:30-10:30am

September 21st & 28th

R\$17 | NR\$27

2 classes

Tuesday's 9:30-10:30am

September 1st-29th *no class on 9/15*

R\$34 | NR\$44

4 classes

FITNESS & MOVEMENT

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

Min. Enrollment: 5

Wednesdays - 9:00-10:00am

September 2nd-30th *no class on 9/16*

R\$34 | NR\$44

4 Classes

Fridays - 9:00-10:00am

September 4th-25th *no class on 9/18*

R\$26 | NR\$36

3 Classes

DIANE'S JOKE CORNER

An old fellow fell in love with a lady. He got down on his knees and told her there were two things he would like to ask her. "OK." He said, "Will you marry me?" She replied "Yes," and then asked what the second question was. He replied, "Will you help me up?"

TAI CHI



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

Sept. 14th-Oct. 19th (5 weeks)

no class 10/12 Fee: R\$30 | NR\$40

Min. 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 Sept. 10th & 24th 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 - new time for the summer!

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.



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: VNA Community Healthcare

Mondays, 10:30-11:30

Nov. 16th- Dec. 7th

Classes: 4

Max: 12 Participants

Fee:\$25

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 30th, 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 2nd and 4th 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. September 8th and 22nd

Stronger Seniors

An interactive program focusing on setting goals, fall prevention, home safety, medications, diet, exercise, and the power of positive thinking. This class includes an exercise component that is ideal for all exercise levels.

Instructed by: VNA Community Healthcare

Tuesdays & Thursdays 1-2pm

Tues. Sept. 10th - Thurs. Dec. 10th

No Class: 11/3 & 11/26 Classes:24

Min.: 8 | Max.: 20

Fee: \$30



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., Sept. 14th-Oct. 26th 2-3pm

6 Classes

Fee:\$37R | \$47NR

No class 10/12

Min: 6

Mohegan Sun Friday

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

Friday, September 11th

Fee:\$7

“On Golden Pond”

Stage-loft Theater in Sturbridge, MA

Sunday, September 20th

An aging couple, Ethel and Norman Thayer, spend each summer at their home on a lake called Golden Pond. They are visited by daughter, Chelsea with her fiancé and his son. The play explores the often turbulent relationship the young woman shared with her father growing up, and the difficulties faced by a couple in their twilight years of long marriage “*On Golden Pond.*” Pre-Show Lunch at Salem Cross Inn includes house salad, bread basket, baked scrod or roast stuffed chicken breast, vegetable and potato, ice cream cake ball with hot fudge and beverage. **Depart MSC at 8:15am return 6:30pm**

R\$83 | NR\$93

“The Big E Fair” on Connecticut Day

Wednesday, September 23rd

The “Big E” New England’s greatest fair, is the premier event each fall with nearly one million guests. Located in West Springfield, MA., it’s ranked among the top fairs in the country. The “Big E” encompasses a wide variety of events including: The Storowton Village Museum, shopping, The Avenue of States, agricultural and livestock events, rides, horseshow, lots of food! Price includes transportation, Admission and Driver’s Gratuity. with beach and recreation. Depart time TBA

Fee: \$51

Dancing in the Street

Aqua Turf

Monday, October 26th

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 lunch, show and transportation.

Depart MSC at 10

Fee: R\$65 | NR \$75

“Show Boat”

Westchester Theater

Thursday, November 12th

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 17th

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 Farris 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 20th

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

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



Tropical Costa Rica

March 14th-March 22nd, 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 Must book by 9/7/15 for discounted rate, rates increase \$100 pp after 9/14/15.**

America's Music Cities

New Orleans, Memphis and Nashville

April 15th-April 22nd, 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 22nd at 10:30. **Must book by Oct. 8th, 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

Norwegian Cruise Line

October 1st - October 8th, 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

October 10th – 20th, 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 4th will save \$100 per person. **Double \$4349pp, Single \$5,049pp, Triple \$4,299pp.**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 French Onion Soup, Ham Tomato and Cheese Sandwich, with Chocolate Cake	2 Carrot Soup, Chicken Fajitas and Cookies	3 Cauliflower Soup, Tequila Lime Steak, Ice Cream	4 Shrimp Bisque, Portabella Napoleon and Peach Pie
7 Labor Day Senior Center is Closed	8 Wisconsin Ale and Cheese Soup, Chicken Alfredo and Sweet Potato Pie	9 Chicken and Rice Soup, Bacon Cheese Burger, Jell-o	10 Vegetable Soup, Cobb Salad, and Cookies	11 Manhattan Clam Chowder, Cod with Tomato and Fennel, Mocha Pudding
14 Borscht Soup, Chicken Cacciatore and Ice Cream.	15 Corn Chowder, Mushroom Onion and Bacon Quiche, Peach Shortcake	16 Italian Meatball Soup, Eggplant Rollade, and Custard	17 Black Bean Soup, Roast Loin of Pork, Parfait	18 New England Clam Chowder, Tilapia Francaise, Chocolate Cake
21 Minestrone Soup, Chicken Livers with Bacon and Onions and Cookies	22 Tomato Soup, Turkey and Avocado Club and Fruited Jell-O	23 Tortilla Soup, Manicotti, Strawberry Shortcake	24 Mushroom Lentil Soup, Chicken Scampi, and Peach Pie	25 Beef Barley Soup, Grilled Lemon Dill Swordfish, White Cake
28 Butternut Squash Soup, Turkey Meatloaf, Chocolate Pudding	29 Split Pea Soup, Stuffed Peppers, and Pumpkin Pie	30 Beef Barley Soup, Chicken Cesar Salad and Cookies	<p><i>Please remember to make your reservation with Kevin Wolfe 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 and meals can be purchased daily or you can get a 5-meal pass for \$20.</i></p>	

When times are **good** everyone wants to **advertise**

When times are tough everyone **should!**

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9/2015

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 one day course! The class will be held on Wednesdays from 12:30p to 4:30p

Sept. 9th * Oct. 14th

Instructor: Bill Ridolfi

Fee: AARP Member: \$15

Non-Member: \$20

Call the Senior Center to register!

SSILL Fall/Winter Catalog is available at Madison Senior Center and the Guilford Com. Center.

The SSILL Open House will be Tuesday, September 8th, 9:30 am at Guilford Community Center

Computer Seminar Help Sessions, Two to Three Hours Long

These short courses will introduce and expand your knowledge of their subjects. They are designed for new and beginning users. Bring your own laptop or tablet (if available) in lieu of using the Center's computers. Classes will be available Tues 9am-4pm, Wed. 1pm-4pm or Thurs. 1pm-4pm. Contact us to arrange a time. Registration minimum is 2 people. **The fee is \$12 per session**

SHOPPING on the INTERNET – Safely and Securely!

Save money, save time. shop dozens of stores from the comfort of your home. Get the best price, compare items, read reviews, locate that hard to find item. Have your grand child's gift delivered right to his door. From food, to automobiles, to travel to anything and everything. One purchase will pay for this registration fee.

EMAIL

Learn the email basics. What is an email address? How do I write and send an email? What do I do when I get an email? How do I send a picture to my friends? Can I print that picture my son sent me? How do I make and use an address book or contact list?

THE INTERNET

Learn the basics of the Internet. Use the Internet for research, to study a topic, to read the daily news from all over the world, to visit museums online, to watch movies and listen to music. Learn how to effectively search the Internet. You will leave this session knowing how to do search and being prepared to do much more.

FACEBOOK AND SOCIAL MEDIA

Are you interested in Facebook and other forms of social media – Instagram, Twitter, LinkedIn, etc. Learn how to get started and connect with grandchildren, old friends, or even network about health issues through social media.

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.

Weds., Sept. 9th-30th 10 to 11:30am (4 classes)
Minimum: 4 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.

Weds., Sept. 9th- 30th 1-2:30pm (4 classes)
Minimum: 4 Fee: \$63R | \$73NR

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Open E-bay & PayPal accounts online, search and bid on an item, pay and complete the transaction, and find the best deal. Become an eBay seller, what it costs, how to price your items, take and upload a picture, complete the sale. Bring a camera, charged battery, & a pad and pencil. Classes are 2 hours. If you have your own laptop, please bring it with you.

Thurs., Sept. 10th-24th 10-12:30 (3 classes)
Minimum: 4 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**