

Trends & Traditions

December 2015

Madison Senior Center

Make a Wreath with Rachael

Rachel Blundon Klein, a Horticulture Therapist, from Madison Earth Care, is coming back to help us decorate for the holidays. This time our project will be a lovely 10" wreath. Rachel will provide lots to decorate with, or you can bring some of your own treasures to make it very special. These are always popular classes, sign up early to hold your spot, space is limited!

Wednesday, December 2, at 1:30

Fee: \$20



Wassail Singers from Daniel Hand High School

"Here they come a-wassailing..." We are so excited to have the Wassail Singers from

Daniel Hand High School under the direction of Ron Soja, come to the Senior Center to regale us with their beautiful voices and fill us with holiday cheer. They will be singing in the Café, be sure to sign up for lunch and enjoy the show!

Friday, December 4th 11:45am

Lunch Fee:\$4

Need a Hobby to Get You Through Those Long Connecticut Winters? Check these out!

Remember, we can pick you up and take you home, no need to worry about transportation.



INTRODUCTION TO FLYTYING

Learn how to tie fishing flies to use in the fine art of flyfishing or as an art form. Participants will learn the fundamentals of working with a variety of materials, the basic tools of flytying, how to produce streamers and nymphs. This is a beginners' course to develop a comfort level with the process of tying flies. Beautiful flies, guaranteed to catch fish, will be produced and discussion of how to fish them will be part of the course. Instructor: Steven Pynn

Tuesday, December 8th at 2pm

Pre-registration necessary

FREE

INTRODUCTION TO STAMP COLLECTING

with Michael Frechette of the New Haven Philatelic Society

Stamp collecting is a fascinating hobby, and Michael Frechette will show you why. In his presentation he will introduce you to some of the basics of stamp collecting and why people are so passionate about it..

Thursday, December 10th at 1pm

FREE



WANT TO TRACE YOUR ANCESTRY?

Learn how to trace your family tree in this great program from the *Madison Family History Center*. They will help you get started with an interactive introduction about the importance of learning about your family and writing down your own personal history to leave for generations to come. They will also give you websites and handouts to help you keep going.

Wednesday, December 16th at 10am

Free



HOLIDAY FESTIVITIES



DECORATE THE SENIOR CENTER

Stop in, share some holiday cheer, and help decorate the Senior Center for the holidays. Hot Cider and Cookies will be served.

Thursday, December 3rd at 10

FREE



Holiday Party & Sing a-Long

Join us for a delicious Holiday Feast, with all sorts of yummy things to eat prepared by our own *Chef Kevin*. We will be serenaded by Frank Vasi, on piano to add to the festivities! To participate in our present swap bring in a gift wrapped present spending no more than \$5. **Pre-registration by Friday, Dec. 11th. Space is limited!**

Friday, December 18th at 11:30

Fee: \$10.00



The Adventurous Culinary Club

The Griswold Inn in Essex is always a treat, but especially so during the holidays. You will be transported back a century or so with the cheerful and warm ambience that the "Griz" is so famous for. Enjoy lunch on your own and bask in their holiday spirit, and delicious food!

Monday, December 14th

leaving MSC at 11:45

Bus Fee: \$2





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 December 10th, 2015 at 5:30pm

SENIOR CENTER STAFF

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

Happy Holidays,

With the arrival of December, it is time to contemplate your New Year’s Resolution. This year could be the year for you to try something new, learn a new language, or take that trip to Italy you have always wanted to make. We will be there every step of the way to help you fulfil your resolution in 2016.

Take the time this month to enjoy your family and friends, maybe donate a gift for “Be a Santa to a Senior” and remember to shop local and support the many wonderful shops in downtown Madison. Madison has many lovely shops in the Down Town area that can cater to your holiday shopping needs. Remember to *Love Your Local*.

If you are getting frail or unsteady on your feet when you walk, it's time to hang up the snow shovel. Find a friend or family member to shovel your path and driveway. Over 1,200 people die each year from shoveling snow; please do not become part of that statistic. If you need assistance finding a plow company, give us a call and we will help you locate someone.

From all of us at the Madison Senior Center, have a healthy and happy holiday season.

Austin

“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. Lots of 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**
- Fridays: 9:30-12 & 11:30 - 3:45pm**
- All are welcome!**



Crochet with Mrs. Wimble



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

Ongoing Activities at the Senior Center

Bridge	Thursdays & Fridays	1 – 4 pm
Canasta	Tuesdays	1 – 4 pm
Crocheting Bags	Wednesdays	1 - 3 pm
Hand & Foot	Fridays	1 – 4 pm
Poker	Wednesdays	12:45 - 3pm
Swedish Weaving	Tuesday’s	10am - 1pm
Knitting Group	Tuesdays & Thursdays	10am - 12pm
Walking Club	Mondays, Tuesdays & Wednesdays	10am



CONNECTICUT ENERGY ASSISTANCE PROGRAM

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



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

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

MEDICARE SAVINGS PROGRAM *Updated Program limits*

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

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

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:

Income

<\$972.50/Month

\$972.51-\$1,215/Month



Number of Possible Meals Subsidized Per Week

4 meals/week maximum

3 meals/week maximum



This program is run off of a donation from Neighbor to Neighbor and is on a first come, first served basis. To seek further information on the program, please see Heather Castrilli or call (203)245-5627

MADISON COMMUNITY SERVICES FOOD PANTRY

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



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

SNAP PROGRAM (Formerly Food Stamps).

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

CAREGIVER SUPPORT GROUP

Join VNA's Caregiver Support Network expert, for an interactive, confidential support group. Share experiences, discuss ideas and problem-solve with other caregivers. Discuss different options such as: Curative, Palliative or Hospice Care. Discover ways to be mindful in healing from grief. Group meets the 3rd Tuesday of the month. **Tuesday, December 15th, 11am-12pm FREE**



CHRISTMAS IN LATIN AMERICA

with Elaine Jackson

Explore holiday customs in Puerto Rico, Cuba and Mexico through music, food, Christmas phrases, traditions and a colorful video.

Pre-registration is required. FREE

Wed., Dec. 16th 12:30-1:30am



Bingo!

Dessert Bingo with Watrous
Friday, Dec. 4th at 1pm

St. Margaret's
Christmas Party
Wednesday, Dec. 9th 2015
you can sign up with us. FREE



CREATIVE WRITING

Write and share your thoughts, values and life lessons with other Seniors, and as a legacy for your children. Stimulating topics will be suggested each week and may be expressed in prose or poetry as fiction or creative non-fiction. Attendees should be good listeners, maintain confidentiality, with willingness to share and contribute to discussion.

Mondays, 1-2pm Free



Ways to Give to Your Community

Right at the Senior Center



1. Coat Drive -coats to go to local Women's Shelter. Box is in the lobby.
2. We are a Food Pantry Drop off (year round)
3. Santa For Seniors (see Austin's letter on page 2)

Pool Instruction with Dave Kyle

Dave has been a student of pool instruction for a long time. He'll share with you information on the basic stance, dominant-eye sighting, and stroke. He'll introduce you to several very simple and powerful "practice drills." Together you will play the great game. **Wednesdays, until Dec. 23rd 1:00-3:30pm**

4 Students per session

FREE



BILLIARDS TOURNAMENT

Next tournament starts January 11th.

Sign up at Front Desk by Jan. 6th. The schedules will be available on Jan. 8th. Please give us a call if you are interested!



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 find a partner, 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



Senior Newcomers' Club

Have you just relocated or recently retired to the Shoreline? We welcome you to join our newcomers club designed to acquaint new residents with the community. We look forward to meeting you for fun, friendship and great conversation! Club organizer:

Jennie Owens

This month will be a luncheon meeting so remember to sign up for lunch by noon on Tuesday, Dec. 1st.

Wednesday, December 2nd 11:30



Shopping & Adventures!

Minimum of 5 people.

Mon. Dec. 7th Pink Sleigh
depart MSC at 1 Bus fee: \$2

Mon., Dec. 21st Downtown Madison
depart MSC at 1 Free

The Friday Movie Matinee at MSC

All movies begin at 1:00

12/4 "12 Years a Slave"

12/11 "Selma"

12/18 "White Christmas"

In February, 2016 the SSILL movies will begin again during the Winter/Spring session. In the mean time the Senior Center will provide them.

MSC ART GALLERY

View our latest exhibit by *The Coastal Camera Club*. The show will run from through Dec. 27th and is open Monday thru Friday from 8:30am-4pm (Please call the senior center for alternate times.)

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

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

**SENIOR CAFÉ**

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

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

**MEET, MINGLE & MUNCH SOCIAL GROUP**

Do you like to do things, but not alone?

At the 3 M's social group 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.** on the 2nd Thursday of the month at a local restaurant. On **December 10th** we'll be at *Bill's Seafood*,

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.

No class in December, but they will resume on January 25th from 4-5pm

*Please register with **Tom Piezzo** at the Scranton Memorial Library (203) 245-7365, to receive updates regarding cancellations and changes.*

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 Dec. 21st.

**BRIDGE BASICS 2:****COMPETITIVE BIDDING**

An 8 week session focusing on Competitive bidding. 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 "*Competitive Bidding*" by Audrey Grant. **R.J Julia's is offering a 10% off Audrey Grant's book.** Please bring the book to the first class. Instructor: Don Brueggemann

Tues., Jan. 5th- Feb 23rd, at 10 to 11:30 (8 classes) Fee: \$60R | \$70NR

IPAD CLASS

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.

(4 classes)

Wed. Dec. 2- 16* 1-2:30pm

The fourth class will be either 23rd or the 30th the participants will decide at the first class.

Fee: \$63R | \$73NR

"SAFETY CHECK LIST"

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

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

**ART 101**

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

Come get your creative juices flowing!

Tues., through 12/29 1:30-3:30pm will resume February 2nd Instructor Muriel Waldvogel Fee \$5

Exercise With Patty Velleca

CHAIR EXERCISES

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

Mondays - 10:30 to 11:30am

December 7th - 21st (no class 12/28)

R\$14 | NR\$24

3 classes

Minimum Enrollment: 9

Fridays - 10:30 to 11:30am

December 4th-18th (no class 12/25)

R\$14 | NR\$24

3 classes

Minimum Enrollment: 9

SENIORS IN MOTION

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

Wednesdays - 10:30 to 11:30am

December 2nd-16th (no class 12/23, 30)

R\$11 | NR\$21

3 classes

Minimum Enrollment: 12

EXERCISE & RELAX YOGA

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

Mondays 9:30-10:30am

December 7th - 21st (no class 12/28)

R\$26 | NR\$36

3 classes

Minimum Enrollment: 5

Tuesday's 9:30-10:30am

December 1st-15th (no class 12/22, 29)

R\$26 | NR\$36

3 classes

Minimum Enrollment: 5

FITNESS & MOVEMENT

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

Wednesdays - 9:00 to 10:00am

December 2nd-16th (no class 12/23, 30)

R\$26 | NR\$36

3 Classes

Minimum Enrollment: 5

Fridays - 9:00-10:00am

December 4th-18th (no class 12/22, 25)

R\$26 | NR\$36

3 Classes

Minimum Enrollment: 5

TAICHI



T'ai Ch'uan is a gentle way to nourish body, mind, and spirit. Slow movements can improve health, vitality, balance, and concentration. Instructor: S. Hanley Nov. 30th-Dec. 21st (4 weeks)
Fee: R\$22 | NR\$32 9-10 am
Minimum Enrollment: 8



No Excuses Tap Dance Club

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

Instructor Annette Smith will be here on December 10th

Fee is \$12.00

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

Walkie Talks

If you are tired of walking alone and want to meet other walkers. Walk with us weather permitting on **Mon. & Tues. at the MSC at 10 am.** Walking the Madison section of the *Shoreline Greenway Trail* on **Wednesday's at 10,** starts at Hammonasset State Park. A new parking area is now available just east of the main entrance, on Rte 1.



Book Club

No Meeting in December

The next meeting will be Jan. 7th discussing "The Lottery" and Jan. 28th discussing "A Man Called Ove"
Meeting begins at 1 pm

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

Kris will be on vacation from Dec. 28th through the 31st.



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:**

Tuesdays, December 8th and 22nd

Country Line Dancing



Need to exercise but it's too cold and icy outside? Come to the Senior Center and get moving to a country beat! Tons of fun, and great exercise too. Instructor: Karen Pfrommer

Wed., Jan. 6th-Feb. 10th 1:30pm
(6 classes) Minimum: 6

Fee: \$31R | \$41NR



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., January. 4th-Feb. 22nd 1:30pm

No classes on 1/18 & 2/15 (6 classes)

Minimum: 6 Fee: \$31R | \$41NR

Diane's Joke Corner - Laughter is the Best Medicine



An elderly woman was telling her daughter about a date with a 90-year-old man. "Believe it or not, I had to slap his face three times!" "Do you mean that old man got fresh with you?" the daughter asked in disgust. "Oh no!" her mother explained, "I had to keep slapping his face to keep him awake!"

Mohegan Sun FridayFriday, December 11th

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

Fee:\$7

To register for the Mohegan trips: The Mohegan trip take place on the second Friday of every month. Madison residents may sign up starting on the Monday following the trip. Out of town residents may sign up on the Thursday following the trip. You do not need to wait for the month in which the trip is happening to register.

SNEAK PEEK FOR 2016 TRIPS**It's Officially Spring**March 19th, 2016

Spring is finally here and it's time to participate in an old New England Springtime Tradition- Maple Syrup making! March is Maple Syrup Month, where sugar houses all over New England open their doors and welcome visitors to learn how to make maple syrup and then to enjoy some fantastic samples. Visit Ioka Valley Farm's Sugar House in the Berkshires. Watch the fascinating process of turning fresh maple sap into pure maple syrup then enjoy a pancake lunch in the "Calf-A." Following your delicious meal, peruse the Norman Rockwell Museum. The museum is a gathering place for reflection, involvement and discovery through the enjoyment of the artist's work. Menu includes: all you can eat pancakes (blueberry, chocolate chip, M&M, butterscotch, apple cinnamon, pecan, or plain) bacon or sausage, corn muffin, coffee, tea, orange juice, milk, hot chocolate, maple milk.

Departure time TBA. *Place of departure is the Commuter Parking Lot at exit 61 of Rte. 95.*

Registration deadline Feb. 29th

Cost:\$105

National Cherry Blossom FestivalApril 1st – 3rd 2016

Washington, DC welcomes the arrival of spring with the National Cherry Blossom Festival, a tradition that showcases the beautiful gift of 3000 cherry trees that the city of Tokyo gave to our nation's capital. The blossoming cherry trees symbolize the arrival of spring and brighten the area surrounding the Jefferson Memorial on the Tidal Basin with their vibrant pale pink and white flowers. Trip includes visits to: World War II Memorial, FDR Memorial, Iwo Jima Memorial, Lincoln Memorial, Viet Nam Memorial, Korean War Memorial, Jefferson Memorial surrounded by the Cherry Blossoms at the Tidal Basin, Washington Monument. Tour-mobile through Arlington National Cemetery, Changing of the Guard Ceremony at the Tomb of the Unknown Soldiers, US Capitol & White House photo stop, Smithsonian Buildings (American History, Natural History, Air & Space, African Art, Indian Art, National Gallery of Art, Hirshhorn Museum & Sculpture Garden Trip includes: Motorcoach Transportation, 2 nights at the Marriott Falls Church, 2 breakfasts, 1 dinner at Buca de Beppo.

Time of Departure is TBA. *Place of departure is the Commuter Parking Lot at exit 61. Registration deadline Mar. 14th*

Single: \$549, Double: \$339, Triple/Quad: \$417, Child sharing with 2 adults: \$329.

Intrepid & Enterprise

April 30, 2016

The Intrepid Sea, Air, & Space Museum, located on the West side of Manhattan, showcasing the World War II Aircraft carrier USS Intrepid, the submarine USS Growler and a Concorde supersonic airplane. The Intrepid is also host to OSO Manhattan, a USMC recruiting station. Also enjoy the Space Shuttle Pavilion. Within the Pavilion, Enterprise sits just 10-feet off the ground, allowing visitors to walk directly underneath this historic artifact. Striking images, descriptive texts, dramatic lighting and immersive video experiences reveal the space shuttle orbiter as both experimental space plane and space ship and a vehicle that enables a greater understanding of science and technology. Light lunch aboard the Intrepid includes: Sandwich choice: Ham, Turkey, Chicken, Roast Beef, Cheddar Cheese, Cookie and a drink. Trip to Times Square to conclude your day Time of Departure is

TBA. *Place of departure is the Commuter Parking Lot at exit 61- Registration deadline Apr. 11th*

Cost: \$119

68th Annual Albany Tulip Festival

Mother's Day Weekend

Saturday, May 7th, 2016

Vendors...Food...Tulips & More! A highly anticipated spring tradition continues when over 100,000 tulips blossom into a sea of colors just in time for Mother's Day. There will be children's activities, craft vendors, delicious food and multiple stages with nationally acclaimed musical performances. On Saturday afternoon, The Albany Tulip Festival Queen will be crowned. Time of Departure is TBA. *Place of departure is the Commuter Parking Lot at exit 61 Registration deadline Apr. 18th* Cost: \$88

Rhinebeck Arts Festival & Hudson River Cruise

June 25, 2016

The Rhinebeck Arts Festival is located in Rhinebeck, NY in the heart of the Hudson Valley. It is a perfect destination for an early summer outing! Locals and tourists will have the opportunity to meet a unique mix of emerging and seasoned artists whose extraordinary skill and vision help make this one of the region's most anticipated annual events. Cruise the majestic Hudson River on board Hudson River Cruises. Trip includes round-trip motorcoach transportation, admission to the Rhinebeck Arts Festival, and Hudson River Cruise- lunch at the festival on your own. Time of Departure is TBA. *Place of departure is the Commuter*

Parking Lot at exit 61

Registration deadline Jun. 6th

Cost: \$93

More to come!



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.

America's Music Cities

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. **Double \$2,749, Single \$3,449, Triple \$2,719. A deposit of \$250 pp due at time of reservation.**

Canada and New England with Norwegian Cruise Line

October 1-8, 2016

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

Reflections of Italy

Depart Monday, October 10th – October 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 you're 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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LITURGICAL
PUBLICATIONS

11 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Please remember to call for your reservation for lunch at (203) 245-5627 by 12 Noon the day before you plan to attend. Lunch is \$4.00 and is served at 11:30.</i></p>	<p>1 Cream of Asparagus Soup, Chicken Marsala, Cookies</p>	<p>2 Beef Minestrone Soup, Beef Chili, Pecan Pie</p>	<p>3 Chicken Vegetable Soup, Crab and Corn Fritters, Jell-o</p>	<p>4 Shrimp Bisque Dijon Salmon and Peach Pie</p>
<p>7 Cream of Spinach Soup, Spaghetti and Meatballs and Angel Food Cake</p>	<p>8 Navy Bean with Ham Soup, Roast Shoulder of Pork and Sweet Potato Pie</p>	<p>9 White Bean and Sausage Soup, Turkey Pot Pie and Red Velvet Cake</p>	<p>10 Vegetable Soup, Beef Stew, and Cookies</p>	<p>11 Manhattan Clam Chowder, Cod with Tomato and Fennel, Mocha Pudding</p>
<p>14 Borscht, Lasagna, and Ice Cream</p> 	<p>15 Corn Chowder, Swedish Meatballs, Peach Shortcake</p>	<p>16 Cream of Cauliflower Soup, Shepherds Pie, Pumpkin Pie</p>	<p>17 Chicken and Rice Soup, Stuffed Cabbage, Custard</p>	<p>18 Holiday Fest Honey Roasted Ham Carving Station, Candied Sweet Potatoes, Green Beans Almondine, Mince Pie \$10.00</p>
<p>21 Minestrone Soup, Pork Shank and Cookies</p>	<p>22 Tomato Soup, Beef Stroganov and Fruited Jell-o</p>	<p>23 Tortillia Soup, California Burger Strawberry Shortcake</p>	<p>Wishing Everyone a Happy and Safe Holiday</p> 	
<p>28 Butternut Squash Soup, Meatloaf, Chocolate Pudding</p>	<p>29 Chicken Noodle Soup, Pork Schnitzel, Cherry Pie</p>	<p>30 Beef Vegetable Soup, White Bean & Chicken Chili, Pineapple Upside-down Cake</p>	<p>31 Rhode Island Clam Chowder, Chicken Cacciatore, Cheese Cake</p>	

When times are good everyone wants to advertise

When times are tough everyone should!

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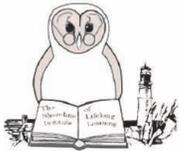
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When inclement weather arises, the Madison Senior Center will post **closing information on both Channel 3 and Channel 4** as well as send out an email notice.

If you would like further information regarding the status of individual programs, transportation or the Center, please call 203-245-5627.

Schiller Shoreline Institute for Lifelong Learning



The Madison Senior Center is happy to host many programs provided by the Schiller Shoreline Institute for Lifelong Learning. SSILL provides many interesting educational programs for adults living in the Shoreline area. If you are interested in becoming a member call the Guilford Community Center (203) 453-8086. You can also visit the SSILL website at www.ssill.org.

COMPUTER CLASSES

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

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

Minimum: 4

Wednesdays 10 to 11:30 (4 classes)

Fee: \$63R | \$73NR

iPad for Beginners - Learn the basics of using an iPad, terminology, components etc. What can you do with your iPad? Learn e-mail, playing games, and entertaining. Bring your iPad & Apple password.

Minimum: 4

Wednesdays 1-2:30pm (4 classes)

Fee: \$63R | \$73NR

E-Bay: and "New" Craig's List - Open E-bay & PayPal accounts online, search & bid on items, 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. **Minimum: 4**

Thursdays, 10-12:30 (3 classes)

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