



Trends & Traditions



January 2016



Madison Senior Center

Fraud Protection Forum



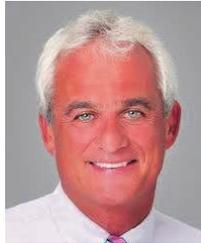
State Representative Noreen Kokoruda Invites you to join her and AARP to learn about the latest scams and how to protect yourself from tactics used to gain your personal information.

Thursday, Jan. 7th at 1pm

FREE

Lunch with Tom

Come enjoy lunch with our new First Selectman, Tom Banisch. Tom is planning on coming on the third Tuesday of every month to have lunch and chat with Madison seniors. Bring your questions, concerns and compliments.



Please remember to make a reservation for lunch, the day before, by noon.

Tuesday, January 19th, at 11:30

Lunch Fee : \$4



Gardens That Inspire

Bob Kuchta, the Madison Tree Warden and a extremely knowledgeable horticulturist,

will take you to some of the major botanic gardens in the Eastern United States; notably the *New York Botanic Garden, Longwood Garden, Missouri Botanic Garden* and the *Denver Botanic Garden*. Also, you will visit local gardens and he will show you how to move from the grand gardens to what you might create in your own back yard.

Tuesday, Jan. 12th at 1:30

FREE

RING IN THE NEW YEAR PARTY

2016 2016 2016 2016 2016

Wear your fanciest duds and join us for sparkling cider, a Surf & Turf luncheon prepared by our wonderful chef Kevin Wolfe and bring your resolutions to share!

Tuesday, Jan. 5th at 11:30

Fee: \$10



Winter brings ice, snow and slippery conditions. Join Mary Jane Fegan, DPT from *Rehab Concepts Physical Therapy* to learn how to avoid winter hazards and tips to prevent accidents during the winter months. Pre-registration is necessary.

Tuesday, Jan. 12th at 10:30

Free

Energy Medicine with Cate



Everything is energy, and you are no exception! Join Eden Energy Medicine (EEM) Clinical Licensed Practitioner, Cate Sibley for a series of four classes that will teach you how to bring flow, balance, and renewal to your body's energies. Basic self-healing energy medicine techniques that you can take home with you, will be demonstrated and practiced, and it's the continued daily practice of these techniques that are the key to helping your body and mind function at their best. The one hour classes will include the following topics:

Week 1: Enhance Memory/Concentration

Week 2: Pain Reduction (no matter the cause)

Week 3: Improve Sleep

Week 4: Strengthen the Immune System

Mini 30 minute Energy Medicine Sessions will be offered immediately following each class, and they will integrate techniques related to the topic discussed. Based on the outcome of the session, further self-healing energy medicine techniques will be provided for at home care.

Tuesdays Jan. 19th, Feb. 2nd & 16th, Mar. 1st Class Fee: \$30

Mini Energy Session Fee: \$20

The Adventurous Culinary Club

The **Guilford Bistro** is a gem of a restaurant in Guilford and has been committed to deliver fresh, simple and delicious dishes since 2006. Their menu is a combination of traditional regional Italian recipes with a modern execution. Whether you are looking for gourmet salads and panini, fresh pasta, fish or steak, the perfect espresso and Italian gelato, we will satisfy your needs. Lunch is on your own.

Friday, January 15th

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
- Patricia Melady
- Sheri Puricelli
- Marcy Sanders

The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be January 14th, 2016 at 5:30pm

SENIOR CENTER STAFF

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

THE THORN BIRDS MINI SERIES

A wonderful saga that will whisk you away to warm Australia in the early days of the 20th Century. Richard Chamberlain stars as a priest forced to make a choice between his feelings and his ambitions in this sweeping adaptation of Colleen McCullough's novel. Set on a sheep station in the Australian outback, the 1983 miniseries follows members of the Cleary family, whose move to the sheep station leads to a pivotal relationship between young Meggie Cleary and Father Ralph. When the attraction between Meggie and Father Ralph becomes obvious, Meggie's wealthy aunt forces Father Ralph to choose between Meggie and his ambition to rise within the Catholic Church. Though he chooses the church, as decades pass he continues to be drawn back to Meggie, with sometimes disastrous consequences.



Wednesdays and Thursdays, January 13th, 14th, 20th and 21st at 1:00 pm **FREE**

“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, beginning 1/6.**

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
Knitting Group	Tuesdays & Thursdays	10am - 12pm
Walking Club	Mondays, Tuesdays & Wednesdays	10am

Be On The LOOKOUT

Please be on the look out for the 2015 income tax documents. You may need these whether you are planning to file income taxes or not. Be sure to save them. New benefit letters for Social Security were mailed in the middle of December. Be sure to keep these as well. This is your current proof of income.

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, January 19th, 11-12pm FREE**



Aging: The Good, the Bad, and the Ugly with Taffy Bowes, LPC

We face a host of challenges as we age—loss of relationships, leaving jobs, time to “relax,” bionic parts, “downsizing.” If you are interested in discussing the challenges and issues we face as we age, Taffy Bowes, semi-retired, sage counselor will be leading a discussion group on these topics. All are welcome!

Topic for this session will be *Religion and Spirituality*

Monday, Jan. 11th at 1pm Free

Bingo!

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

St. Margaret's Bingo will return in March.



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

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, January 7th.

Wednesday, January 8th 11:30

The Friday Movie Matinee at MSC

All movies begin at 1:00

1/8 “Out of Africa”

1/15 “The Kings Speech”

1/22 “The Green Mile”

1/29 “Life is Beautiful”

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 *Lester Grace and Carin Roaldset*. The show will run from through Feb. 5th 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.



Shopping & Adventures!

Minimum of 5 people.

Bus fee: \$2 depart MSC at 1pm

Friday, January 15th

Michaels Craft Store in Guilford
and The Guilford Chocolatier

Friday, January 22nd

Shopping at Clinton Crossing
and Ice Cream at Nikko's Ice Cream



LEGAL ASSISTANCEThurs., Jan. 21st 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 January 14th we'll be at Donohues.

**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.

Monday, January 25th from 4-5pm

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

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
Jan. 8th & 15th Fee: \$24
Call Senior Center for appointment.

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

**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.

Due to the Martin Luther King holiday, the clinic will take place on Friday, January 22nd
By Appointment Only

Programs presented by the VNA Community Healthcare

STRONGER SENIORS

Increase muscle strength, improve flexibility, gait and balance to help avoid falls. Exercises performed in a chair or standing. *Register at the Senior Center.*

Tuesdays & Thursdays Jan. 12th – March 3rd 1-2 pm Fee: \$20

SENIOR BOOT CAMP

Specially designed program for those 50 and older who are at risk for falls. For anyone who should be more active but needs guidance to: 1) Increase muscle strength 2) Improve flexibility, gait and balance

Register with VNA Community Health Care in Guilford. (203) 458-4200
Mondays & Wednesdays Jan. 12th – March 3rd 1-2 pm Fee: \$70
No class on 1/18 and 2/15

**ART 101**

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

Come get your creative juices flowing!
Art 101 takes January off and will return again in February.

Tues., February 2nd 1:30-3:30pm
Instructor Muriel Waldvogel
2nd Semester Fee \$5

Exercise With Patty Velleca

CHAIR EXERCISES

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

Mondays - 10:30 to 11:30am

January 4th - 25th (no class 1/18)

R\$14 | NR\$24

3 classes

Minimum Enrollment: 9

Fridays - 10:30 to 11:30am

January 8th-29th

R\$19 | NR\$29

4 classes

Minimum Enrollment: 9

SENIORS IN MOTION

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

Wednesdays - 10:30 to 11:30am

January 6th-27th

R\$19 | NR\$21

4 classes

Minimum Enrollment: 9

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

January 4th - 25st (no class 1/18)

R\$26 | NR\$36

3 classes

Minimum Enrollment: 5

Tuesday's 9:30-10:30am

January 5th-26th

R\$34 | NR\$44

4 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

January 6th-27th

R\$34 | NR\$44

4 Classes

Minimum Enrollment: 5

Fridays - 9:00-10:00am

January 8th-29th

R\$34 | NR\$44

4 Classes

Minimum Enrollment: 5

Diane's Joke Corner - Laughter is the Best Medicine

Hospital regulations require a wheel chair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. 'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown.'



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 Jan. 4th-Feb. 8th (5 weeks)
no class 1/18 9-10 am

Fee: R\$27 | NR\$37

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 Jan 14th Fee is \$12.00

Tap shoes & registration required.

Thurs. from 10-11am FREE

Walkie Talksies

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

2 Meetings this Month!

The next meeting will be Jan. 7th

discussing "The Lottery" and

Jan. 28th discussing "A Man Called Ove"

Meetings begin 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



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, January 12th and 26th

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., Jan. 4th-Feb. 22nd 2-3pm

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

Minimum: 6 Fee:\$26R | \$36NR

**Mohegan Sun Friday**Friday, January 8thEvery 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****Saturday, 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**Fee: \$105****National Cherry Blossom Festival****April 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**Saturday, 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**Saturday, 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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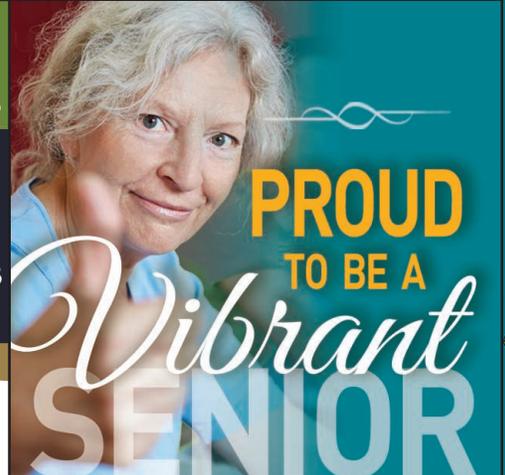
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January



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Closed for New Year's Day
4 French Onion Soup Roasted Ribs Dessert	5 RING IN THE NEW YEAR PARTY Surf & Turf - \$10	6 Butternut Squash Soup, Chicken Coq au Vin, Dessert	7 Hot and Sour Soup Soup, Pork Fried Rice, Dessert	8 Shrimp Bisque Salmon Burger and Peach Pie
11 Florentine Soup, Sweet and Sour Chicken and Angel Food Cake	12 Broccoli and Cheese Soup, Swedish Meatballs and Sweet Potato Pie	13 Vegetable Soup, Baked Ziti and Dessert	14 Beef Noodle Soup, Chicken and Dirty Rice, and Cookies	15 Manhattan Clam Chowder, Roasted Cod, Mocha Pudding
18 Closed— Martin Luther King Day 	19 Corn Chowder, Chicken Alfredo, Peach Shortcake	20 Chicken and Rice Soup, Pasta Carbonara, Cherry Pie	21 Italian Wedding Soup, Cilantro and Garlic Chicken, Custard	22 New England Clam Chowder, Tilapia Vernique Chocolate Cake
25 Minestrone Soup, Pork Chop with Ap- ples and Cookies	26 Tomato Soup, Chicken Burrito and Fruited Jell-o	27 Tortilla Soup, Beef Stroganoff Strawberry Shortcake	28 Beef Barley Soup, Chicken Pot Pie Strawberry Shortcake	29 Rhode Island Chowder, Seafood Newberg, Apple Pie
29 Mushroom Lentil Soup, Meatloaf Chocolate Pudding	29 Split Pea Soup, Stuffed Peppers, Pumpkin Pie	<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> 		

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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