

Trends & Traditions

February 2016



Madison Senior Center



AARP INCOME TAXES

Get Free Help with Your Tax Return

AARP Certified Tax-Aide counselors provide free income tax preparation assistance for low- and middle-income taxpayers of all ages, with special attention to those 60 & older. **Taxes are prepared by appointment only**, please call (203) 245-5627 to set one up. Taxpayers **MUST** bring copies of their 2014 tax return, as well as all 1099's for 2015

Tuesdays from 10 to 3
Feb. 2nd - April 12th

FREE

Low Back Pain

Do you experience low back pain? 80% of adults are affected by this problem at one time in their lives. Join Mary Jane Fegan, DPT from Rehab Concepts Physical Therapy on to learn about causes, prevention and tips to manage back pain.



Thursday, Feb. 18th at 10:30am **FREE**



BIRD WATCHING 101

Presented by Matthew Male



Matthew Male, an associate of *The American Museum of Natural History's Great Gull Island Project* and **Madison's Audubon Shop**, will give an entertaining introduction to Bird/Nature Watching at the Madison Senior Center. In a colorful slideshow and anecdotal conversation about the birds, watching and finding them and birders he's known, Mr. Male will explain the simple steps to what it takes to become a bonafide "Birder." Topics to include the who, what, when and where of birding, attention also given to how to choose optics, feeding birds and identification guides; time will be taken to answer audience queries.

Thursday, Feb. 25 at 10:30am

Fee: \$5

Special Lunches in February

Valentines Day Party

Celebrate Valentines Day with us! Chef Kevin will delight us with a wonderful lunch of a Duet of Beef and Salmon and Chocolate Lava Cake.

Thursday, Feb. 11th at 11:30

Lunch Fee: \$10



CHINESE NEW YEAR



Join us for a delicious platter of Dim Sum, and other Asian delights prepared by Chef Kevin. We will also have a Tai Chi demo and a short talk given by Jennie Owens, explaining the Chinese holiday to us.

Monday, Feb. 8th, 12:30pm

Lunch Fee: \$4



A Way to Help...



Help Willy's Friends.org is

a non-profit animal welfare charity that collects pet food, supplies, and monetary donations, which are then distributed among the community's animal shelters, rescue groups, pet pantries, and related organizations. founded in 2006 by Mark and Sharon Paturzo, of Durham, CT. **Mark Paturzo** and a special guest, will be here to talk about how he got started and what you can do to help!

Monday, Feb. 22nd at 10:30

Please bring a donation

CURIOUS ABOUT ACUPUNCTURE?

Tim Trahan, a local, licensed Acupuncturist, will speak about acupuncture and show you why it is rapidly gaining acceptance in western medicine, and how it can help you!



Wednesday, Feb. 17th at 1pm

FREE

The Adventurous Culinary Club

The Chamard Vineyards local treasure. Their farm gardens provide bountiful fruit, vegetable, and herb harvests used in their very own bistro. Utilizing their gardens, and numerous local farms and suppliers **The Bistro at Chamard** offers a unique farm-to-table take on a French-American menu. **Due to the small size of the dining area at Chamard, we are limited to taking 12 people.** Lunch is on your own.

Friday, February 26th 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 February 11th, 2016 at 5:30pm

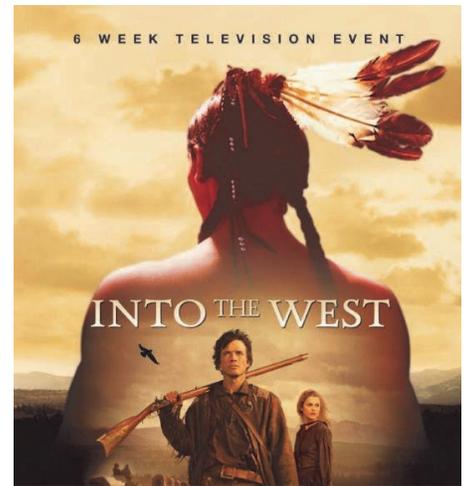
SENIOR CENTER STAFF

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

INTO THE WEST

An epic tale of two figures during the American colonization of the west, one white and the other Native American. Jacob Wheeler leaves his dull life behind to strike out west, while Loved By the Buffalo faces his destiny to try to fight a prophecy that his people will be wiped out by the settlers. Jacob marries Loved By the Buffalo's sister Thunder Heart Woman, uniting the two families while around them relations between the two races crumble.

Wednesdays and Thursdays, February 10th, 11th, 17th & 18th at 1 pm **FREE**



Lunch with Tom Come enjoy lunch with our 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, February 16th, at 11:30** **Lunch Fee : \$4**



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

REMINDER: SENIOR & DISABLED TAX RELIEF PROGRAM

Intake begins **Tuesday, February 2nd**

The Town of Madison and State of CT offer tax relief for elderly and/or totally disabled residents that own and occupy their property as a primary residence. There are income, age, and residency requirements in order to be eligible and qualify for the program. Please stop into the Senior Center for a complete list of guidelines. **2015 income taxes must be filed prior to appointment. Maximum Annual Income: \$63,660. (2015 Income guidelines not available at time of printing)**

TAX DEFERRAL PROGRAM

Intake begins **Tuesday, February 2nd**

Eligible participants can defer payment of the real estate taxes for as long as they meet the qualifications of the program. Deferral of taxes cannot exceed **\$8,000** in any one tax year. Tax deferrals will be secured by a lien in the full amount and an interest rate is charged. The current interest rate is 1%. An applicant must first apply for the Tax Relief Program to be eligible for a deferral. **2014 Maximum Annual Income: \$63,660. (2015 Income guidelines not available at time of printing)**

RENT REBATE Application Intake begins Monday, May 16th, 2016

If you rented an apartment in CT in 2015 and would like to file for the rent rebate program. Please contact your electric company, landlord, the water company, and heating company to get proof of payments made in 2015.

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Energy Assistance helps to offset heating expenses during the winter. All fuel sources welcome to apply. 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



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 will be around 12:30pm for those needing a ride.**

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, February 16th, 11-12.pm 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: How our perspective on the world changes as we age.

Monday, Feb. 1st at 1:30pm Free

Bingo!

Dessert Bingo with Watrous
Friday, Feb. 5th 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, 1:15-2:15pm Free



Shopping & Adventures!

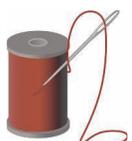
*Minimum of 5 people.
Bus fee: \$2 depart MSC at 1pm*

Monday, February 8th

The Hillside Sweet Shoppe in East Haddam

Monday, February 29th

JoAnn's Fabrics & Shoprite in Clinton



Valentines for Veterans



Every year Suzanne Martin heads up a group of creative and thoughtful people and spend two days making valentines for the veterans at VA Hospital in West Haven. This year won't be any different, Suzanne will be at the Senior Center making these beautiful valentines for the men who have sacrificed and served our country. Please consider joining her for a few hours and help her bring a little joy to our vets.

Tuesday, Feb. 2nd & 9th from 10 am to 1:00



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 **Friday, February 5th.***

Monday, February 8th 11:30

The Friday Movie Matinee at MSC

All movies begin at 1:00

2/5 "Love Actually"

2/12 "Age of Adeline"

2/19 "From Here to Eternity"

2/26 "The Philadelphia Story"

In March, 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 Bonnie D'Lizareas. The show will run from Feb. 5th through April 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.



LEGAL ASSISTANCE

Thurs., Feb. 18th 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



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. Social hour is at **5pm** on the **2nd Thursday** of the month at a local restaurant.

On **Feb. 11th** we'll be at **The Madison Beach Hotel.**



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, February 9th and 23rd

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.



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, February 22nd from 4-5pm
*Please register with **Jessa Franco** at the **Scranton Memorial Library (203) 245-7365**, to receive updates regarding cancellations and changes.*

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.



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
Friday, Feb. 19th Fee: \$24
Call Senior Center for appointment.

Living a Heart Healthy Lifestyle

A VNA Community Healthcare seminar to discover the facts about heart disease, risk factors, and how the information applies to you. How to promote health and wellness— the importance of healthy diet, exercise and the need for medical intervention. Nurses will provide: blood pressure tests, pulse oximetry readings, & Body Mass index results Services on first come first serve basis.

Pre-registration required.
Wed., Feb. 24th 10:30am 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.

Due to the Presidents' Day holiday, the clinic will happen on Friday, Feb. 19th By Appointment Only



TRAVEL PRESENTATIONS

There will be two travel presentations in March. The first on *Monday, March 7th at 10:30*, by Tracey O'Neill from Collette Tours on their trip "*Reflections of Italy.*" The second is on *Monday March 21st*, by Rene Dupuis, from Tours of Distinction, who cover the trip to *Nova Scotia* in July and the trip to Lancaster County to the *Sight and Sound Theatre to see Samson*. Both Tracey and Rene will take you through the highlights and details of their respective trips. Don't miss these events if you have any interest in any of these adventures.



ART 101



Come get your creative juices flowing! This popular class provides instruction in drawing, pastel, watercolor, acrylic and oil.

Beginning on 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

February 1st - 29th (no class 2/15)

R\$16 | NR\$26 4 classes

Minimum Enrollment: 11

Fridays - 10:30 to 11:30am

February 5th - 26th

R\$17 | NR\$27 4 classes

Minimum Enrollment: 10

SENIORS IN MOTION

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

Wednesdays - 10:30 to 11:30am

February 3rd - 24th

R\$21 | NR\$31 4 classes

Minimum Enrollment: 8

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

February 1st - 29th (no class 2/15)

R\$34 | NR\$44 4 classes

Minimum Enrollment: 5

Tuesday's 9:30-10:30am

February 2nd - 23rd

R\$24 | NR\$34 4 classes

Minimum Enrollment: 7

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

February 3rd - 24th

R\$24 | NR\$34 4 Classes

Minimum Enrollment: 7

Fridays - 9:00-10:00am

February 5th - 26th

R\$28 | NR\$38 4 Classes

Minimum Enrollment: 6

Please Note: If minimums for the classes listed on this page are not met by January 29th the classes will have to be cancelled.

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 **Feb. 22nd - Mar. 21th (5 weeks)**
Fee: R\$27 | NR\$37 9-10 am
Minimum Enrollment: 9

**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 Feb. 11th **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 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.

Indoor Walking is available during unscheduled hours at the Town Gym. Please see Ellie for the details and schedule.

**Laughter is the Best Medicine**

Wife: How would you describe me?

Husband: ABCDEFGHIJK

Wife: What does that mean

Husband: Adorable, beautiful, cute, delightful, elegant, fashionable, gorgeous and hot!

Wife: Aw, thank you but what about IJK?

Husband: I'm Just Kidding!

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

**Ballroom Line Dancing**

Reminisce with songs and dances you love, enjoy the memories they evoke while having fun and getting fit.

Instructor: Karen Pfrommer (**6 classes**)

Mon., Jan. 29th - Apr. 4th 2-3pm

Minimum: 6 Fee: \$24R | \$34NR

**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, Feb. 9th at 2pm

Pre-registration necessary FREE

**Book Club**

The next meeting will be Feb. 25th discussing "Girl on a Train"

Meetings are on the last Thursday of the month and begin at 1 pm

**Mohegan Sun Friday**Friday, February 12th

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.

It's Officially SpringSaturday, 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. **Departing from the Commuter Parking Lot at exit 61 of Rte. 95.**

Registration deadline Feb. 29th

Fee: \$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. **Departing from 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. **Departing from the Commuter Parking Lot at exit 61- Registration deadline Apr. 11th**

Fee: \$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 Fee: \$88**

Kykuit Mansion

Hudson River Valley

Thursday, May 12th, 2016

First stop is the world acclaimed Donald M. Kendall Sculpture Gardens, that includes work by Alexander Calder, George Segal, Louise Nevelson and David Smith. After viewing the gardens you will have lunch at the Sunset Cove Restaurant, where you will enjoy a wonderful buffet luncheon that includes a pasta station, chicken, assorted gourmet salads, vegetables and a variety of desserts. After lunch you will head over to Kykuit: the Rockefeller Estate, home to 4 generations of Rockefellers, this landmark has been meticulously maintained for over 100 years. Your tour will take you to the main rooms of the 6-story stone house then you will move through the, terraced gardens containing Gov. Rockefeller's collection of Picasso tapestries, and the cavernous Coach Barn, with its collections of classic automobiles and horse-drawn carriages.

Fee: \$131



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

Nova Scotia, Prince Edward Island & the International Royal Tattoo Friday, July 1st - Thursday, July 7th

7 days, 9 meals: 4 breakfasts, 5 dinners. Trip highlights include: **Day 1** Travel to Portland, ME on a deluxe motorcoach. Dinner at the famous DeMillo's floating ship restaurant, then board the Nova Star Cruise ship for cake and coffee with the Captain. **Day 2** Have breakfast on the Nova Star and then tour the Eastern Coast of Nova Scotia with special sightseeing stops in Lunenburg, and Peggy's Cove. Staying at the Lord Nelson Hotel for 2 nights in the heart of Halifax. Dinner is included at a Halifax harbor-front restaurant. **Day 3** Start with a Halifax City Tour then move on to today's featured attraction, the 2016 Royal Nova Scotia International Tattoo. More than 800 of the world's best pipers and drummers, musicians, vocalists, choirs, dancers, gymnasts, acrobats, military display teams and police drill display teams assemble each year at the Royal Nova Scotia International Tattoo. It's patriotic, colorful and Royal Canadian start to finish. **Day 4 & 5:** We go to Prince Edward Island (PEI). Spend two nights at the Hotel Charlottetown. A PEI Lobster dinner is included on the first night. Charlottetown is ideal for walking and exploring. Breakfast is included on Day 5. You will go to the Home of Anne of Green Gables and the PEI National Seashore, go to an Oyster Talk & Taste in Cavendish and dinner at Fisherman's Wharf in North Rustico. **Day 6:** You'll cross the Confederation Bridge from PEI to Cape Tormentine, New Brunswick. Traveling to Magnetic Hill, through the city of Saint John and along the Fundy Coast to Calais, ME. Shop at Duty Free before continuing to Bangor where overnight lodging and dinner is provided. **Day 7:** Breakfast in Bangor and time permitting a stop in Boothbay Harbor which is filled with little shops and inviting restaurants. **Tour Deposit of \$250 each due by April 10, 2016, payment in full due by May 20. Travel insurance is available. Double \$1667pp, Single \$2292pp, Triple \$1617pp. Travel Presentation: March 21st at 1:00.**

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. Travel Presentation: March 7 at 10:30.**

Samson, Sight & Sound Theatre & Longwood Gardens

Depart Tuesday, October 4th - 6th

3 days, 2 nights, 2 breakfasts and 2 dinners. **Day 1:** Arrive at the Sand's Casino in the afternoon where you'll receive a \$20 Free Play and a \$5 Meal Voucher. You'll be staying at the 4 star Double Tree Hilton Hotel in the center of Reading, PA, enjoy a private wine and cheese reception before dinner and then enjoy a brand new musical show. **Day 2:** Enjoy a full breakfast buffet at the hotel before traveling to **Lancaster County** to hear a "Chalk Talk" given by an Old Order Mennonite artist who will captivate you with her story and artistry in chalk. Then on to *Kitchen Kettle Shopping Village* before taking our seats at *Sight and Sound Theatre* for "Samson." The story of the world's first super hero, is filled with colorful characters, extraordinary feats of strength and amazing special effects. When Samson stands between two colossal columns in a goddess temple and starts to push - it will literally bring down the house! Dinner included after the show. **Day 3:** Following breakfast travel to **Kennett Square, PA** to visit the beautiful **Longwood Gardens**. The original gardens, designed by Pierre S. du Pont, set on 1,077 acre property are a sight to behold. **Double: \$467.00pp, Single: \$541.00pp Triple: \$414.00. Trip Insurance is \$28 for all passengers in single, double or triple occupancy. \$50.00 tour deposit due with reservation, Final payment due August 29, 2016. Travel Presentation: March 21st at 1:00.**

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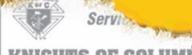
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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| 1 Rhode Island Clam Chowder, Pasta Carbonara, Cheesecake | 2 Chilli, Hot Dog Bar, Cookies | 3 Beef Minestrone Soup, Beef Chili, Pecan Pie | 4 Chicken Vegetable Soup, Pork Chops, Jello | 5 Shrimp Bisque, Salmon Burgers, Peach Pie |
| 8 Chinese New Year Hot and Sour Soup, Dim Sum, Fortune Cookies | 9 Navy Bean with Ham Soup, Pork Shank, Sweet Potato Pie | 10 White Bean and Sausage Soup, Turkey Pot Pie, Red Velvet Cake | 11 Valentines Day Mushroom Barley Soup, Duet of Beef & Salmon, Chocolate Lava Cake - \$10 | 12 Manhattan Clam Chowder, Shrimp Scampi and Mocca Pudding |
| 15 CLOSED for Presidents Day | 16 Corn Chowder, Swedish Meatballs and Peach Shortcake | 17 Cream of Cauliflower Soup, Shepard's Pie and Pumpkin Pie | 18 Chicken & Rice Soup, Stuffed Cabbage, and Custard | 19 New England Clam Chowder, Tilapia Vernique, Custard |
| 22 Minestrone Soup, Chicken Sausage with Broccoli Rab over Pasta Cookies | 23 Tomato Soup, Beef Stroganoff Fruited Jello | 24 Tortilla Soup California Burger, Strawberry Shortcake | 25 Chicken Noodle Soup, Chicken Cacciatore, Cheese Cake | 26 Rhode Island Clam Chowder, Pork Schnitzel, Cherry Pie |
| 29 Butternut Squash Soup, Meatloaf and Chocolate Pudding | <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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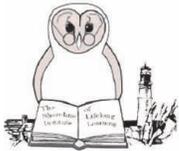
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If you would like further information regarding the status of individual programs, transportation or the Center, please call 203-245-5627.

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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