

# Trends & Traditions

April 2016



Madison Senior Center

## “MAKING SENSE OF ART”

*a Yale Center for British Art program*



*Making Sense of Art*, is a multi-visit program created around sustained artwork viewing, conversation, and art appreciation. A docent will come to the Senior Center for an introductory talk explaining the program and discussing interests and schedules. A series of visits to the museum is crafted around a certain theme. The docent acts as a facilitator for the discussion and not as a lecturer although key information is provided to encourage discussion. The program involves 2 visits one in May and one in June. Each time, different objects are used to teach, encourage close looking, and conversation. No one needs any background or knowledge of art or British art. Don't miss a chance to participate in this exciting program!

Thursday, April 14<sup>th</sup> 1:30pm **FREE!**  
Visits to the British Art museum will follow on May 25<sup>th</sup> and June 15<sup>th</sup>. We will depart MSC at 12:45pm.

## Travel Presentation: *Hawaii*



Rene Dupuis, President of Tours of Distinction will lay out the delights of the Hawaii Cruise Tour offering for next January. He will whisk you away to the sunny, tropical climes of one of the most enchanting places in the world. The tour is full of exclusive extras for you. As always, please pre-register for this event.

Tuesday, April 12<sup>th</sup> at 1:30pm **Free**



## DEACON JOHN GRAVE HOUSE: A Treasure in Our Own Back Yard

Learn the history behind the Deacon John Grave House and the story of seven generations of one Madison family. See how they lived and died, their joys and sorrows and their struggle to make ends meet in a constantly changing society. The home is two stories but no need to tour both floors, all are welcome!

Monday, April 11<sup>th</sup> depart MSC at 9:45am **Free**



## Celebrate Earth Day



### Save the Bees!

We often don't realize how important pollinators such as bees and butterflies are to our everyday lives! In fact, an estimated 1/3 of all foods and beverages depend on pollinators. Unfortunately, many pollinators are facing death in record numbers. Come learn more about these little critters and what we can do to help them! Free pollinator attracting seeds will be distributed. Presented by Rachael Blundon, *Horticulturist*

**Monday, April 18<sup>th</sup> at 1:30pm \$6.00**

### Bob Kuchta Walk and Talk

Bob Kuchta will have a short visual program of photographs that demonstrate the beauty and diversity of earth's intricate features, and will follow with a short walk to the Town Green telling the story of the land in our town center



**Tuesday, April 19<sup>th</sup> at 1:30pm Free**



### Green Up Clean Up Day in Madison

Join the Senior Center Team to help *Green-up and Clean up* Madison. This is an annual tradition to give back to your hometown and show your Madison pride! Sign up at the Senior Center, more details will be forth coming.

**Saturday, April 23<sup>rd</sup> Free**  
*Please pre-register for all events at (203) 245-5627*

## CHAIR ZOMBA & ZOMBA TONINGII

Join Jean Pierce, for a 30 minute demonstration of Chair Zumba followed by a 30 minute Zumba Toning demonstration. The Chair Zumba is specifically taught to those with limited mobility and the Zumba Toning incorporates Zumba dance steps with light strength training. Two great workouts all to the beat of fun Latin music with some "golden oldies" thrown into the mix.



**Wednesday, April 13<sup>th</sup> @ 2:00pm FREE**

## AARP INCOME TAXES

*Get Free Help with Your Tax Return*

Taxes are prepared *by appointment only*, please call (203) 245-5627.

**Notice: The Senior Center will be Closed on Tuesday, April 26<sup>th</sup> for the Connecticut Presidential Primary voting.**



**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
- ..... Dale Kach

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

*The next meeting will be*

**April 10<sup>th</sup>, 2016 at 5:30pm**

**SENIOR CENTER STAFF**

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

**Intergenerational Book Club**

Share your love of books and exchange ideas in the intergenerational book club for seniors and 4<sup>th</sup> grade students from Country School. Participants will read the same book and gather either at the Senior Center or at the Country School to discuss the book. Discussion led by the student's teacher, Heather Butler. Please call to register



**Wed., April. 13<sup>th</sup> at the Senior Center 10:15-11:15 am**

**Dates: Wednesday's 4/13 & 27, 5/11 & 25**

**Free**

**Lunch with Tom**

Come enjoy lunch with our First Selectman, Tom Banisch. Tom joins us on the 3<sup>rd</sup> 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, April 19<sup>th</sup>, at 11:30 am**

**Lunch Fee: \$4**

**MAH JONGG LESSONS**

Interested in learning to play the Western Chinese tile game, Mah Jongg? A game of skill, strategy and a little bit of chance. Instructor: Ronnie Olinsky  
**Mondays, April. 4<sup>th</sup>-May. 9<sup>th</sup> at 9:30-11:30 am(need a minimum of 4) \$30.00**

**Mah Jongg Game Play**

It's a game of skill, strategy and a certain degree of chance. Lots of opportunities to play at MSC.

**Monday: 11:30 - 3:30pm ★ Wed.: 9:30-12 & 11:30 - 3:45pm**  
**Thurs: 12 - 3:45pm ★ Fridays: 9:30-12 & 11:30 - 3:45pm**

*All are welcome!*



**The Adventurous Culinary Club**

**Saigon City** is a lovely restaurant in Old Saybrook serving authentic Vietnamese food. *"Saigon City proved that it is possible for restaurants to serve authentic, delicious cuisine at affordable prices. Yes, this includes wine too! You can treat yourself this to an exquisite dinner or lunch without burdening your wallet. We strongly recommend you visit and immerse yourself in the artistic and culinary gem that is Saigon City."*



**Friday, April 22<sup>nd</sup> leaving MSC at 11:45am**

**Bus Fee: \$2**

**Please help us out and pre-register for all events.**

**Ongoing Activities at the Senior Center**

Bridge	Thursdays & Fridays	1 – 4 pm
Canasta	Tuesdays	1 – 4 pm
Crocheting Bags	1st Wednesday of the Month	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
Quilts of Joy	Tuesdays	1:15 - 3:30pm

### **REMINDER: SENIOR & DISABLED TAX RELIEF PROGRAM**

**Tuesday, February 2<sup>nd</sup> – Friday, May 14<sup>th</sup>**

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.**

### **TAX DEFERRAL PROGRAM**

**Intake begins Tuesday, February 2<sup>nd</sup>**

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. **2015 Maximum Annual Income: \$63,660.**

**RENT REBATE** Application Intake begins Monday, May 16<sup>th</sup>, 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.

### **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 \$6.50 and may cover doctor's co-pays, if your doctor accepts State Medical Insurance. There is no asset test of filing deadline for this program.

**\*NEW INCOME GUIDELINES\* Monthly Max. Income: Single: \$2,435.40 & Couple: \$3,284.10**

### **MADISON SENIOR CENTER DINING PROGRAM ASSISTANCE**

Beginning August 3<sup>rd</sup>, 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**

**<\$990/Month**

**\$991–\$1,238/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.

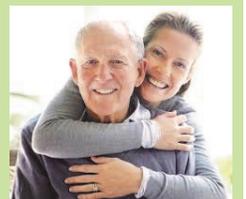


### **SNAP PROGRAM (Formerly Food Stamps).**

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: \$1,815, Couple: \$2,456.**

### **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 3<sup>rd</sup> Tuesday of the month. **Tuesday, April 19<sup>th</sup>, 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: Our perspective on the world when we were 30.**

Monday, April. 4<sup>th</sup> at 1:00pm Free

### Bingo!

Dessert Bingo with Watrous

Friday, Apr. 1<sup>st</sup> at 1pm

St. Margaret's Bingo

Wed., April 13<sup>th</sup> at 11:30 am



### CREATIVE WRITING

Write and share your thoughts, values and life lessons with other Seniors. 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

## THE MSC COLORING CLUB!

Coloring Clubs for adults are popping up all over, and for great reasons! It is a wonderful relaxing activity that improves focus and is just plain fun! We will have some coloring books and colored pencils, but you are welcome to bring your own materials. Please pre-register.

Starting Wed., April 20<sup>th</sup> from 2:00 - 3:30pm



Free

## HEALTH PROGRAMS

### It's Not the Fall that Counts, It's Getting Back Up!

After a fall, panic is often the first reaction. However, reacting to the fall is the first and most important step. You will learn steps on how to properly get up from a fall through demonstration as well as exercises to help strengthen your muscles. Nancy Goldstein, RPT and Ryan Uhlman, COTA This program is sponsored by Evergreen Woods Retirement Community in North Branford, CT

Thursdays, April 7<sup>th</sup> and 14<sup>th</sup> from 1 to 2pm

Free

**Living With Arthritis:** Learn how to protect your joints and simplify the activities of daily living. Our therapists can teach you exercises that can help you live with your arthritis. We will also show you a variety of adaptive equipment, splints and other assistive devices. *Presented by Middlesex Hospital Outpatient Center*

Thursday, April 21<sup>st</sup> at 10:30am

Free

## MEMORY MATTERS

The very popular *Memory Matters* class is back! Learn why exercising your brain is as important as exercising your body. Find out how to maintain and improve brain function and dispel the myths of memory loss and aging.

Thursdays Apr. 21<sup>st</sup> - Jun. 2<sup>nd</sup> 10:30 - 11:30 am Fee: \$50



## Senior Newcomers' Club

Have you just relocated or recently retired to the Shoreline? 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 we'll meet in the MSC parking lot at 11 am and carpool to a Chinese restaurant in New Haven for lunch.*

Sunday, April 3<sup>rd</sup> 11:00am

## The Friday Movie Matinee at MSC

*All movies begin at 1:00pm*

4/1 "Mr. Smith Goes to Washington"

4/8 "All the Kings Men"

4/15 "Good Night & Good Luck"

4/22 "13 DAYS"

4/29 "All the Presidents Men"

*We are grateful to the Schiller Shoreline Institute of Lifelong Learning for providing these movies.*

## MSC ART GALLERY

View our latest exhibit by **Tom Benincas**. The show will run from April 8<sup>th</sup> through May 20<sup>th</sup> 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., Mar. 17<sup>th</sup> 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 fun activities and events. Meet us at **5pm** on the **2<sup>nd</sup> Thursday** of the month at a local restaurant.

**April 14<sup>th</sup> at Bill's Seafood in Westbrook**



**Ask the Nurse**

VNA Nurse can check your blood pressure, pulse and weight. She can also review your medications, help you to create a medication list, help you prepare for an appointment with your doctor.  
**12:30pm on: Tuesday, April 12<sup>th</sup>**

**Bob Kuchta Walk at Salt Meadow Park**

The walk at Salt Meadow park will be an hour walk along the coastal forest trail and the grasslands and near the tidal and inland wetlands. Tree identification, wildflowers and the coastal tidal environment will be described.

**Monday, April 25<sup>th</sup> at 1:30pm**



**FREE**

**Drop-in Novice Duplicate Bridge Game**

Begin the session with a mini-lesson with the instructor. The games that follow will be "supervised," questions about bidding or plays as you play the hands are allowed. Come with a partner, but if you can't find a partner, you can call the instructor, to be paired with someone. **Director: Connie Graham 860-505-7833**  
**Friday's - 12:15- 3:30 pm** Fee: \$6 per session



**HEARING CLINICS**

Nancy Jablonski, from *Audiology Concierge* will be at the Madison Senior Center on the 3<sup>rd</sup> Monday of every month, for free hearing testing, hearing aid checks, wax inspection, and listening demonstrations.  
**Monday, April. 18<sup>th</sup>** By Appointment Only

*Basic Italian*

Explore this melodic language through Italy's rich culture, customs and traditions. Learn common expressions and phrases in a relaxing 4-part class. This new course offers an appreciation of all things Italian. Instructor: Elaine Jackson  
**Mondays, April 4<sup>th</sup>-25<sup>th</sup> at 10:30am** Fee: R\$36 | NR\$46

**DIAL-A-RIDE**

M, W & F 8:45am to 3:30pm  
**(203) 245-5695.**  
Transportation for elderly and disabled Madison residents. Rides are given in a 14 town region for medical appointments, & personal business.



**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. The 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, April 25<sup>th</sup> from 4-5pm**  
*Please register with **Jessa Franco** at the Scranton Memorial Library (203) 245-7365, to receive updates regarding cancellations.*

**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, April. 15<sup>th</sup>** Fee: \$24  
*Call Senior Center for appointment.*

**ART 101**



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

**Tuesdays** 1:30-3:30pm  
Instr: Muriel Waldvogel  
2<sup>nd</sup> Semester Fee \$5

**BRIDGE BASICS 1**



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

**Instructor: Don Brueggemann** Minimum enrollment: 8  
**Tuesday, June 7<sup>th</sup>— July 26<sup>th</sup> 10-11:30am**  
8 Sessions Fee: \$60R | \$70NR

### Exercise With Patty Velleca



#### CHAIR EXERCISES

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

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

April 18<sup>th</sup> - 25<sup>th</sup> (no class 4/4, 4/11)

**R\$10 | NR\$20** 2 classes

Minimum Enrollment: 9

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

April 15<sup>th</sup> - 29<sup>th</sup> (no class 4/1, 4/8)

**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**

April 13<sup>th</sup> - 27<sup>th</sup> (no class 4/6)

**R\$14 | NR\$24** 3 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**

April 18<sup>th</sup> - 25<sup>th</sup> (no class 4/4, 4/11)

**R\$21 | NR\$31** 2 classes

Minimum Enrollment: 4

**Tuesday's 9:30-10:30am**

April 12<sup>th</sup> - 19<sup>th</sup> (no class 4/5, 4/26)

**R\$14 | NR\$24** 2 classes

Minimum Enrollment: 6

#### 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**

April 13<sup>th</sup> - 27<sup>th</sup> (no class 4/6)

**R\$26 | NR\$36** 3 Classes

Minimum Enrollment: 5

**Fridays - 9:00-10:00am**

April 15<sup>th</sup> - 29<sup>th</sup> (no class 4/1, 4/8)

**R\$16 | NR\$26** 3 Classes

Minimum Enrollment: 8

**Please Note: New Session  
Registration Deadline:  
Monday, March 28<sup>th</sup>.**

## 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 April 11<sup>th</sup> - May 9<sup>th</sup> (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 Apr. 14<sup>th</sup> 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.



#### Laughter is the Best Medicine

*provided by Diane Piagentini*

A woman walked into the kitchen to find her husband stalking around with a fly swatter.

"What are you doing?" she asked.

"Hunting flies," he responded.

"Oh, killing any?" she asked.

"Yep three males and two females."

Intrigued by this she asked, "How can you tell?"

He responded, "Three were on a beer can, and two were on the phone."

#### 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 30<sup>th</sup>, 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 at 1:00 Thursdays at 11:10**



#### 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., Apr. 25<sup>th</sup> - Jun. 6<sup>th</sup> 2-3pm**

Minimum: 9 Fee: \$24R | \$34NR

#### Meditation & EFT

Beth Lazor will continue the Meditation and EFT class she began last month. Meditation is a practice that refreshes the mind, expands your capacity for happiness, well-being, love, creativity and ease. Learn to live your life with less stress and anxiety and create more clarity, focus, compassion and joy. A regular practice of meditation creates changes in the brain physiology and can alter our genes! This 3 session course is designed for both new meditators and for experienced meditators. We will also continue EFT (Tapping), to calm the nervous system and help to restore balance to the body. (3 classes)

Minimum enrollment: 8

**Wed. Apr. 6<sup>th</sup> - 27<sup>th</sup> at 10:30 Fee: \$23**



#### Book Club

The next meeting will be Apr. 28<sup>th</sup> discussing "Silent Wife"

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

**Mohegan Sun Friday**Friday, April 8<sup>th</sup>

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.*

**Intrepid & Enterprise**

New York City

Saturday, April 30<sup>th</sup>,

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. 11<sup>th</sup>* Fee: \$119

**68<sup>th</sup> Annual Albany Tulip Festival**

Mother's Day Weekend

Saturday, May 7<sup>th</sup>

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. *Departing from is the Commuter Parking Lot at exit 61 Registration deadline Apr. 18<sup>th</sup>* Fee: \$88

**Kykuit Mansion**

Hudson River Valley

Thursday, May 12<sup>th</sup>, 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. **MSC depart time TBD** Fee: \$131

**Rhinebeck Arts Festival & Hudson River Cruise**

Saturday, June 25

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. *Departing from the Commuter Parking Lot at Exit 61* *Registration deadline Jun. 6<sup>th</sup>* Fee: \$93

**Lobsterfest Matinee**

Newport Playhouse

July 26, 2016

*"Unnecessary Farce"* two cops...three crooks...eight doors...Go! This combines all the elements of classic farce with a contemporary American Plot. From the moment you enter the cabaret room until the moment you leave, hosts, wait staff, cast and crew stand poised to pamper you, entertain and make sure you have a wonderful time. The tiered seating ensures everyone has a good view. The Newport Playhouse has found the perfect formula, a fabulous buffet, light comedies and an afternoon theatre cabaret. Sample menu: 1¼ lbs boiled lobster, peel & eat shrimp, mussels in wine & herbs, fresh corn on the cob, roasted chicken, roasted potatoes, tomato salad, tuna salad, BBQ chicken, glazed sweet potatoes, ham, baked beans, watermelon, strawberry shortcake, pudding, jell-o, coffee & tea Time of Departure is TBA. *Departing from the Commuter Parking Lot at exit 61* *Registration deadline July 5<sup>th</sup>* Fee: \$115

**Boston POPS By The Sea**Sunday, August 14<sup>th</sup>, 2016

Reserved Seating for the Boston POPS by the Sea Concert, Cape Cod's single largest cultural event on the Hyannis Village Green. This fundraising concert regularly sells out to a live audience of over 12,000 people. Gates open at 1pm and there is pre-show entertainment leading up to the beginning of the POP performance at 5pm. Trip also includes Hyannis Harbor Cruise on board Hy-Line Cruise. Learn about the history of Hyannis and local area landmarks on your way to view the Historic Kennedy Compound in Hyannisport. Points of interest are: Great Island, The Kennedy memorial, Egg Island, St. Andrews-by the Sea, Squaw Island and Point Gammon Light. Leisure time in Hyannis for lunch and shopping- Main Street Hyannis is an interesting and eclectic all-American Main Street that is a wonderful place to visit, to shop, to dine and be entertained. *Time of Departure is TBA. Place of departure is the Commuter Parking Lot at exit 61. Registration Deadline July 22<sup>nd</sup>* Fee: \$125.



### Nova Scotia, Prince Edward Island & the International Royal Tattoo

Depart Friday, July 1<sup>st</sup> - 7<sup>th</sup>

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. **Deposit of \$250 each due by April 10, payment in full due by May 20. Travel insurance is available. Double \$1667pp, Single \$2292pp, Triple \$1617pp. Travel Presentation: April 21st at 1:00. Departing from the Madison Senior Center, time TBD**

### Samson, Sight & Sound Theatre & Longwood Gardens

Depart Tuesday, October 4<sup>th</sup> - 6<sup>th</sup>

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 godless 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. Departure from the Madison Senior Center time TBD. Travel Presentation: April 21st at 1:00.**

### Reflections of Italy

Depart Monday, October 10<sup>th</sup> - 20<sup>th</sup>

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 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 4<sup>th</sup> will save \$100 per person. **Double \$4349pp, Single \$5,049pp, Triple \$4,299pp. Travel Presentation: April 7<sup>th</sup> at 10:30.**

### Hawaii

#### Cruise Tour

Depart Wednesday, January. 11<sup>th</sup> - 21<sup>st</sup>

**11 Days, 7 Shore Excursions.** There is not enough room to list all the juicy details here, but here are a few: 2 Pre-Cruise nights in Waikiki Beach, 7 Shore Excursions, 7 Night Cruise on Norwegian Cruise Line's Pride of America All Meals and Nightly entertainment onboard the ship Excursions include Polynesian Cultural Center, Pearl Harbor & the USS Arizona Memorial, Maui, Hilo, Kona, Kauai, Dole Pineapple Plantation. **Come to the Senior Center for the presentation on April 12<sup>th</sup> at 1:30.** Pricing: **Inside Stateroom: \$4799pp; Oceanview Stateroom: \$5399pp; Balcony Stateroom: \$5699pp (based on Double Occupancy, Please call for single and triple occupancy rates).**

# Connecticut Cremation Service

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

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

Visa/Mastercard & Title 19 accepted  
For Info Call 1-800-977-2309

## SERVICE

System Service 24/7  
Price Protection Plans  
Burner Installation  
Air Conditioning  
Tank Installation  
Tank Removal  
Conversions



CALL 860•399-8244

## PENNYWISE

PREMIUM HOME HEATING, OIL, & SERVICE



**VNA COMMUNITY HEALTHCARE**

BESIDE YOU AT EVERY TURN

Home Healthcare Services & Community Care Resources

Get Help Now > 1.866.862.0888 (toll free)

## Golden Horizons Elder Care Svcs.



Personal Care  
Companions  
Homemakers  
860-388-1788

## County Hearing and Balance

Jeffery W. Worgul, Au.D., Doctor of Audiology

203-245-1950

82 Bradley Road, Madison, CT 06443

Proudly Serving the Madison Community

Swan Funeral Home is dedicated to serving the Madison community. We pride ourselves in providing compassionate care to local families during their most difficult times, when they need us most. Our unmatched selection of services make us the right choice today – and into the future.

Compassion Helping® | National Transferability | Bereavement Travel  
Personal Planning Services | Grief Support | Veterans Benefits



SWAN FUNERAL HOME

825 Boston Post Road | Madison, CT 06443 | 203-245-2488  
www.SwanFuneralHomeMadison.com

**Madison Republicans**  
invite you to get involved!



Visit our website to learn how:  
madisonrepublicans.org

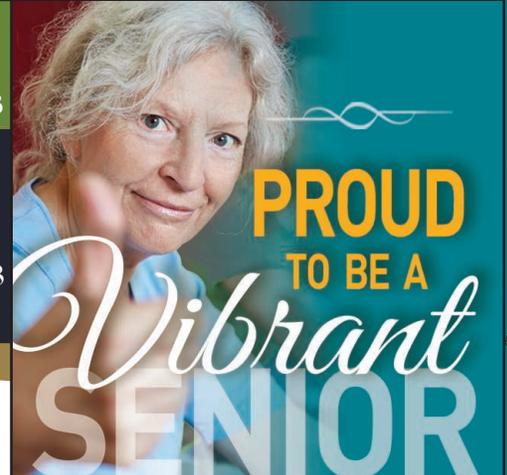
**Debbie Bradley**  
Administrator  
9 Neck Road, Madison, CT 06443

- Long Term Care • Short Term Care
- Hospice Care • Respite Care

Phone: 203.245.9483 Fax: 203.245.4668

dbradley@apple-rehab.com

**WATROUS**  
Nursing Center



## Bershtein, Volpe & McKeon P.C.

– ATTORNEYS AT LAW –

Raymond C. Bershtein • Michele M. Volpe • Christopher M. McKeon

203-777-5800

105 Court Street, New Haven • 17 Wall Street, Madison



Free Delivery • We Accept All Insurances

DOUG KANE, RPH, PHARMACY MGR

Hours: M-F 8:30-7, Sat 9-5, Sun 9-3

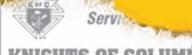
203-421-2132

200 Boston Post Road • Madison, CT 06443

**Your Ad Here**

**SUPPORT OUR COMMUNITY THROUGH LOCAL ADVERTISING**

Contact Gail Stone to place an ad today!  
GStone@4LPi.com or (800) 477-4574 x6376



Add Some **COLOR** to Your Ad



Contact LPi for more information! 1-800-477-4574

## IS A REVERSE MORTGAGE RIGHT FOR YOU?

Ask Sylvia Patterson, Reverse Mortgage Specialist, SPatterson@GSByourbank.com, (203) 458-5414

This is a third party product and will not be underwritten, funded or serviced by the Bank. GSB NMLS #517294 NMLS #528441

gsb-yourbank.com



**Guilford Savings Bank**

Founded 1875 Your Community. Your Values. Your Bank.  
Equal Housing Lender Member FDIC



For ad info. call 1-800-888-4574 • www.4lpi.com

Madison Senior Center, Madison, CT 04-0796

# GERRITY & KADAMUS

Thinking of Buying or Selling a Home?



You Know Us,  
We Know  
The Shoreline!  
Call Jean or Pam today

Jean Gerrity  
203.641.3463  
Pam Gerrity Kadamus  
203.464.3050



William  
Pitt

**Sotheby's**  
INTERNATIONAL REALTY

[jgerrity@williampitt.com](mailto:jgerrity@williampitt.com)  
[pkadamus@williampitt.com](mailto:pkadamus@williampitt.com)

MADISON BROKERAGE | 670 BOSTON POST ROAD

## FLOOR CRAZE

125 Water Street  
Guilford, CT 06437  
P: 203-458-0830  
F: 203-689-5367



THIS SPACE IS  
**AVAILABLE**

THIS SPACE IS  
**AVAILABLE**

Call LPi at  
**1.800.477.4574**  
for more  
information.



NEXT EXIT

**DREAM JOB**



- Growing company hiring Ad Sales Executives • Full-time
- Sales experience preferred • Overnight travel required
- Uncapped commissions • Competitive benefits program

E-mail [jobs@4LPi.com](mailto:jobs@4LPi.com) for more information

  
**KEEP  
CALM  
AND HUG A  
SENIOR  
CITIZEN**

**PETER C. BARRETT**  
ATTORNEY AT LAW, LLC

General Practice of Law  
Appointments at  
your convenience



[AttorneyBarrett.com](http://AttorneyBarrett.com) 203.453.2789

CONIGLIARO'S @ **BRADLEY & WALL**



ITALIAN PIZZA  
GOURMET FOODS • CATERING  
**203-318-0300**

*Concierge*  
AUDIOLOGY

Free Monthly Hearing Clinics  
at Madison Senior Center  
Hearing Tests, Wax Inspection, Hearing Aid Checks  
Schedule Appointment at Front Desk  
**203-668-0619**  
[www.audiologyconcierge.com](http://www.audiologyconcierge.com)

**HELP PROTECT YOUR FAMILY**

**CALL NOW! 1-888-862-6429**



HOME SECURITY TEAM

*This space  
is Available*

*our*  
**SENIOR CENTER**

The Online Directory of Senior Centers

**NEVER MISS A NEWSLETTER!**

Sign up to have our monthly senior newsletter  
emailed to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)

*This is  
Hearth  
Living.*



*The Hearth at Tuxis Pond*  
*Premier Senior Living & Memory Care*

**100 Bradley Road  
Madison, CT 06443**

**203-245-3311**

Independent Living  
Assisted Living • Memory Care  
[www.thehearth.net](http://www.thehearth.net)



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 11:30am</i></p>				<p><b>1</b> Seafood Chowder, Swordfish Grilled with a Cantaloupe BBQ, Peach Short-cake</p>
<p><b>4</b> Cream of Spinach Soup, Tortellini with Sausage, Baby Vegetables and Vodka Sauce, Chocolate Pound Cake</p>	<p><b>5</b> Chicken and Lentil Soup, Grilled Chicken Alfredo Fettuccini, Cookies</p>	<p><b>6</b> Broccoli and Cheese Soup, Balsamic Braised Chicken, Blueberry Pie</p>	<p><b>7</b> French Onion Soup, Manicotti and Ice Cream</p>	<p><b>8</b> Shrimp Bisque, Stuffed Flounder and Brownies</p>
<p><b>11</b> Beef Barley Soup, Beef Roulade, Cinnamon Cheesecake</p>	<p><b>12</b> Cream of Cauliflower Soup, Turkey Francaise with Garlic and Roasted Tomato Pasta, Orange Cake</p>	<p><b>13</b> Split Pea Soup, Crab Quesadilla and Chocolate Peanut Butter Pie</p>	<p><b>14</b> Chicken and Rice Soup, Fish Tacos with Soft Tortillas, and Tilapia, Lettuce Orange Cake</p>	<p><b>15</b> Rhode Island Clam Chowder, Lemon and Herb Roasted Cod with Potato Puree, Chocolate Pudding</p>
<p><b>18</b> Garden Salad, Chicken Parmesan Chocolate Cake</p>	<p><b>19</b> Chicken Vegetable Soup, Tuna and Swiss Melt on Croissant, Apple Pie</p>	<p><b>20</b> Cream of Asparagus Soup, Cheese Ravioli with Tomato Basil Sauce, Chocolate Pudding</p>	<p><b>21</b> Pasta Fagioli, Chicken Marsala with Garlic Mashed Potatoes, Ice Cream</p>	<p><b>22</b> Manhattan Clam Chowder, Grilled Chicken Topped with Swiss Cheese and Jello</p>
<p><b>25</b> White Bean and Sausage Soup, Chicken Piccata with Toasted Orzo and Pecans and Parfait</p>	<p><b>26</b> MSC Closed for the Presidential Primary</p>	<p><b>27</b> Beef Minestrone Soup, Beef Bourguignon, Black Forest Cake</p>	<p><b>28</b> Manhattan Clam Chowder, Gnocchi with Gorgonzola Pignoli Cream, Lemon Cake</p>	<p><b>29</b> New England Clam Chowder Pulled Chicken Sandwich with Broccoli Slaw and Pineapple Upside down Cake</p>

**SPREAD THE WORD!**  
**Shop Our Advertisers!**  
**YOUR SUPPORT MATTERS!**





Madison Senior Center  
29 Bradley Road  
Madison, CT 06443

PRSR STANDARD  
U S POSTAGE PAID  
GUILFORD CT  
PERMIT NO. 295

4/2016



**2016 Bocce League  
Informational Meeting**  
Tuesday, April 19<sup>th</sup>  
9:30 am in Senior Center Café  
Teams of 4, \$15 per person  
(cash or check).

Address Label Here

## 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](http://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: \$36R | \$46NR

**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: \$36R | \$46NR

**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: \$27R | \$37NR

*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**