

# Trends & Traditions



JUNE 2016

Madison Senior Center

## STEM CELL ENHANCEMENT THERAPY

Dr. Paul Tortland will discuss *Stem Cell Enhancement Therapy* one of the most exciting recent developments in the treatment of chronic musculoskeletal conditions. It is a therapy that harvests the power of your own adult stem cells to help repair your damaged tissue. He'll cover what it *is*, what it is *not* and how it can *help you*. Dr. Tortland is board certified in Sports Medicine, Family Practice, and Osteopathic Manipulative Medicine. If you have painful arthritis, this informative lecture could be very helpful to you. Pre-register please!

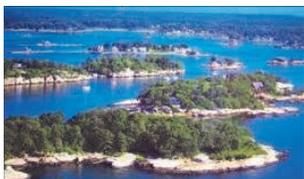
Monday, June 27<sup>th</sup> 3:00 pm **FREE**



An Intergenerational  
Brunch at the Senior Center

Tuesday, June 21<sup>st</sup> at 11:30 am  
Provided and served by  
the Students of the  
First Congregational Church and  
the St. Andrews Episcopal Church  
Summer Bible School

Space is limited so sign up fast  
for this popular **FREE** event  
Registration deadline is Friday, June, 17<sup>th</sup>  
See Peggy at the front desk or call  
203-245-5627



## Thimble Island Cruise and the Lobster Shack

Join us for a perfect summer outing of cruising around the Thimble Islands on the famous "Sea Mist." You can relax and enjoy a 45 minute, narrated tour of the Thimble Islands that were first discovered in 1614 by Adrien Block. These islands were used for everything from farming to quarrying granite, and bootlegging to hiding Captain Kidd's treasure. Then bus over to the *Lobster Shack* in Branford, where among many other things you can enjoy a delicious lobster roll! The Thimble Islands tour is \$12 (cash or check - no credit cards) to be paid when you board and lunch is on your own.



Friday, June 17<sup>th</sup> depart MSC at 10am Bus Fee: \$2

## The Adventurous Culinary Club



This month we go to *Rocco's Off Wooster* in **Guilford**. The food is delicious very authentic Italian fare, and we have a special menu with reduced pricing. Call or come into the Senior Center to get the menu when you sign up.

Friday, June 24<sup>th</sup> depart MSC 11:45am Bus Fee: \$2

## "MAKING SENSE OF ART"

*Yale Center for British Art program*

The last in a series of visits to the museum that have been crafted around a theme. The docent acts as a facilitator for the discussion and not as a lecturer although key information is provided to encourage discussion



Wed., June 15<sup>th</sup> at 1:30pm  
Depart MSC at 12:45pm Bus Fee: \$2

## On the Sweet Tooth Trail

You've heard of the Connecticut Wine Trail? Well this is *almost* as fun. This summer, join us as we explore the ice cream and yummy bakery offerings on the shoreline!



Niko's Ice Cream & Confectionary

Friday, June 3<sup>rd</sup> depart MSC at 1 pm

Bus Fee: \$2

Nutiva's Frozen Yogurt & Trader Joes

Monday, June 20<sup>th</sup> depart MSC at 1 pm

Bus Fee: \$4





**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)245-5695**

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
- Secretary ..... Marcy Sanders
- ..... Dale Kach
- ..... Lori Murphy

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

*The next meeting will be*

**June 9<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



**Chair Yoga**

*with Bethany Knight*

Isn't it time to feel good again? Want to feel less achy and stiff in the morning? Dealing with depression, pain, anxiety, constipation, or poor balance? Chair Yoga is the prescription you need!

Led by certified yoga instructor Bethany Knight of Clinton, who began her study of yoga in India in 1970. A senior herself, Bethany tailors classes to student needs and requests. The resident yogi at *Holy Advent Episcopal Church*, her gentle chair yoga classes are popular and fill up fast. Limited copies of Bethany's book, *Do Chair Yoga and Feel Good Again: All of the Benefits Without the Floor*, will be available for purchase. Wear comfortable clothes and eat a very light lunch so you are able to bend and stretch.

Invite a friend to join you and prepare to have some fun! Beginners and experienced students are welcome.

**Wednesdays, June 15<sup>th</sup> - June 29<sup>th</sup> (3 weeks)**

**Minimum student participation: 6**

**1:30 -2:30 p.m**

**Fee: R\$21 | NR\$31**

**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. *This month Tom's visit falls on our free Intergenerational Brunch event. Call early for your reservation!* **Tuesday, June 21<sup>st</sup>, at 11:30 am**



**Lunch Fee: Free**

**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**

**Fridays: 9:30-12 & 11:30 - 3:45pm**

*All are welcome!*

**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

### RENT REBATE Application Intake begins Monday, May 16<sup>th</sup>, 2016

If you rented an apartment in CT in 2015 you may be qualified to receive a one time payment of up to \$700 to help offset rental expenses. If you wish to file, please contact your electric company, landlord, the water company, and heating company to get proof of payments you made to them in 2015.

**2015 Income Guidelines: Single:\$35,200 and Couples: \$42,900**

### 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 \$2.95 and \$7.40 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 INCOME GUIDELINES\* Monthly Max. Income: Single: \$2,435.40 & Couple: \$3,284.10**

### WIRELESS CELLPHONE

Provides eligible low-income households a free cell phone, mobile access to emergency services, and 3 different plan choices with free minutes of airtime monthly for 1 year. A qualifying customer must participate in one of the following programs: state energy assistance, Federal Public Housing Assistance/Section 8, Food Stamps, Medicaid/ Title 19, Personal Care Assistance, Refugee Program, Rental Assistance, SAGA, State Supplement to the Aged, Blind, or Disabled, SSI, TFA.



### FARMERS MARKET COUPONS



Eligible participants enjoy CT Grown fruits, vegetables, fresh cut herbs, & honey from local Farmers' Markets. To be eligible: age 60 or older or are disabled and living in senior housing, & participating in another program that has means testing and meet income requirements. Eligible participants receive \$15 in coupons, good at the Madison Farmers' Market. Coupons **should** be available beginning July 1, 2016. The market is open on the town green on Fridays from 3 to 6pm until the end of October. **Max. Monthly Income Single: \$1,814. 59 and Couple: \$2,455.92**

### MADISON SENIOR CENTER DINING PROGRAM ASSISTANCE

The cost of the lunch 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 monthly to eligible participants, 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 at the Senior Center. **Tuesday, June 21<sup>st</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!

Monday, June 6<sup>th</sup> at 1 pm Free

## Bingo!

St. Margaret's Bingo  
is the 2<sup>nd</sup> Wednesday of the month  
Wednesday, June 8<sup>th</sup>  
depart MSC at 11:30 am



## CREATIVE WRITING

Write and share your thoughts, values and life lessons with other Seniors. Stimulating topics will be suggested each session 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, 1-2:30pm Free

## COMPUTER CLASSES

Classes are forming for the courses listed below. Once we gather a minimum of 4 students, we will schedule the class. 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** - Learn the basic terminology, components etc. what can be done with a computer. Feel free to bring your own laptop or tablet.  
Wednesdays 1½ hours for each of 4 classes Fee: \$36R | \$46NR

**iPad for Beginners** - Learn basic skills, terminology, components etc. What can you do with an iPad: e-mail, games, and entertaining. Bring your iPad & password.  
Wednesdays 1½ hours for each of 4 classes Fee: \$36R | \$46NR

**eBay: and “New” Craig’s List** - Learn to open eBay & PayPal accounts, search & bid on items, pay and complete a 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. Bring your laptop with you.  
Thursdays 2 ½ hours for each of 3 classes Fee: \$27R | \$37NR

**Open Lab: computers available for personal use when classes are not in session from 9am-4pm. Free**

## Madison Travel Club Travel Presentation: *Hawaii*

Rene Dupuis, President of *Tours of Distinction* will lay out the delights and the juicy details of our Hawaii Cruise Tour. We are offering this next January so you can escape the winter doldrums and escape to the sunny, tropical climes of one of the most enchanting places in the world. Come with your questions! As always, please pre-register for this event.

Wednesday, June 8<sup>th</sup> at 1:30pm

Free

## Sr. Newcomers’ Club

Our newcomers club is designed to acquaint new residents with the community. We look forward to meeting you for fun, friendship and great conversation! **Chair: Jennie Owens**

This month we gather for lunch at 12pm at the Ivoryton Tavern and attend “*The 39 Steps*” at Ivoryton Playhouse.

Please contact Jennie for details at [newcomersclub15@gmail.com](mailto:newcomersclub15@gmail.com)  
Sunday, June 12<sup>th</sup> 2pm

## The Friday

### Movie Matinee at MSC

All movies begin at 1:00pm

6/3 “Wag the Dog”

6/10 “Dr. Strangelove”

6/17 “Milk”

6/24 “Singin’ in the Rain”

Many thanks to the  
SSILL for providing these movies.

## MSC ART GALLERY

View our latest exhibit by *The Coastal Camera Club*. The show will run from May 23<sup>th</sup> through July 1<sup>st</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.

## 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. June 22<sup>nd</sup> we will have a special ice cream social for our Coloring Club artists! Please pre-register!

Wednesdays from 2:00 - 3:30pm  
Ice Cream Social on June 22<sup>nd</sup> from 1-2 pm

Coloring is Free  
\$3.00



**LEGAL ASSISTANCE**Thurs., June 16<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 3M'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.

June 9<sup>th</sup> at *Madison Beach Hotel***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.

Tues., June 14<sup>th</sup> & 28<sup>th</sup> 12:30pm**DIAL-A-RIDE**

M, W &amp; F 8:45am to 3:30pm

(203) 245-5695 or (203) 245-5627

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, June 20<sup>th</sup> & 27<sup>th</sup> from 4-5pm in the Senior Center Café.**

*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 by 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, June 17<sup>th</sup> Fee: \$24**  
*Call Senior Center for appointment.*

**TO YOUR HEALTH****LIVING WITH COPD**

This class presented by the VNA will discuss what COPD is and how to recognize the symptoms. Then you'll cover how to determine the appropriate actions to address symptom management, how to conserve your energy, and breathing and relaxation techniques. This class will give you a good leg up in dealing with this difficult disease.

FREE

Thursday, June 9<sup>th</sup> at 10:30 am**SUMMER SAFETY**

Join Mary Jane Fegan, DPT from *Rehab Concepts Physical Therapy* on June 21<sup>st</sup> at 10:30am for a presentation on Summer Safety. Learn how to avoid summer hazards and prevent accidents that most often occur during the summer months.

FREE

Tuesday, June 21 at 10:30 am


**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, June 20<sup>th</sup>**  
**By Appointment Only**

**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

Fridays - 12:15- 3:30 pm

Fee: \$6 per class

**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*). 8 Sessions

Instructor: Don Brueggemann

Tuesday, June 7<sup>th</sup>– July 26<sup>th</sup>

Min. enrollment: 8

10-11:30am

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**

June 6<sup>th</sup> - 27<sup>th</sup>

**R\$19 | NR\$29**

4 classes

**Minimum Enrollment: 9**

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

June 10<sup>th</sup> - 24<sup>th</sup> (no class 6/3)

**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**

June 8<sup>th</sup> - 29<sup>th</sup> (no class 6/1)

**R\$19 | NR\$29**

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**

June 6<sup>th</sup> - 27<sup>th</sup>

**R\$34 | NR\$44**

4 classes

**Minimum Enrollment: 5**

**Tuesdays 9:30-10:30am**

June 7<sup>th</sup> - 28<sup>th</sup>

**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**

June 8<sup>th</sup> - 29<sup>th</sup> (no class 6/1)

**R\$34 | NR\$44**

4 Classes

**Minimum Enrollment: 5**

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

June 10<sup>th</sup> - 24<sup>th</sup> (no class 6/3)

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

3 Classes

**Minimum Enrollment: 5**



## TAICHI



T'ai Ch'uan is a gentle way to nourish body, mind, and spirit. The slow movements can improve health, vitality, balance, and concentration.

Instructor: Suzanne Hanley

**July 25<sup>th</sup> - Aug. 22<sup>nd</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 Thursday, June 16<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 9 am.** Walking the Madison section of the *Shoreline Greenway Trail* on **Wednesdays at 9**, 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

I am a *Seenager*. (Senior Teenager) I have everything that I wanted as a teenager, only 60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car. The people I hang around with are not scared of getting pregnant and they do not do drugs. And I don't have acne.  
**LIFE IS GREAT!**

### ZUMBA WITH KRIS

The "exercise pass" is good for 5 or 10 classes taught by Kris and is valid until **June 30<sup>th</sup>, 2016.**

**5 - Class Pass - R \$40 | NR \$50**

**10 - Class Pass - R \$80 | NR \$90**

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)**  
**(No Class 7/4/16)**

**Mon., June 20<sup>th</sup> - Aug. 1<sup>st</sup> 2-3pm**

**Minimum: 7 Fee: \$31R | \$41NR**

### Meditation

Meditation classes will continue with a new instructor for the summer, Bethany Knight. Her instruction will include meditation with beads, mantras, chakras, breathwork, sensation, guided visualizations and more. New meditators as well as seasoned meditators are encouraged to come. Dress comfortably and bring a shawl, if desired.

An experienced meditator, Bethany has practiced in Christian, Buddhist and Hindu traditions. She was a member of the World Peace delegation in 1998, traveling with His Holiness the Dalai Lama on a meditation pilgrimage to southern India.

**Min. enrollment: 9 (3 classes)**

**Wed. June 15<sup>th</sup> - 29<sup>th</sup> at 10:30 Fee: \$20**



### Book Club

The next meeting will be **June 30<sup>th</sup>** discussing **"All the Stars in Heaven."** Meetings are the last Thursday of the month and begin at 1 pm

**Please Note: New Session  
Registration Deadline:  
Friday, May 27<sup>th</sup>.**

**Mohegan Sun Friday****Friday, June 10<sup>th</sup>**

Every turn leads to a new adventure. Food vouchers & bet coupons included. *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.* **Depart MSC at 9am.** **Fee:\$7**

**Broadway Your Way NEW!!****Wednesday, June 29<sup>th</sup>**

There is nothing more exhilarating than live theatre. Enjoy a day in the Big Apple, watch a Broadway Show, design your own day on Broadway. Round trip motorcoach transportation. Orchestra seating to the Matinee performance of one of the following shows - *your choice!* Jersey Boys, School of Rock, Kinky Boots, or Beautiful: the Carol King Musical. Then enjoy free time in Times Square. Lunch served family style at **Buca di Beppo** includes Mixed Green Salad or Caesar Salad, House Bread, Spaghetti Marinara or Fettuccine Alfredo, Chicken Parmigiana, Homemade Cheesecake, unlimited Soft Drinks, Coffee and Tea.

**Fees: Jersey Boys - \$165 pp, School of Rock - \$195 pp, Kinky Boots - \$185 pp, Beautiful - \$225pp** **Departing the Commuter Parking Lot at Exit 61** **Registration deadline June 10<sup>th</sup>**

**Lobsterfest Matinee****Newport Playhouse****Tuesday, July 26<sup>th</sup>**

*“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 TBA. **Departing the Commuter Parking Lot at Exit 61** **Registration deadline July 5<sup>th</sup>** **Fee: \$115**

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

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 POPS 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 TBA. **Departing the Commuter Parking Lot at Exit 61. Registration Deadline July 22<sup>nd</sup>** **Fee: \$125**

**Adirondack Hot Air Balloon Festival,****Lake George****September 23<sup>rd</sup> - 25<sup>th</sup>**

Selected as a Top 100 Event by the American Bus Association! The Hot Air Balloon Festival is the oldest and largest balloon event on the east coast. Set against the backdrop of the Adirondack Mountains, 2016 will be the Festival's 44<sup>th</sup> year. **All balloon events are held weather permitting.** Experience the hot air balloons launch from the grounds of the Floyd Bennett Memorial Airport in the town of Queensbury at sunrise on Saturday. The opportunity to view the launching of numerous multi-color balloons is so unique—you won't want to miss it! Enjoy a Lunch Cruise on the *Lac du Saint Sacrement*. This is the largest ship on the inland waters of New York State. At noon, enjoy lunch & entertainment in the elegant dining room while cruising by beautiful mountain wilderness on the crystal clear waters of Lake George. . See Millionaire's Row where millionaires built mansions for use during the summer months. Although sometimes called "cottages," these grand houses had dozens of bedrooms and 20,000+ square feet. See Prospect Mt. Scenic Highway & Overlooks, Fort William Henry and much more. **Cost Per Person is \$473 for a Double \$619 for a Single \$461 for a Triple/Quad and \$345.50 for a child w/adults.**



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

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 Reading, PA in the afternoon where you'll receive a \$20 Free Play and a \$5 Meal Voucher. You'll be staying at the 4 star Doubletree 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, PA** 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: \$414.00pp. Trip Insurance is \$28 for all passengers in single, double or triple occupancy. \$50.00 tour deposit due with reservation, Final payment due Aug. 29. MSC Depart time TBD.**

### Hawaii

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

**11 Days, 7 Shore Excursions:** 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. **Day 2:** We arrive in Honolulu. Extraordinarily beautiful and impossibly romantic, Hawaii possesses some of the most exotic landscapes on earth. **Day 3:** This morning is free to explore Waikiki on your own or take a stroll on the beach right across the street from the hotel. This afternoon we will visit the Polynesian Cultural Center and explore the 7 Polynesian Cultures to view the island through native eyes. Experience everything the center has to offer including a canoe pageant, hula lessons and canoe rides. Tonight enjoy a traditional Hawaiian Luau. **Day 4:** This morning we will visit Pearl Harbor and U.S.S. Arizona Memorial before we board the *Pride of America* Cruise ship, which sails at 7:00 pm. **Day 5:** Scheduled Arrival in Maui 8:00 am. Today discover why Maui is known as "The Magic Isle" on the *Tours of Distinction's Private Island Excursion*. **Day 6:** Free Day in Maui - ship departs at 6:00 pm. **Day 7:** Scheduled Arrival in Hilo 8am. Enjoy the included *Tours of Distinction's Private Island Excursion*. **Day 8:** Scheduled Arrival in Kona at 10 am. Explore the west side of the Big Island of Hawaii today. Fabulous fishing, secluded hideaways, rain forests, deserts...it's all here on the largest and most varied of the Hawaiian Islands. Enjoy the included *Tours of Distinction's Private Island Excursion*. **Day 9:** Scheduled arrival in Kauai at 8 am. "The Island of Discovery" is the earthly Garden of Eden. Here you can see Waimea Canyon, the Grand Canyon of the Pacific, Wailua Falls, Fern Grotto, and the Na Pali Coast - some of the most spectacular scenery in all of Hawaii, *Tours of Distinction's Private Island Excursion* is again included here. **Day 10:** Kauai - Free Day. Ship Departs at 2pm. **Day 11:** Scheduled Arrival in Honolulu. Disembarkation usually begins two hours after docking. Today, we will stop at the Dole Pineapple Plantation before boarding the return flight home. **Come to the Senior Center for the presentation on June 8<sup>th</sup> at 10:30am. PRICING: Inside Stateroom: \$4799pp; Ocean view Stateroom: \$5399pp; Balcony Stateroom: \$5699 pp (based on Double Occupancy, Please call for single and triple occupancy rates). 1<sup>st</sup> Deposit: \$850 pp due at time of reservation + optional Travel Insurance. 2<sup>nd</sup> Deposit: \$1770 pp due July 25, 2016 Final Deposit: due October 20, 2016. \$250pp Early Booking Bonus!**



### South Pacific Wonders

Australia and New Zealand's South Island

Tuesday, March 21<sup>st</sup> - April 4<sup>th</sup> 2017

This is a once in a lifetime bucket list trip! 15 days, 19 meals: 12 breakfasts, 2 lunches and 5 dinners. **Days 3-6:** You will land in Cairns, Australia, the tropical gateway to one of the world's most spectacular natural attractions - *The Great Barrier Reef*. Established as a marine park in 1975, the reef is a haven for thousands of species of sea life, as well as turtles and birds. You will board a catamaran for an exciting tour of the reef, where you will have the choice of snorkeling and seeing the sea life up close, or exploring a small sand island and the end of the reef. You will also have the opportunity to learn about the original inhabitants of Australia and learn to play a didgeridoo or even throw a boomerang. **Days 7-9** you will fly to Sydney, where you will tour the city, enjoy a guided tour of the *Sydney Opera House*. You'll have one day of guided tours and one day on your own. **Days 9-15:** Next day you fly to Christchurch, New Zealand, where you will make yourself right at home as a New Zealand family welcomes you into their home for dinner! The next day you will visit a Canterbury farm to see how a family farm operates, and perhaps even catch a sheep shearing demo. Next day you will travel to *Mt. Cook National Park*. You may choose to view the massive glaciers on an optional flightseeing tour, or perhaps enjoy a nature walk through the park. You will continue to Queenstown where you'll stop at a local fruit stand and enjoy the local produce of New Zealand. The next day one of the activities will be a breathtaking cruise of *Milford Sound* and see why this fjord is one of the most visited places on the South Island. After your cruise you'll return to Queenstown. **Day 13:** you have several options, shop and people watch, go on a jet boat ride on the *Shotover River*, or join the optional "Journey through Middle Earth" which takes you through many of the spots where *Lord of the Rings* was filmed. **Day 14:** Visit the Gold Rush town of Arrowtown, take time to explore its quaint streets and sights. Next go to the Central Otago region where many of NZ's best wines are produced and stop at a local winery for a wine tasting. **Pricing: \$5,999 (pricing based on double occupancy). Travel Insurance: \$350** covers medical, travel delay, baggage protection, theft and to be flown home early due to death in immediate family.

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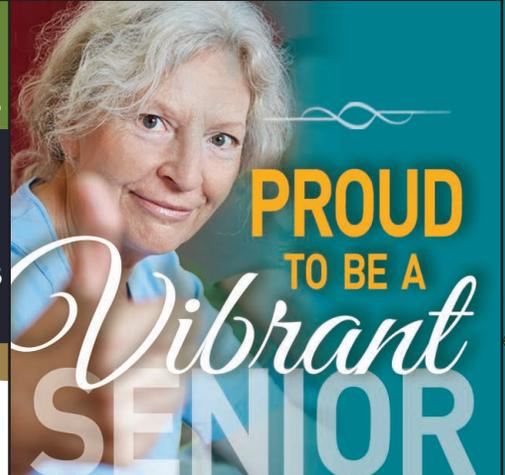
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Please remember to call for your reservation for lunch by at least 12 Noon the day before you plan to attend (203) 245-5627 (call by Friday for a Monday reservation). Lunch is \$4.00 and is served at 11:30 am.</i></p>		<p>1 Italian Wedding Soup, Spaghetti Bolognese and Tiramisu</p>	<p>2 Southwest BBQ Soup, Applewood Smoked Turkey on Croissant, Cherry Pie</p>	<p>3 Seafood Chowder, Grilled Swordfish with Cantaloupe BBQ, Peach Shortcake</p>
<p>6 Cream of Spinach Soup, Grilled Ham Steak w/ Pineapple and Spicy Sweet Potato, Chocolate Pound Cake</p>	<p>7 Chicken &amp; Lentil Soup, Grilled Chicken Alfredo Fettuccine, Cookies</p>	<p>8 Broccoli and Cheese Soup, BBQ Pork Grilled Cheese, Blueberry Pie</p>	<p>9 French Onion Soup, Crab Avocado and Melon, Ice Cream</p>	<p>10 Hot and Sour Shrimp Soup, Asian Napa Salad with Teriyaki Salmon, Bread Pudding</p>
<p>13 Mushroom Barley Soup, Smoked Pork Shank with a Maple Glaze Cheese Cake</p>	<p>14 Cream of Cauliflower Soup, BBQ Flank and Bleu Wedge Salad, Orange Cake</p>	<p>15 Split Pea Soup, Hot Caprese Pasta with Balsamic Glaze, Chocolate Peanut Butter Pie</p>	<p>16 Chicken Rice Soup, Chicken Avocado BLT, Jello</p>	<p>17 Rhode Island Chowder, Lemon and Herb Roasted Cod with a Potato Puree and Chocolate Pudding</p>
<p>20 Garden Salad, Chicken Parmesan and Chocolate Cake</p>	<p>21 Intergenerational Brunch Free</p>	<p>22 Cream of Asparagus Soup, Grilled Bourbon Chicken Salad, Chocolate Pudding</p>	<p>23 Tomato Bisque Soup, Cilantro Lime Flank Steak and Ice Cream</p>	<p>24 Manhattan Clam Chowder, Maple Salmon with Roasted Grapefruit, Brownies</p>
<p>27 Chicken Noodle Soup, Chicken Marsala with Garlic Mashed Potatoes and Asparagus, Carrot Cake</p>	<p>28 Black Bean Soup, Cuban Sandwich, Peach Pie</p>	<p>29 Beef Minestrone Soup, Crispy Chicken with Maple Soy and Capers, Black Forest Cake</p>	<p>30 Potato Soup Pork Loin with Portuguese Churrasco Sauce and Lemon Cake</p>	 <p>Chef Kevin Wolfe</p>

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# Gone with the Wind Night



Dinner and the Movie ★ Tuesday, June 21<sup>st</sup>  
Registration deadline is Thursday, June 16<sup>th</sup>  
We will need a minimum of 8 people  
\$10<sup>00</sup>

*The movie will start at 3:30pm in the MSC Library, this is the full version all 233 minutes of it! At the Intermission, we will go to the Café for a fine Southern chicken dinner with a green salad, cornbread, "virtuous" Mint Juleps, and pecan pie. Then we will return to the Library to finish the movie. This promises to be a fun event so register soon!*



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The Madison Senior Center is happy to host programs provided by the SSILL. They provide many interesting educational programs for adults living in our area. If you are interested in becoming a member call the Guilford Community Center (203) 453-8086 or visit the SSILL website at [www.ssill.org](http://www.ssill.org).