

Trends & Traditions



JULY 2016

Madison Senior Center

Essex Steam Train & Riverboat Excursion

Enjoy a 3-course lunch aboard a restored 1920's Pullman Diner car as part of a 3½-hour journey that begins at the historic Essex Train Station for a 12-mile, narrated trip. At Deep River Landing, passengers are escorted onto the Becky Thatcher riverboat for a 1¼-hour cruise along the Connecticut River. The visual serenity of the river valley is on full display from Becky's multiple decks. The deep water, coves, inlets, marshes,



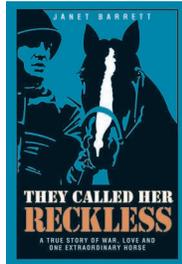
wildlife, and rocky shoreline are all at once, simply breathtaking! Just as impressive are the historic sights including Gillette Castle, Goodspeed Opera House, and the Haddam Swing Bridge. Upon Becky's return

to Deep River Landing, the steam train welcomes passengers for the return trip back to Essex Station.

Monday, July 25th depart MSC at 10:30am Fee: \$52

THEY CALLED HER RECKLESS JANET BARRETT

Come hear Janet Barrett talk about her book *They Called Her Reckless*. When the U.S. Marine Fifth Regiment's Recoilless Rifle Platoon acquired a small Korean pony to haul ammunition up the steep hills to the front



lines, what they got was a real-life hero, Reckless, the courageous and indomitable warhorse who stood with her buddies for two years during the Korean War, saving many lives, raising spirits, and winning the love and respect of all who knew her.



Wednesday, July 6th at 1:30pm

FREE

Celebrate Independence Day with MSC!

For lunch we will be serving all American fare with Barbequed Chicken, Hamburgers, Hot Dogs and Potato Salad and Apple Pie.

After lunch we will be serenaded by the *CT Yankee Chorus*, the premier Connecticut men's barbershop chorus who recently won the 2016 New England District Yankee Division Championship.

Friday, July 1st at 11:30

Lunch Fee: \$10

The Adventurous Culinary Club



This month we go to *Captain Scott's Lobster Dock* in New

London. Captain Scott's is a family owned and operated seasonal outdoor restaurant. They are committed to providing the highest quality seafood at reasonable prices. Their casual atmosphere cannot be beat, with views of downtown New London and the marinas on Shaw's Cove, it's the perfect spot for a summer lunch with friends. They have a great menu and rave reviews from hundreds of people. Lunch is on your own.

Friday, July 15th depart MSC 11:45am

Bus Fee: \$4



Tracey O'Brien, a field representative for Anthem BlueCross BlueShield will be here to discuss the *Dual Special Needs Plan* and how to qualify for it. This program is specifically for folks who receive extra help from the State of CT or who are on Medicaid.

Tuesday, July 26th at 10:30am

FREE

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!



Hen and Heifer in Guilford
AC Petersen Ice Cream in Old Lyme

Monday, July 11th depart MSC at 1pm
Friday, July 22nd depart MSC at 1pm

Bus Fee: \$2
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) 245-5695

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 July 14th, 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

Tom Lewy presents OKLAHOMA!

Tom Lewy has become familiar to Senior audiences in both Madison and Guilford. Tom was born in Chicago and after attending the *University of Michigan* he attended the *Mannes College of Music* studying voice and opera with Martial Singher of the Metropolitan Opera. Tom earned a Master's Degree in Opera from the Manhattan School of Music in New York City as well. He began lecturing for Seniors in Elderhostels in both Sarasota, FL and Cleveland, OH before coming to Connecticut where he has lectured for SSILL and other Senior organizations for the last five years.



Tom will present at the Senior Center, the historic Broadway show, Oklahoma with music and lyrics by Richard Rodgers and Oscar Hammerstein. The original production opened on March 21, 1943 and was a box office smash with songs like "Ob What a Beautiful Mornin'"; "The Surrey With The Fringe On Top" and "People Will Say We're In Love." The show ran for 1,212 performances and finally was made into the movie that we will be showing the next day at MSC.

The Broadway Show, won the Pulitzer Prize in 1944 and has become one of the favorites of audiences worldwide. We hope you will enjoy our presentation and leave singing the songs and the show's praises.

Spaces will fill quickly so pre-registration is required.

Thursday, July 28th at 10am

Fee: \$5.00

Lunch with Tom Come enjoy lunch with our First Selectman, Tom Banisch. Tom joins us on the 3rd Tuesday of every month to have lunch and chat with Madison seniors. Bring your questions, concerns and compliments. **Tuesday, July 19th at 11:30am**



Lunch Fee: \$4

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: 11:3 -3:30pm * Wed.: 9:30-12 & 11:3 -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
Coloring	Wednesdays	1:30- 2:30 pm
Hand & Foot	Fridays	1 – 4 pm
Knitting Group	Tuesdays & Thursdays	10am – 12pm
Poker	Wednesdays	12:45 – 3pm
Quilts of Joy	Tuesdays	1:15 – 3:30pm
Walking Club	Mondays – Wednesdays	10am

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

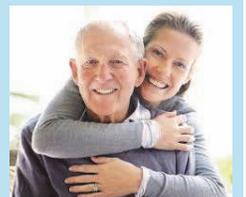


SNAP PROGRAM (Formerly Food Stamps)

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 3rd Tuesday of the month at the Senior Center. **Tuesday, July 19th, 11-12pm FREE**





LAUGHTER IS THE BEST MEDICINE

submitted by Diane

"Wake up honey. It's time to go to school."

"But why? I don't want to go to school."

Give me 2 reasons why you don't want to go to school."

"One all the children hate me and two all the teachers hate me."

"Oh that's no reason, C'mon, you have to go to school."

Give me two reasons why I have to go to school."

"One, you are 52 years old. Two you are the principal!"



Bingo!

St. Margaret's Bingo
 is the 2nd Wednesday of the month
 Wednesday, July 13th
 depart MSC at 11:30am



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

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.

Wednesdays from 2:00-3:30pm

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.

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.

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

Downton Abbey at the Senior Center

We continue with Season 3. Please note the days we showing Downton are changing to Tuesdays and Thursdays.

Tuesdays & Thursdays at 1:00pm

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 at the Senior Center at 10 am and carpool to Stony Creek to go on a *Thimble Island Cruise* at 11:15.

Please contact Jennie for details at newcomersclub15@gmail.com

Tuesday, July 12th 10am

The Friday Movie Matinee at MSC

All movies begin at 1:00pm

7/1 Letters from Iwo Jima

7/8 Lincoln

7/15 Selma

7/22 Charlie Wilson's War

7/29 Oklahoma! * Don't miss Tom Lewy's Oklahoma! Talk on Thurs., July 28th at 10am.

MSC ART GALLERY

View our latest exhibit by **Vista Vocational**. The show will run from July 11th through August 22nd and is open Monday thru Friday from 8:30am-4pm (*Please call the Senior Center for alternate times.*)

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

LEGAL ASSISTANCEThurs., July 21st 9-10am

Attorneys from Cronan and Shields offer private 15 min. counseling services. Call the MSC for an appointment.



HANDICAPPED PARKING PERMIT APPLICATION

Available in the Senior Center office

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 2nd **Wednesday** of the month at a local restaurant. Please note the change of day from Thursday to Wednesday.

July 13th 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 an appointment with your doctor.

Tues., July 12th & 26th 12:30pm**DIAL-A-RIDE**

M, W & 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.

Summer Schedule:

Monday, July 11th, 18th & 25th 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, July 15th Fee: \$24

Call Senior Center for appointment.

BILLIARDS TOURNAMENTNext tournament starts July 12th.

Sign up at Front Desk by July 7th. The schedules will be available on July 8th after 12 noon.

Please give us a call if you are interested!



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.

Monday, July 18th 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 - 12:15-3:30pm

Fee: \$6 per class

BRIDGE BASICS 2: COMPETITIVE BIDDING

An 8-week session focusing on competitive bidding. The lessons will focus on preparing students to play duplicate bridge sponsored by the ACB League but will include guidelines for rubber and social bridge. Please purchase the book "*Competitive Bidding*" by Audrey Grant. **R.J Julia's is offering 10% discount on Audrey Grant's book.** Please bring the book to the first class. Instructor: Don Brueggemann (8 classes) Tues., Aug. 2nd - Sept. 20th, at 10 - 11:30 Fee:\$60R | \$70NR



Exercise With Patty Velleca

CHAIR EXERCISES

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

Mondays - 10:30-11:30am

July 11th - 25th (no class 7/4)

R\$14 | NR\$24

3 Classes

Minimum Needed: 9

Fridays - 10:30-11:30am

July 1st - 29th

R\$24 | NR\$34

5 Classes

Minimum Needed: 9

SENIORS IN MOTION

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

Wednesdays - 10:30-11:30am

July 6th - 27th

R\$19 | NR\$29

4 Classes

Minimum Needed: 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

July 11th - 25th (no class 7/4)

R\$26 | NR\$36

3 Classes

Minimum Needed: 5

Tuesdays 9:30-10:30am

July 5th - 26th

R\$34 | NR\$44

4 Classes

Minimum Needed: 5

FITNESS & MOVEMENT

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

Wednesdays - 9:00-10:00am

July 6th - 27th

R\$34 | NR\$44

4 Classes

Minimum Needed: 5

Fridays - 9:00-10:00am

July 1st - 29th

R\$42 | NR\$52

5 Classes

Minimum Needed: 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 (5 weeks)

Mondays, July 25th - Aug. 22nd

Fee: R\$27 | NR\$37

9-10am

Minimum Needed: 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, July 21st 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.

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! 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. (4 weeks)

Wed, July 6th - 27th at 1:30 p.m

Min Needed: 6 Fee: R\$28 | NR\$38

ZUMBA WITH KRIS

The "exercise pass" is good for 5 or 10 classes taught by Kris and is valid until **June 30th, 2017.**

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)

Mon., June 20th - Aug. 1st 2-3pm

(No Class July 4th)

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. Needed: 9

(4 classes)

Wed. July 6th-27th at 10:30am Fee: \$27



Book Club

The next meeting will be July 28th discussing *All Leaving Time.*

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

**Please Note: New Session
Registration Deadline:
Monday, June 27th**

Mohegan Sun Friday

Friday, July 8th

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**

Boston POPS By The Sea

Cape Cod Sunday, August 14th

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 22nd* **Fee: \$125**



The Big E Fair on Connecticut Day

Wednesday, September 21st

The Big E New England's greatest fair, is the premier event each fall with nearly one million guests. Located in West Springfield, MA., it's ranked among the top fairs in the country. The Big E encompasses a wide variety of events including: The Storowton Village Museum, shopping, The Avenue of States, agricultural and livestock events, rides, a horseshow, and lots of food! Price includes transportation, admission and driver's gratuity. Depart time TBA, departing from MSC. **Fee: \$57**



Adirondack Hot Air Balloon Festival, Lake George

September 23rd - 25th

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 44th 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. *Departing the Commuter Parking Lot at Exit 61. Registration Deadline September 2nd Fee is \$473 for a Double \$619 for a Single \$461 for a Triple/Quad and \$345.50 for a child w/adults.*

New York City Food & Markets Tour

NYC

Saturday, October 1st

New York City is home to a smorgasbord of cultures and the incredible culinary traditions that have been tantalizing the palates of native New Yorkers and their guests for many, many years. What better way to experience NYC than by walking its streets and "noshing" your way through the affordable culinary treats that are readily available? Weave your way through a combination of Asian, Italian, Jewish, Middle Eastern, Eastern European and American bakeries, delicatessens, pizzerias, bagel, bialy and knish shops, gourmet donut shops, vintage candy shops, pasta makers, meat markets, street vendors and more! The best way to learn about this incredible city is to walk, taste, smell and best of all sample its iconic foods. Some of the places we could go are, Arthur Avenue, Chinatown and Little Italy, Greenwich Village. **Bring coolers to pack and bring home!**



Fee: \$67

When your trip is departing from the Senior Center please park in the lot across the street from the Senior Center

Samson, Sight & Sound Theatre & Longwood Gardens

Tuesday, October 4th – 6th

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 "Kitch" Kitch's "The Old Order Mennonite Village" before taking our seats at *Sight and Sound Theatre* for "Samson." The story of the world's greatest hero, a gifted and colorful character, extraordinary feats of strength and a heroic deed. After the show, 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

Wednesday, January, 11th – 21st

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 8th 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). 1st Deposit: \$850 pp due at time of reservation + optional Travel Insurance. 2nd 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 21st - April 4th 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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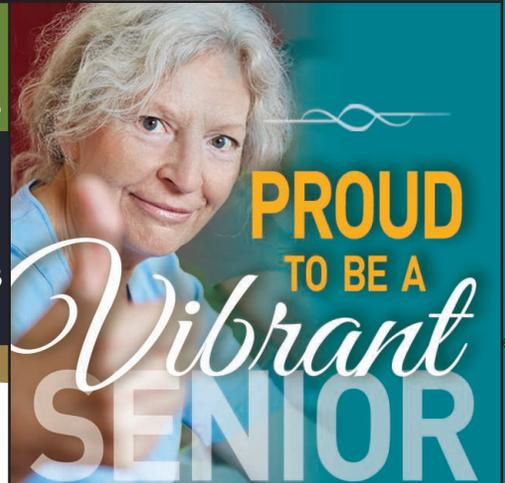


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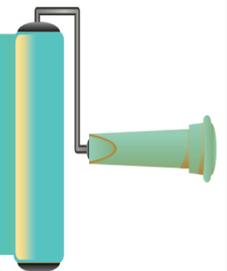


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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Please remember to call for your reservation for lunch by at least 12 Noon the day before you plan to attend (203) 245-5627 (call by Friday for a Monday reservation). If you cannot attend please call to let us know. Lunch is \$4.00 and is served at 11:30am.</i></p>				<p>1 BBQ Chicken, Burgers, Hot Dogs Potato Salad, Apple Pie \$10</p>
<p>4 </p>	<p>5 Southwest BBQ Soup, Applewood Smoked Turkey on Croissant, Cherry Pie</p>	<p>6 Cream of Spinach Soup, Grilled Ham Steak with Pineapple and Spicy Sweet Potato, Chocolate Pound Cake</p>	<p>7 Chicken and Lentil Soup, Grilled Chicken Alfredo Fettuccini, Cookies</p>	<p>8 New England Clam Chowder, Asian Napa Salad with Teriyaki Salmon, Bread Pudding</p>
<p>11 Mushroom Barley Soup, Smoked Pork Shank with a Maple Glaze, Cheese Cake</p>	<p>12 Cream of Cauliflower Soup, BBQ Flank and Bleu Wedge Salad, Orange Cake</p>	<p>13 Split Pea Soup, Hot Caprese Pasta with Balsamic Glaze, Chocolate Peanut Butter Pie</p>	<p>14 Italian Wedding Soup, Grilled Chicken Marsala, Tiramisu</p>	<p>15 Rhode Island Chowder, Lemon and Herb Roasted Cod with a Potato Puree, Chocolate Pudding</p>
<p>18 Asparagus Soup, Southern Fried Chicken, Peach Pie</p>	<p>19 French Onion Soup, Crab Avocado and Melon, Ice Cream</p>	<p>20 Broccoli and Cheese Soup, BBQ'd Pork Grilled Cheese, Blueberry Pie</p>	<p>21 Chicken Noodle Soup, Turkey Cutlet Dijonaise, Jell-o</p>	<p>22 Seafood Chowder, Grilled Swordfish with Cantaloupe BBQ, Peach Shortcake</p>
<p>25 Tomato Bisque Soup, Cilantro Lime Flank Steak, Ice Cream</p>	<p>26 Seafood Bisque, Buffalo Mozzarella Ravioli with Feta and Beef, Chocolate Cream Pie</p>	<p>27 Potato Soup, Quiche Lorraine with a Fresh Baby Spinach Salad, Strawberry Shortcake</p>	<p>28 Beef Vegetable Soup, 5 Cheese and Sausage Macaroni, Chocolate Pound Cake</p>	<p>29 Miso Soup, Tuna Club with an Asian Slaw, Blueberry Pie</p>

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