

# Trends & Traditions



August 2016

Madison Senior Center



## Thimble Island Cruise & Lobster Shack Reprise

Back by popular demand, we are offering this tour for all the folks who weren't able to get on the trip the first two times, here's your last chance for the summer. 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. 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, August 19<sup>th</sup> depart MSC at 10am Bus Fee: \$2



## SHORELINE ARTS ALLIANCE PRESENTS A DISCUSSION OF TWO GENTLEMEN OF VERONA

Emily Mattina is the director of *Two Gentlemen of Verona* for the Shoreline Arts Alliance's *Shakespeare on the Shoreline* this summer. Ms. Mattina, Shakesperience's Artistic Director, will discuss her selection and direction of the play, introduce the themes of the production, and share her exploration of social constructs, including when Friendship and Romantic Love are in conflict for *Two Gentlemen of Verona*. Join us as she presents her approach to mounting this Shakespeare adaptation filled with art, doppelgängers, dogs, and the scenery and music of a fairground and to hear a reading from the play.

Friday, August 5<sup>th</sup> at 1:30pm

FREE



## A Glorious Garden Tour

We will travel to Hollister House Garden where we will have a guided tour of the gardens. Then we will stop at the Hidden Valley Eatery for lunch on your own (please stop in advance to the Senior Center and choose your lunch from the menu).

From there we will make the short trip to White Flower Farms for a bit of shopping at one of the finest garden centers on the east coast.

Friday, Aug. 26<sup>th</sup> depart MSC 9am  
Fee: \$17 includes admission to  
Hollister Garden

## The Adventurous Culinary Club

This month we go to *Marley's Cafe* in Essex is a family owned and operated seasonal outdoor restaurant. with a delightful ferry ride to the island it is on. 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, August 5<sup>th</sup> depart MSC 11:45am

Bus Fee: \$4



## 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!



Buttonwood Farm Ice Cream, Griswold, CT  
Arethusa Farm Ice Cream in New Haven

Monday, August 22<sup>nd</sup> depart MSC at 1pm  
Monday, August 29<sup>th</sup> depart MSC at 1pm

Bus Fee: \$3  
Bus Fee: \$2



FOR PLANNING PURPOSES, PLEASE REGISTER FOR ALL EVENTS HELD AT MSC.



**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*

**August 11<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
- Server ..... Colleen Atwater
- Bus Driver: ..... Michael Rand
- Bus Driver: ..... Helen Sneider
- Bus Driver: ..... Dennis Marron
- Bus Driver: ..... Tina Macero

*South Pacific Wonders*

MSC Travel Club's Presentation of Australia & New Zealand's South Island Trip



The presentation of this bucket list trip, by Collette Travel's Tracy O'Neill, will cover the entire itinerary, from the cities and sights you will see to the delicious food you will eat and amazing hotel accommodations you will enjoy. She will also give you many travel tips and cover the ins and outs of getting there and back. Some of the highlights include visiting the Great Barrier Reef, the largest living thing on earth, and cruising the breathtaking Milford Sound of New Zealand among many other delights. *(See page 8 for a full description.)*

**Tuesday, August 30<sup>th</sup> at 10:30am**

**FREE**

**"Turning 65" Medicare & Social Security Seminar**

Are you confused about Medicare? Have questions about Social Security? Concerned about your finances for retirement? The key to a successful retirement is planning. Join Carlos Maynard, our Medicare expert, & Craig Bernard of Madison Investment Center for a very informative and interactive session on Medicare, Social Security, and planning your finances for retirement. Presentations will include Medicare A, B, C, and D, along with strategies on how to maximize your Social Security benefits. Don't miss this opportunity to learn from the experts.

*Pre-registration required, space fills quickly, Refreshments provided.*

**Thursday, September 15<sup>th</sup> at 6pm**

**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. **Tuesday, August 16<sup>th</sup> 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: 11:30 -3:30pm \* Wed.: 9:30-12 & 11:30 -3:45pm**

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

*All are welcome!*

**Ongoing Activities at the Senior Center**

<b>Bridge</b>	<b>Thursdays &amp; Fridays</b>	<b>1 – 4pm</b>
<b>Canasta</b>	<b>Tuesdays</b>	<b>1 – 4pm</b>
<b>Coloring</b>	<b>Wednesdays</b>	<b>1:30- 2:30pm</b>
<b>Hand &amp; Foot</b>	<b>Fridays</b>	<b>1 – 4pm</b>
<b>Knitting Group</b>	<b>Tuesdays &amp; Thursdays</b>	<b>10am – 12pm</b>
<b>Poker</b>	<b>Wednesdays</b>	<b>12:45 – 3pm</b>
<b>Quilts of Joy</b>	<b>Tuesdays</b>	<b>1:15 – 3:30pm</b>
<b>Walking Club</b>	<b>Mondays – Wednesdays</b>	<b>10am</b>



### 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 Couple: \$42,900**

### CONNECTICUT ENERGY ASSISTANCE PROGRAM

**Early Application Intake begins Aug. 15<sup>th</sup>** Helps to offset heating expenses during the winter. All fuel sources welcome to apply. An applicant must meet income & asset guidelines. Income and assets are counted for **ALL** members living in the home. Asset limit for homeowners is \$15,000 & for renters is \$12,000. Proof of all income, rent, & utility expenses, & bank statements for the month prior to the application date are required.

**Last year's Guidelines: Monthly Income :Single: \$2761 Couple: \$3610**

### 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**

### FARMERS MARKET COUPONS



Eligible participants enjoy CT Grown fruits, vegetables, fresh cut herbs, & honey from local Farmers' Markets. Eligibility: 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 \$18 in coupons, good at the Madison Farmers' Market. Coupons **are** be available beginning July 1, 2016. **Max. Income Single: \$1,814. 59 & 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.

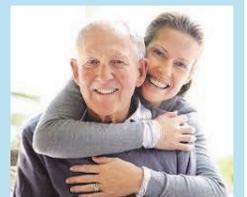


### SNAP PROGRAM (Formerly Food Stamps)

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, August 16<sup>th</sup>, 11-12pm FREE**





## LOCAL AUTHOR TALK



In “*We Had a Ball...*” local author, Nancy Shapiro, put together a collection of memories from authors of various generations about their involvement in youth sports and how those experiences have shaped their lives. Ms. Shapiro also includes chapters from some of today’s “game changers” who remind us to keep the focus on the kids! Come hear her talk about this subject she has become so passionate about.  
**Monday, August 15<sup>th</sup> at 1pm FREE**

### Bingo!

**St. Margaret’s Bingo** is the 2<sup>nd</sup> Wednesday of the month August 10<sup>th</sup> depart MSC at 11:30am

### 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! This month we are on summer vacation. We’ll see you in September! Please contact Jennie for questions at [newcomersclub15@gmail.com](mailto:newcomersclub15@gmail.com)

### 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 wonderfully relaxing activity that improves focus and is just plain fun! We will have 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 this wonderful story with Season 4. We will be watching 2 episodes on Thursdays from 1 to 3 pm

**Thursdays at 1:00pm**



**FREE**

## AARP DRIVER SAFETY

A refresher course aimed at the 60+ driver. Call your insurance company you may be eligible for a discount after completing this course! The class will be held on the second Wednesday of the month from 12:30pm to 4:30pm .

**Aug. 10<sup>th</sup> • Sept. 14<sup>th</sup>**

**Oct. 12<sup>th</sup> & Nov. 9<sup>th</sup>**

**Fee: AARP Member \$15**

**Non-Member \$20**

**Please make checks payable to AARP**

## The Friday Movie Matinee at MSC

*All movies begin at 1:00pm*

**8/5 City of God**

**8/12 The Sting**

**8/19 Munich**

**8/26 Miracle**

## MSC ART GALLERY

View our next exhibit by *Christopher Toothaker’s* photography. The show will run from August 29<sup>th</sup> through October 7<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., August 18<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> **Wednesday** of the month at a local restaurant. Please note the change of day from Thursday to Wednesday.

*August 10<sup>th</sup> at La Foresta*



## 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.  
**Tuesday, August 9<sup>th</sup> & 23<sup>rd</sup> 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, August 1<sup>st</sup> & 8<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, August 19<sup>th</sup> Fee: \$24**  
**Call Senior Center for appointment.**



## 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, Aug. 15<sup>th</sup>**  
**By Appointment Only**



## DROP-IN DUPLICATE BRIDGE

Begin the session with a mini-lesson with the Director. The games that follow will be "supervised," questions about bidding or plays as you play the hands are allowed. Come with a partner, if you can't find a partner, you can call the director, to be paired with someone.

**Dir:** Connie Graham (860) 505-7833  
**Fridays, 12:15-3:30pm Fee: \$6/class**



## To Your Health...



### Middlesex Hospital: *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.  
**Thursday, August 18 at 10:30am**

**Yale P.R.I.D.E. Program:** Have you fallen in the past or have a fear of falling? Then you may be eligible for the PRIDE program. It only takes one visit from a PRIDE paramedic to your home to assess your risk of falling and arrange appointments with health care providers who can help lower your risk of illness and injury and increase your ability to safely stay in your home, at no cost to you. If you are interested in finding out more about PRIDE come to the Senior Center to talk about the PRIDE study and introduce you to our staff. Free coffee and donuts and up to \$25 in Stop and Shop gift cards for program participants.  
**Friday, August 26<sup>th</sup> at 10:30am**

**Home Safety and Fall Prevention:** If the PRIDE program is more than you want or need then join Mary Jane Fegan, DPT from Rehab Concepts for a presentation on Home Safety and Falls Prevention. Get tips on how to keep yourself safe in your home and practical advice on reducing your risk of falling.  
**Tuesday, August 30<sup>th</sup> at 10:30am**

*All programming is free but please, as always, register for any events you wish to attend by calling (203) 245-5627*



## Exercise With Patty Velleca

### CHAIR EXERCISES

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



**Mondays - 10:30–11:30am**

August 1<sup>st</sup> - 29<sup>th</sup> (no class 8/15)

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

**4 Classes**

Minimum Needed: 9

**Fridays - 10:30–11:30am**

Aug 5<sup>th</sup> - 26<sup>th</sup> (no class 8/19)

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

**3 Classes**

Minimum Needed: 9

### SENIORS IN MOTION

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

**Wednesdays - 10:30–11:30am**

August 3<sup>rd</sup> - 31<sup>st</sup> (no class 8/17)

**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**

August 1<sup>st</sup> - 29<sup>th</sup> (no class 8/15)

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

**4 Classes**

Minimum Needed: 5

**Tuesdays 9:30–10:30am**

August 2<sup>nd</sup> - 30<sup>th</sup> (no class 8/16)

**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**

August 3<sup>rd</sup> - 31<sup>st</sup> (no class 8/17)

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

**4 Classes**

Minimum Needed: 5

**Fridays - 9:00–10:00am**

Aug 5<sup>th</sup> - 26<sup>th</sup> (no class 8/19)

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

**3 Classes**

Minimum Needed: 5

**Please Note: New Session  
Registration Deadline:  
Monday, July 29<sup>th</sup>.**

**If minimums are not met classes will  
have to be cancelled.**

## 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. **(5 weeks)**

Instructor: Suzanne Hanley

**Mondays, August 29<sup>th</sup> - Oct. 3<sup>rd</sup>**

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

**9-10am**

**Min. Needed: 9**

**(No Class 9/5)**



### 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, Aug. 25<sup>th</sup> Fee is \$12**

**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 **Wednesdays at 10am**, starts at Hammonasset State Park. A new parking area is now available just east of the main entrance, on Route 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. **(9 weeks)**

**Wed. Aug. 3<sup>rd</sup>-Sept. 28<sup>th</sup> at 1:30 p.m**

**Min Needed: 8 Fee: R\$48 | NR\$58**

### 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>, 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., Aug 8<sup>th</sup> -Sept. 19<sup>th</sup>**

**2-3pm**

**(No Class 9/5)**

**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. **(5 classes)**

**Min. Needed: 8**

**at 10:30am**

**Wed., Aug. 3<sup>rd</sup>-31<sup>st</sup>**

**Fee: \$38**



### Book Club

**The next meeting will be August  
25<sup>th</sup> discussing Pope Joan.**

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



## Mohegan Sun Friday

Friday, August 12<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**

## The Big E Fair on Connecticut Day

Wednesday, September 21<sup>st</sup>

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. **Fee: \$57**

## 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. **Departing the Commuter Parking Lot at Exit 61. Registration Deadline September 2<sup>nd</sup> 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 1<sup>st</sup>

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**

## Newport Playhouse Surf & Turf Matinee

Plaza Suite

Wednesday, October 5<sup>th</sup>



Join us for great food, a funny play and a fun-filled cabaret. None does "dinner theatre" like the Newport Playhouse, considered a Rhode Island institution. The tiered seating ensures everyone has a good view. 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 that you have a wonderful time. "We always have an abundance of food because we cook more than we need so our customers will always have a plentiful buffet."

Departure TBA

**Fee: \$138**

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



## Hawaii

**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!**

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



## 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. **Final payment due January 20, 2017.** Come to the travel presentation on **Tuesday, August 30<sup>th</sup> at 10:30am**, and get all your questions answered.



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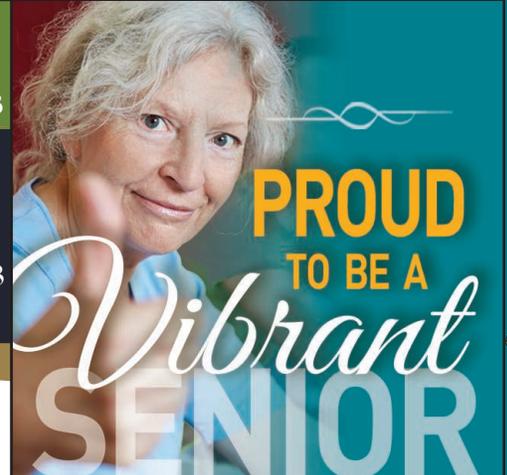
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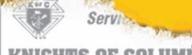
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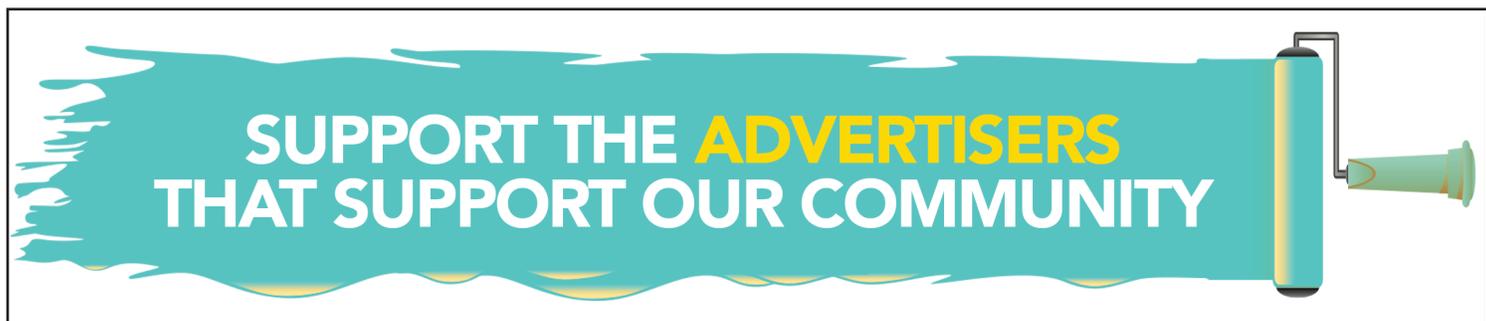


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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Cream of Asparagus Soup, Swedish Meatballs, Pound Cake	<b>2</b> Beef Minestrone Soup, Chicken Kabob with Brown Rice and Peas, Cherry Pie	<b>3</b> Chicken Vegetable Soup, Beef Roulade, Cinnamon Apple Cake	<b>4</b> Broccoli Cheddar Soup, Tacos with Lettuce and Fresh Salsa, Orange Cake	<b>5</b> Seafood Bisque, Crabcake Sandwich, Chocolate Peanut Butter Pie
<b>8</b> Chicken Lentil Soup, Cavatelli with Broccoli and Sausage, Cookies	<b>9</b> Navy Bean with Ham Soup, Salmon Salad Club Sandwich and Strawberry Shortcake	<b>10</b> Caribbean Jerk Shrimp Soup, Pork Piccata with Spaghetti and Green Beans, Chocolate Pudding	<b>11</b> White Bean and Sausage Soup, Eggplant Parmesan, Rice Pudding	<b>12</b> New England Clam Chowder, Tuna Steak with Garlic Mashed Potatoes and Asparagus, Chocolate Cake
<b>15</b> Tuscan Chicken and Pasta Soup, Quiche Lorraine with Fresh Baby Spinach Salad, Parfait	<b>16</b> Corn Chowder, Balsamic Braised Chicken, Vanilla Pudding	<b>17</b> Wild Mushroom Barley Soup, Pulled Pork Sandwich with Broccoli Slaw, Black Forest Cake	<b>18</b> Asian Pepper Steak Soup, Lasagna, Lemon Cake	<b>19</b> Rhode Island Chowder, Seared Tilapia with Herb Butter and Roasted Sweet Potatoes, Apple Pie
<b>22</b> Potato Soup, Grilled Chicken and Avocado Caesar Salad, Chocolate Cream Pie	<b>23</b> Chicken Noodle Soup, Turkey Cutlet Dijonnaise, Jello	<b>24</b> Beef Vegetable Soup, Five Cheese and Sausage Macaroni, Chocolate Pound Cake	<b>25</b> Split Pea Soup, Grilled Ham, Tomato and Cheese Sandwich, Cookies	<b>26</b> Manhattan Clam Chowder, Grilled Salmon with Melon BBQ, Blueberry Pie
<b>29</b> Chicken Florentine Soup, Pork Schnitzel, Cheese Cake	<b>30</b> Tomato Bisque, Buffalo Mozzarella Ravioli with Feta and Beef, Fruited Jell-o	<b>31</b> Cream of Spinach Soup, Quiche Lorraine with a Fresh Baby Spinach Salad, Mango Coconut Tapioca Pudding	<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>	





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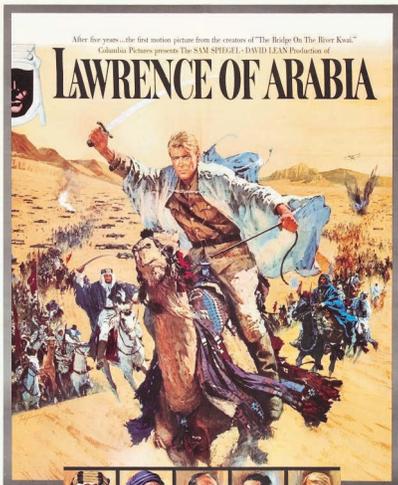


# Dinner & A Movie

## Lawrence of Arabia



**Tuesday August 9<sup>th</sup> \* Movie will start at 3:30pm**  
**Registration Deadline is Wednesday, August 3<sup>rd</sup> Fee: \$10<sup>00</sup>**



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Join us again for another fun night with a classic movie and a great meal. This time we will spend the night at the beginning of the Middle Eastern conflict with *Lawrence of Arabia*, 1962 epic, historical, drama, film. It is the story of TE Lawrence, the English officer who successfully united and lead the diverse, often warring, Arab tribes during World War 1 in order to fight the Turks. The movie stars Peter O'Toole in the title role and is widely considered one of the greatest and most influential films in the history of cinema. The film was nominated for ten Academy Awards and won seven in total including Best Director (David Lean), Best Picture, Best Actor (Peter O'Toole) and Best Supporting Actor (Omar Sharif). Also in supporting roles are Alec Guinness, Anthony Quinn and Jose Ferrer.

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