

Trends & Traditions



September 2016

Madison Senior Center



Sen. Ted Kennedy, Jr. to Visit the Madison Senior Center

Sen. Kennedy will be stopping by to have lunch and chat with the seniors. So bring your questions and concerns to discuss with our representative. He will also speak after lunch to keep us up

to date on things happening in Hartford. So save the date and reserve your spot for lunch!

Friday, September 16th at 11:30am **Lunch fee: \$4**



MAH JONGG LESSONS FOR SENIORS



Would you like to learn to play the Western Chinese tile game, Mah Jongg? It's a game of skill, strategy and a little bit of chance. We are forming a class, so if you are interested, please give us a call! **Instructor: Dale Kach**

Wednesdays, September 21st-November 9th
9:30-11:30am **Fee: R\$30 | NR\$40**
Kindly pre-register for all events.



Tom Lewy presents WEST SIDE STORY

Join Tom Lewy as he presents *West Side Story* at the Madison Senior Center. Mr. Lewy will discuss and play recordings from the modern-day Romeo and Juliet saga. The Broadway musical is set on the streets of New York in the mid-50's and explores the rivalry between two street gangs, the Jets from America and the Sharks from Puerto Rico. Intertwined is a love affair between Tony of America, our Romeo and Maria from Puerto Rico, our Juliet. The award-winning score, written by the famed Leonard Bernstein features songs that include *Somewhere*, *Maria* and *Tonight* with lots of foot-tapping music on the side. Critics called this Broadway musical one of the greatest ever written. All this as a prelude to the showing of the original movie, *West Side Story* sponsored by SSILL at the Madison Senior Center the following day.

Thursday, Sept. 22nd at 9:30am **Fee: \$5**

Garden of Delights



The Sundial Garden in Higganum, CT, is a unique combination of formal gardens, tea and gift shop. Founded in 1976, The Sundial has been featured in numerous national publications, including *Horticulture Magazine*, *Garden Design*, *Victoria Magazine*, *National Geographic's Guide to America's Public Gardens - 300 of the Best Gardens and Parks to Visit in the US and Canada*, and shown on major TV Stations such as CNN, and HGTV (Home and Garden TV- *Great American Gardens* series).



We will enjoy a tour of the Formal Gardens which include a Persian-style knot garden, an 18th century style garden with geometric walkways, and a topiary garden

with boxwood, roses and ivy garlands surrounding a fountain. These architectural gardens, or "outdoor rooms" are carefully incorporated into the landscape around a restored 18th century farm house. After the tour you will have a chance to shop in the gift shop, which holds many, hard-to-find treasures, I am told. **Deadline for Registration is Tuesday Sept. 6th.**

Monday, Sept. 19th depart at 12:30 pm **Fee: \$7**
Please Note: This trip is limited to a group of 14.

The Adventurous Culinary Club



La Cuisine Café & Market in Branford's culinary philosophy is serving unpretentious, handcrafted food that simply tastes great. All of their beef and chicken are antibiotic-free with no added hormones. All of their breads and pastries are baked fresh each and every day right on premises. Additionally, all of their dressings and sauces are made from scratch. They believe in a seasonal and regional philosophy, culinary responsibility and sustainability, and pride themselves on not cutting corners. Come for lunch and pick up something at their market to take home. **Please note early departure time.** Lunch is on your own.

Friday, Sept. 23rd depart MSC at 11:15am **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

September 8th, 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
- Dishwasher Dan Lux
- Server Colleen Atwater
- Bus Driver: Michael Rand
- Bus Driver: Helen Sneider
- Bus Driver: Dennis Marron
- Bus Driver: Tina Macero

“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 15th at 6pm

Free

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, September 20th at 11:30am**



Lunch Fee: \$4

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.

Sept.14th, Oct. 12th & Nov. 9th Fee: AARP Member \$15 Non-Member \$20
Please make checks payable to AARP

Swedish Weaving

Swedish Weaving is a very relaxing and fun needlecraft that dates back centuries. The beauty of this needlecraft is that it only requires a few items: Monk's cloth, 4-ply yarn, a #13 yarn needle, scissors, a pattern, and the desire to create a unique, impressive handcraft. Start with a small project, instructor Dolores Sacridier will explain what is needed. New students welcome!

Beginning Tuesday Sept. 13th 10am-12pm

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.



Mon.: 11:30-3:30pm ★ Wed.: 9:30-12 & 11:30-3:45pm Thursdays: 12-3:30
Fri.: 9:30-12 & 11:30-3:45pm All are welcome!

Ongoing Activities at the Senior Center

Bridge	Thursdays & Fridays	1 – 4pm
Canasta	Tuesdays	1 – 4pm
Coloring	Wednesdays	1:30- 2:30pm
Hand & Foot	Fridays	1 – 4pm
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 continues Deadline October 1st, 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

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 3rd Tuesday of the month at the Senior Center. **Tuesday, Sept. 20th, 11-12pm FREE**



Bingo!

St. Margaret's Bingo
 is the 2nd Wednesday of the month
 Sept. 14th depart MSC at 11:30am

Senior Newcomers' Club

Have you just relocated or recently retired to the Shoreline? We welcome you to join our newcomers club designed to acquaint new residents with the community. We look forward to meeting you for fun, friendship and great conversation!

Please contact Jennie
 for questions at

newcomersclub15@gmail.com

This month we are going to see "Man of La Mancha" at Ivoryton Playhouse at 2pm. We will meet at MSC parking lot at 11:30am and carpool to Ivoryton Tavern for lunch before the show.

Sunday, Sept. 11th 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

Get Your Flu Shots at the Senior Center

Sponsored by the VNA Community Healthcare and Madison Senior Services

All Vaccines Administered by Licensed and Experienced Nurses

- CDC recommends a yearly flu shot for all ages
- Pneumonia vaccine may be available
- Participating insurance or private pay (cash, check or MC/VISA)
- Bring all insurance cards with you.



INSURANCES ACCEPTED

65 Years or Older

Medicare Part B
 Aetna Medicare
 Anthem BCBS Medicare
 ConnectiCare VIP

All Ages

* Aetna
 * Anthem BCBS
 * ConnectiCare

DATES

Wed., Oct. 5th 5-7pm
 Thurs., Oct. 13th 1-3pm
 Wed., Oct. 26th 2:30-3:30pm
 Thurs., Nov. 3rd 4:30-6pm
 Tues., Nov. 29th 11:30am-1pm

VNA Community Healthcare Exercise Programming



EXERCISE Increase muscle strength, improve flexibility, gait and balance to help avoid falls. Space is limited to 15 participants. Tues. & Thurs. Sep. 13th - Dec 8th 1-2pm Fee: \$30.00



ART 101

This popular class provides instruction in drawing, pastel, watercolor, acrylic and oil. **Come get your creative juices flowing!**
Tues., 10/4 - 12/27 1:30-3:30pm
 Instructor M. Waldvogel Fee \$5

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 1pm FREE

Movie Matinee at MSC

All movies begin at 1:00pm

- 9/2 *Dead Poets Society*
- 9/9 *Moscow on the Hudson*
- 9/16 *The Terminal*
- 9/23 *West Side Story*
- 9/30 *Brooklyn*

Many thanks to the SSILL for providing these movies.

MSC ART GALLERY

View our next exhibit by *Christopher Toothaker's* photography. The show will run through October 7th 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 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



LEGAL ASSISTANCEThurs., Sept. 15th 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.

September 14th 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, Sept. 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.

Monday, Sept. 26th from 4-5pm in the Senior Center Café.

Please register with **Kirsty Smith** 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, September 16th Fee: \$24
Call Senior Center for appointment.

WANT TO LEARN OR POLISH YOUR LANGUAGE SKILLS?

MSC will be offering 4 week classes in Spanish and Italian with Elaine Jackson. Classes are fun, interactive and stress-free. If you would like more information please contact the Madison Senior Center at (203) 245-5627. Minimum of 4 students required.
Fee:\$36R | \$46NR

**To Your Health...**

Although programming is free, please register for all events you wish to attend by calling (203) 245-5627

ALL ABOUT COPD

COPD: Chronic Obstructive Pulmonary Disease is one of the most common lung diseases that can make breathing difficult and interfere with your daily activities. Learn about the causes, what happens to your lungs and the treatment. Our therapists can help you to live and breathe better!

Thursday, September 8th at 10:30am**Free****SENIOR MEDICARE PATROL**

The Senior Medicare Patrol program is a federally funded program and its mission is to prevent, detect and report healthcare fraud, errors, and abuse through outreach, counseling, and education. Medicare loses an estimated **60 billion** dollars a year due to fraud, errors and abuse. We are also hoping to find volunteers who may be interested in assisting us in the program.

Thursday, September 22nd at 10am**Free**

HEARING CLINICS


Nancy Jablonski, from **Audiology Concierge** will be at the Madison Senior Center on the 3rd Monday of every month, for free hearing testing, hearing aid checks, wax inspection, and listening demonstrations.

We're on vacation this month!
See you in October
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



Exercise With Patty Velleca

CHAIR EXERCISES

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



Mondays - 10:30–11:30am

Sept. 19th - 26th (no class 9/5 & 12)

R\$10 | NR\$20

2 Classes

Minimum Needed: 9

Fridays - 10:30–11:30am

Sept. 2nd - 30th (no class 9/9 & 16)

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

Sept. 7th - 28th (no class 9/14)

R\$14 | NR\$24

3 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

Sept. 19th - 26th (no class 9/5 & 12)

R\$17 | NR\$27

2 Classes

Minimum Needed: 5

Tuesdays 9:30–10:30am

Sept. 6th - 27th (no class 9/13)

R\$26 | NR\$36

3 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

Sept. 7th - 28th (no class 9/14)

R\$26 | NR\$36

3 Classes

Minimum Needed: 5

Fridays - 9:00–10:00am

Sept. 2nd - 30th (no class 9/9 & 16)

R\$26 | NR\$36

3 Classes

Minimum Needed: 5

**Please Note: New Session
Registration Deadline:**

Monday, August 29th.

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 29th - Oct. 3rd

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, Sept. 15th 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 10am.** 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. Oct. 5th-Nov. 30th at 1:30pm

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 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., Sept. 26th - Nov. 7th 2-3pm

(No Class 10/10)

Minimum: 7

Fee: \$31R | \$41NR

Meditation

Beth Lazor returns to teach the Meditation and EFT class. Meditation is a practice that refreshes the mind, expands your capacity for happiness, well-being, love, creativity and ease. Learn to live your life with less stress and anxiety and create more clarity, focus, compassion and joy. A regular practice of meditation creates changes in the brain physiology and can alter our genes! This 3 session course is designed for both new meditators and for experienced meditators. We will also continue EFT (Tapping), to calm the nervous system and help to restore balance to the body. (4 classes)

Min. Needed: 8

at 10:30am

Wed., Sept. 7th-28th

Fee: \$38



Book Club

The next meeting will be **Sept. 29th** discussing *Cutting for Stones.*

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

Mohegan Sun FridayFriday, September 9th

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

Lavender Pond FarmFriday, September 16th

Come with us to visit Lavender Pond Farm in Killingworth, whether you've been there before or not you have a delightful afternoon awaiting you. Our guided tour starts at 1:30 or you can take your own tour; walk the lavender fields, visit the bees, stroll around the pond, pat Flora the farm's friendly "lavendoodle," or what I like best, shop! They have lovely lavender products that you can buy for yourself or tuck away for an upcoming birthday or for a special holiday gift.

Depart MSC at 1pm.



Bus Fee: \$2

The Big E Fair on Connecticut DayWednesday, 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.

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

Newport Playhouse Surf & Turf Matinee

Plaza Suite

Wednesday, October 5th

Join us for great food, a funny play and a fun-filled cabaret. No one 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.

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*. 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 visit a Canterbury farm to see how a family farm operates, and perhaps even catch a sheep shearing demo. Following 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. Then continue to Queenstown where you'll stop at a local fruit stand and enjoy the 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.**


Colorado Rockies

National Parks & Historic Trains
Saturday, August 19th - 27th 2017

This is a great trip - 9 days, 12 meals (8 breakfasts and 4 dinners) you will definitely want to take! You'll traverse the Rocky Mountains and explore 4 National Parks along the way. At every turn you will find the beauty of nature in the form of alpine lakes, towering peaks and rolling meadows. You'll visit Denver, Rocky Mountain National Park, Grand Junction, Arches National Park, Canyonlands National Park, Colorado National Monument, Durango & Silverton Narrow Gauge Railroad, Mesa Verde National Park, Pikes Peak Cog Railway and the Garden of the Gods. If you would like more detailed information, stop by the Senior Center and pick up a travel brochure.

We will also be having a travel presentation on Tuesday, October 18th at 10:30.

Pricing: (Booking before Feb. 19th, 2017) Double: \$2,999 pp Single: \$3,699pp

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Visitor Center, learn about life during and after the dramatic 2010 volcanic explosion. Explore Skogar Folk Museum and see traditional turf-built homes. Walk on a black volcanic sand beach. See Jökulsárlón glacial lagoon filled with floating icebergs. Relax in the warm, mineral-rich water of the natural geothermal pool the Blue Lagoon. Spend your evenings gazing at the night sky in search of the elusive and dazzling northern lights. **We will be having a travel presentation on Tuesday, November 15th at 10:30. Pricing: (Booking before Apr. 22nd, 2017) Double: \$2,999pp Single: \$3,299 Triple: 2,969**

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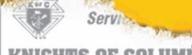
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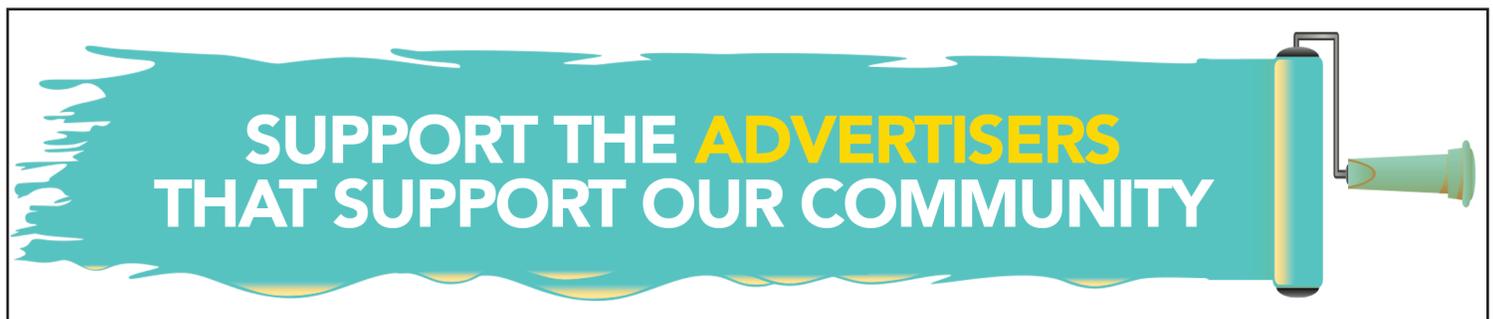
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SEPTEMBER



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 Cauliflower Soup, Tequila Lime Steak, Ice Cream</p>	<p>2 Shrimp Bisque, Portabella Napoleon and Peach Pie</p>
<p>5 Labor Day Senior Center is Closed</p>	<p>6 Wisconsin Ale and Cheese Soup, Chicken Alfredo and Sweet Potato Pie</p>	<p>7 Chicken and Rice Soup, Bacon Cheese Burger, Jell-o</p>	<p>8 Vegetable Soup, Cobb Salad, and Cookies</p>	<p>9 Manhattan Clam Chowder, Cod with Tomato and Fennel, Mocha Pudding</p>
<p>12 Borscht Soup, Chicken Cacciatore and Ice Cream.</p>	<p>13 Corn Chowder, Mushroom Onion and Bacon Quiche, Peach Shortcake</p>	<p>14 Italian Meatball Soup, Eggplant Roulade, and Custard</p>	<p>15 Black Bean Soup, Roast Loin of Pork, Parfait</p>	<p>16 New England Clam Chowder, Tilapia Francaise, Chocolate Cake</p>
<p>19 Minestrone Soup, Chicken Livers with Bacon and Onions and Cookies</p>	<p>20 Tomato Soup, Turkey and Avocado Club and Fruited Jell-O</p>	<p>21 Tortilla Soup, Manicotti, Strawberry Shortcake</p>	<p>22 Mushroom Lentil Soup, Chicken Scampi, and Peach Pie</p>	<p>23 Rhode Island Clam Chowder, Grilled Lemon Dill Swordfish, White Cake</p>
<p>26 Butternut Squash Soup, Turkey Meatloaf, Chocolate Pudding</p>	<p>27 Split Pea Soup, Stuffed Peppers, and Pumpkin Pie</p>	<p>28 Beef Barley Soup, Chicken Cesar Salad and Cookies</p>	<p>29 French Onion Soup, Ham Tomato and Cheese Sandwich, with Chocolate Cake</p>	<p>30 Cream of Asparagus, Stuffed Flounder and Brownies</p>





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