

Trends & Traditions

October 2016

Madison Senior Center



Visit the Wadsworth Atheneum Museum of Art

Visit the oldest public art museum in the United States! View 50,000 years of art history in a single visit while touring their galleries of outstanding Renaissance and Baroque paintings, the Morgan collection of European decorative arts, the Wallace Nutting collection of American colonial furniture and decorative arts, costumes and textiles, African American art, Hudson River School landscape paintings and so much more. With so many objects to choose from, every highlights tour is unique. Let the docents introduce you to works you haven't seen before, or surprise you with new ways of looking at old favorites and deepen your appreciation for their collection. After the tour, you will have a little time to go to the gift shop and then we will have lunch in the Museum Café, so when you register take a look at the lunch menu and make a choice. Everything is included in one price, admission, lunch and the bus fee.

Friday, October 28th depart MSC at 9:15 Fee: \$23

CAMPAIGN 2016: IT'S COMPLICATED

Presented by Southern CT State University, this program, will provide an analysis of the 2016 presidential and congressional elections. Caitlin Huey-Burns, a reporter covering the presidential election for *RealClearPolitics*, will be the keynote speaker. A frequent guest on various TV networks she'll provide an objective analysis of the campaign. Caitlin will cover the highlights of the campaign, as well as what we should look for in the closing weeks before the election, and the bellwethers (battleground states, demographics, issues) for Election Day. There'll be a panel discussion featuring some of our political science faculty members and then we will open up the program to Q & A from the audience. **Please keep in mind the program is not intended to be a debate as to who should be elected president, or which candidate would better serve the country. We will depart MSC bright and early at 8am. Register early as spaces will go fast!**

Tuesday, Oct. 18th depart at 8am **FREE**



To celebrate Oktoberfest we will be serving a special meal of Bratwurst, Pork Chops, German Potato Salad, and Spätzle Pear Tart. **Space is limited.**

Thurs., Oct. 20th at 11:30am Fee: \$10.00

Marsh Botanical Gardens at Yale University

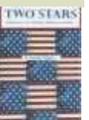


Sitting on eight acres, with six greenhouses comprising around a third of an acre under glass, *Marsh Botanical Garden* offers an informative and eye-catching experience for visitors. The greenhouses contain our tropical plant collections, including many tropical fruits, including the chocolate tree and the coffee tree and the Orchid Collection. Outdoor gardens include perennial beds, shrub borders, scale-leaf evergreen collections, a pinetum, wildflower plantings, native bog garden and much more. Of course these are very seasonal in interest but there is always something interesting outdoors for the curious and thoughtful gardener to enjoy. *Spaces are tight in these old greenhouses, so wheelchair accessibility is very limited. Please watch your step in all of our greenhouses, as the floors can be slippery at times.* Admission is free but donations are welcomed at Marsh.

Monday, Oct. 17, depart MSC at 12:30pm Bus fee: \$3



LOCAL AUTHOR TALK



A Connecticut poetry society member writing under the pen name Victoria Ventura, recently published *Two Stars, Reflections of a Military Wife and Mother*. This is a series of poems based on her experience as the wife of a Vietnam era pilot and the mother of a daughter and son in the service. Profits from this book go to *Rivers of Recovery*, a Connecticut based 501 (c)(3) that aids wounded veterans in the state of Connecticut. Come hear Victoria read from her book and recount her experiences. Her book will be available for purchase.

Thursday, October 13th, at 1pm **Free**

The Adventurous Culinary Club



The Pattaconk 1850 is a fun place to eat! Nestled in the lovely town of Chester the *Pattaconk* has been a mainstay for hungry folk for many years. It is well reviewed, they have sandwiches and salads and entrees and delicious desserts. Grab a friend and have lunch in Chester! Lunch is on your own.

Friday, Oct. 21st depart MSC at 11:30am Bus Fee: \$3

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

October 13th, 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
- Bus Driver: Michael Rand
- Bus Driver: Helen Sneider
- Bus Driver: Dennis Marron
- Bus Driver: Tina Macero



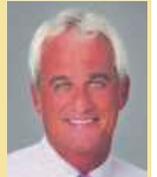
Superintendent Thomas Scarice Visits the Madison Senior Center

Superintendent Thomas Scarice will be visiting the Senior Center in this first of 3 visits, to chat with the seniors and talk about what is going on in the Madison School system. Afterwards there will be a time for questions.

Wednesday, Oct. 5th at 1pm

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, October 18th 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.

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!

Tuesdays from 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

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Early Application Intake begins Aug. 15th 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

Holiday Food Baskets

Each year Madison Community Services collects donations from area residents to help make the holidays a little extra special. Holiday Food Baskets are available for Thanksgiving, Christmas, and Easter. They are filled with all the fixings that make a holiday meals great. Please let me know ASAP if you would be interested in receiving a delivery. Deliveries to seniors in town will be made on the afternoon of **Monday, November 21st**

EMERGENCY KIT CHECKLIST

This list may help you get through the first 3 days, after a disaster. This list is a starting point, as individuals needs vary depending upon circumstances.

For additional information: www.Ready.gov



3 Days of non perishable/non-cook food, water (1 gal. per day per person), medication



Flashlight, battery operated radio, extra batteries



First aid kit, cash, cellphone and charger



ID Cards, information: (Dr., meds, allergies), family/friends contacts, toothbrush, & toothpaste, toiletries, blanket & washcloth/towel



Clothes and baby or pet supplies if you need them.



Bingo!

St. Margaret's Bingo
is the 2nd Wednesday of the month
Oct. 12th depart MSC at 11:30am

Seniors 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!

For the monthly activity please contact Jennie for details at newcomersclub15@gmail.com



HAPPY HALLOWEEN

We encourage all seniors to dress in costume for Halloween this year. Prizes will be given out in different categories.

So get your costume mojo going and lets see what you come up with!



Intergenerational Book Club

Share your love of books and exchange ideas. Fourth grade students from Country School partner with MSC and will read the same book. Gather either at the Senior Center or at the Country School to discuss the book. Discussion led by Heather Butler. **Please call to register.**

Wednesday's Oct. 5th & 19th, and
Nov. 2nd, & 16th at 10:30-11:15 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



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

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

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 can bring your own.

Wednesdays at 1:30pm 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 1pm FREE

Movie Matinee at MSC

All movies begin at 1:00pm

10/7 *Gangs of New York*

10/14 *Kite Runner*

10/21 *The House of Sand and Fog*

10/28 *Under the Same Moon*

Many thanks to the SSILL for providing these movies.

MSC ART GALLERY

View our next exhibit by *Coastal Camera Club* photography. The show will run from September. 19th through October 30th 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., Oct. 20th 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.

October 12th at Donohue's**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, Oct. 25th 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, and 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, Oct. 24th 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, October 21st 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

Your Health...

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

HAND OSTEOARTHRITIS

Join Mary Jane Fegan, DPT from Rehab Concepts Physical Therapy for a presentation on Managing Hand Arthritis. Learn about risk factors and practical advice on ways to alleviate the symptoms of hand arthritis.

Tuesday, October 4th at 10:30am**Free****OSTEOPOROSIS**

Osteoporosis causes a loss of bone mineral density, which weakens your bones and increases your risk for fractures. Learn how therapy can help you to stay active in a SAFE way. Presented by Middlesex Hospital Outpatient Center

Thursday, October 20th at 10:30am**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.

Monday, October 17th
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

Oct. 3rd - 31st (no class 10/10)

R\$19 | NR\$29

4 Classes

Minimum Needed: 9

Fridays - 10:30–11:30am

Oct. 7th - 28th

R\$19 | NR\$29

4 Classes

Minimum Needed: 9

SENIORS IN MOTION

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

Wednesdays - 10:30–11:30am

Oct. 5th - 26th

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 - 10:30–11:30am

Oct. 3rd - 31st (no class 10/10)

R\$34 | NR\$44

4 Classes

Minimum Needed: 5

Tuesdays 9:30–10:30am

Sept. 4th - 25th

R\$34 | NR\$36

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 - 10:30–11:30am

Oct. 5th - 26th

R\$34 | NR\$44

4 Classes

Minimum Needed: 5

Fridays - 10:30–11:30am

Oct. 7th - 28th

R\$34 | NR\$44

4 Classes

Minimum Needed: 5

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

Monday, Sept. 26th.

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, October 17th - Nov. 14th

Fee: R\$27 | NR\$37

9-10am

Min. 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, Oct. 20th 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: 12 Fee: R\$45 | NR\$55

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., Nov. 14th - Dec. 19th 2-3pm

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 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: 6

at 10:30am

Wed., Oct. 5th-26th

Fee: \$30



Book Club

The next meeting will be Oct. 27th discussing *Gilded Hour*.

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

Mohegan Sun FridayFriday, October 14th

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. *Please note that the November Mohegan trip will take place on the first Friday of the month, Nov. 4th as we will be closed on the 11th in observance of Veteran's Day.* Fee: \$7

**Chasing Rainbows**

Goodspeed Opera House

Wednesday, November 9th

An awkward girl with a golden voice blossoms into Judy Garland in the inspirational new musical about the bumpy road to "Oz." The future superstar's complicated childhood comes alive with heartbreak, hope and the music that made her famous. *I Can't Give You Anything But Love, You Made Me Love You, and Over the Rainbow* sweeten the story of Judy striving to hold onto her family. A love letter to gifted underdogs who reach high - and how the dreams that you dare to dream really do come true. Depart MSC at 1:00

Fee: \$64R | \$69NR

**Christmas Spectacular**

Radio City Music Hall, NYC

Friday, November 18th

Upon arrival enjoy your family style lunch at Carmine's including: Rigatoni with Broccoli and Chicken Parmigiana. After lunch we will depart for Radio City Music Hall to see the world famous Rockettes! Be part of this American tradition as a new show will be introduced with a bounty of exciting segments and special effects yet still retaining your favorite classical Christmas sights and songs! This is a Holiday Getaway that can't be missed! Price includes transportation, Radio City Christmas Spectacular and lunch at Carmine's (if you are gluten intolerant, let us know). *There may be multiple stops, departure time TBA*

Fee: \$186R | \$196NR

Next month we will have the
Sneak Preview of Trips for 2017!

And to give you just a taste of what's in store, we have a trip to the Galapagos Islands, a Quebec City overnight and a trip to see the Tall Ships. Come back next month and start planning ahead!

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

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. **Day 3:** This morning is free to explore Waikiki on your own. In the afternoon visit the Polynesian Cultural Center and explore the 7 Polynesian Cultures to view the island through native eyes. **Day 4:** In the 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. 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 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.



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*. 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.** Come to the travel presentation on **Tuesday, August 30th at 10:30am**, and get all your questions answered.

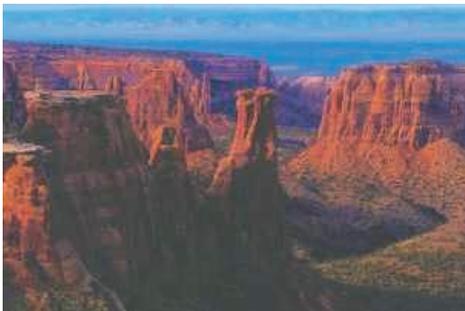


Colorado Rockies

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 Triple: \$2,969pp

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MIDDLESEX HOSPITAL URGENT CARE

WALK-IN MEDICAL CENTER

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Madison, CT

203-779-5207



County Hearing and Balance

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

203-245-1950

82 Bradley Road, Madison, CT 06443

Proudly Serving the Madison Community

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

Compassion HelpLine® | National Transferability | Bereavement Travel
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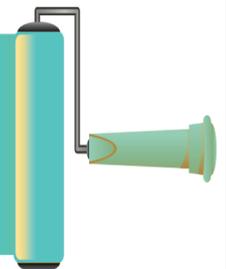
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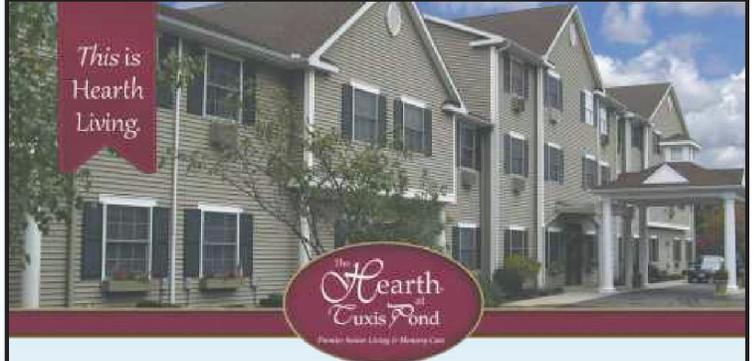
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