



Trends & Traditions



November 2016

Madison Senior Center



ICELAND'S MAGICAL NORTHERN LIGHTS

If you are interested in visiting Iceland, come to the travel presentation this month to learn all the details of the trip, including a walk-through of each day of the trip, what you will need to bring and how to best prepare for this terrific once-in-a-lifetime trip. Seasoned Collette rep Tracey O'Neill will be here to answer all your questions.

Tuesday, Nov. 15th at 10:30am

FREE

THANKSGIVING AT THE SENIOR CENTER

Join us for a traditional Thanksgiving dinner prepared by our own *Chef Kevin*. Enjoy a traditional Thanksgiving meal with all the trimmings. Always a popular and festive event!. *Space is limited!*



Wednesday, Nov. 16th at 11:30

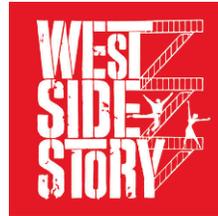
Fee: \$10

The Adventurous Culinary Club



CASEUS in New Haven "The curd herd finds "heaven on earth" at this superb" Gallic-accented eclectic restaurant attached to a gourmet fromagerie. Dishing out "rich and filling" dishes that "strike the balance between class and comfort beautifully." The "decadent" mac 'n' cheese is "amongst the most delicious things in the history of food." The "friendly" service and the "cave-like" decor offset the higher prices – most say it's "worth every penny" —ZAGAT. Enough said.

Monday, Nov. 14th depart MSC at 11:30am Bus Fee: \$4



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. *On Wednesday, Nov. 16th we will show the movie at the Senior Center at 1pm.*



Tuesday, November. 15th at 9:30am

Fee: \$5



Bridge Defense



Defensive play is very important – at least 50% of Bridge play is based on defense, but is usually overlooked. Lessons on defensive play will be based on the ACBL Bridge Series book "Defense in the 21st Century" (\$19.95 – order at RJ Julia, also available at amazon.com). There will be a series of 8 lessons lasting for approximately 1 1/2 hours. This class will focus on an introduction to defensive play, opening leads against No Trump contracts, opening leads against suit contracts, play by the "second hand" defender and play by the "third hand" defender. The lessons will consist of a discussion of the material in the book and a set of pre-arranged hands prepared for the students to play, prepared in advance and based on the material covered. There will be a second set of lessons based on the same book beginning in 2017. The second class will focus on defensive signals, developing defensive tricks, interfering with declarer, and how to plan the defense. *Min. 8 students, max 16*
Tuesday, Nov. 15th - Jan. 3rd, 10- 11:30 Fee: \$60R | \$70NR

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 November 10th, 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 Amy Butler
- Server Laurie Bragg
- Dishwasher Dan Lux
- Bus Driver: Michael Rand
- Bus Driver: Helen Sneider
- Bus Driver: Dennis Marron
- Bus Driver: Tina Macero

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, November 15th at 11:30am

Lunch Fee: \$4

LAST CHANCE in 2016 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.

Nov. 9th Fee: AARP Member \$15 Non-Member \$20
Please make checks payable to AARP



MSC Holiday Food Drive



Join us at the Senior Center to help stock up the Madison Community Services Food Pantry for this holiday season. We encourage you to bring one item every time you come to the Senior Center. We are a Drop-off location and will make sure every donation gets to the Food Pantry. Let's all chip in and ensure all Madison residents have a happy holiday.

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: \$2,761 Couple: \$3,610**

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 meal 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**



MEDICARE'S ANNUAL OPEN ENROLLMENT PERIOD

This is the time of year to look over your health insurance and prescription drug coverage and consider whether you would like to make changes for 2017. The open enrollment period is from October 15th through December 7th. The Senior Center has two CHOICES trained Medicare Counselor, Austin Hall, the Director and Heather Castrilli, the Assistant Director, who are able to help you navigate through your options. Please call to schedule an appointment as soon as possible.

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 11:00am-3:00pm. **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 Madison Senior Center. **Tuesday, November 15th, 11-12pm**

FREE



Bingo!

St. Margaret's Bingo
 is the 2nd Wednesday of the month
 Nov. 9th 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



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

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 Nov. 2nd & 16th
 at 10:30-11:15 Free**



Beginning French

If you are looking for on-going conversational lessons in a fun, personal and engaging learning environment, join this beginner French class to develop a strong base of language skills. This course will cover basic grammar, conversation, pronunciation and vocabulary in order to help you reach a desired level of proficiency. (10 classes)

Tues. & Thurs, Nov. 15th - Dec. 15th at 10:30 am. Min. of 8 needed. Fee: \$75



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**

MEMORY MATTERS

The very popular *Memory Matters* class is back! Learn why exercising your brain is as important as exercising your body. Find out how to maintain and improve brain function and dispel the myths of memory loss and aging. (no class on 11/24/16)

Thursdays Nov. 3rd - Dec. 22nd 10:30 - 11:30 am

Fee: \$50



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

Movie Matinee at MSC

All movies begin at 1:00pm

11/4 The Visitor

11/18 The Joy Luck Club

*Many thanks to the
 SSILL for providing these movies.*

MSC ART GALLERY

View our next exhibit by *Christopher Penders* photography. The show will run from November. 1st through December 31st and is open Monday thru Friday from 8:30am-4pm (*Please call the Senior Center for alternate times.*)

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

LEGAL ASSISTANCEThurs., Nov. 17th 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.

November 9th at Bill's Seafood**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, Nov. 8th & 22nd 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, and 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, Nov. 28th 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, November 18th Fee: \$24
Call Senior Center for appointment.

**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, November 21st
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...**

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

**LIVING TO 100**

In North America, sedentary lifestyles and diets dripping with processed foods have riddled the aging process with deadly health conditions that could otherwise be prevented. There's no reason that the exploits of youth cannot continue to be enjoyed as we get older. Find out how to seize the opportunity of a long, productive life. **Wednesday, November 30th at 1pm** **Free**

OVERACTIVE BLADDER

Join Mary Jane Fegan, DPT to learn about the overactive bladder and what we can do to reduce or resolve these symptoms. She will educate you in lifestyle changes and discuss exercise interventions. **Tuesday, December 6th at 10:30am** **Free**

SLEEP HEALTH

Learn the risks of not getting the sleep that you need and how it will affect your overall health. Avoid the harmful effects of sleep deprivation such as diabetes, stroke, and heart attacks. In this health and wellness talk you will learn the risks and effects of sleep deprivation, how to improve your sleep habits and how to live a happier, healthier lifestyle. **Wednesday, December 14th at 1pm** **Free**

Exercise With Patty Velleca

CHAIR EXERCISES

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

Mondays - 10:30–11:30am

Nov. 7th - 28th

R\$19 | NR\$29

4 Classes

Minimum Needed: 9

Fridays - 10:30–11:30am

Nov. 4th - 18th (no class 11/11, 25)

R\$10 | NR\$20

2 Classes

Minimum Needed: 9

SENIORS IN MOTION

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

Wednesdays - 10:30–11:30am

Nov. 2nd - 30th (no class 11/23)

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

Nov. 7th - 28th

R\$34 | NR\$44

4 Classes

Minimum Needed: 5

Tuesdays 9:30–10:30am

Nov. 1st - 29th (no class 11/8)

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 - 9:00–10:00am

Nov. 2nd - 30th (no class 11/23)

R\$34 | NR\$44

4 Classes

Minimum Needed: 5

Fridays - 9:00–10:00am

Nov. 4th - 18th (no class 11/11, 25)

R\$17 | NR\$27

2 Classes

Minimum Needed: 5

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

Monday, Oct. 31st.

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, November 21st - Dec. 19th

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, Nov. 17th 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

Want to glide through December in peace, feeling real joy? Whether Christmas makes you feel alone or overwhelmed—no family or too much family—our group chair yoga practice will help you find and keep your inner balance. We'll enjoy one hour of chair yoga—yes, beginners are most welcome...followed by 30 minutes of special simple activities to expand our celebration of Christmas. Invite a friend to sign up with you for this three session series. (3 weeks)

Wed. Dec. 7th - 21st at 1:30pm

Min Needed: 15 Fee: R\$18 | NR\$28

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

REIKI

for Seniors



Reiki (pronounced "RAY-key") is a subtle yet effective energy healing technique used to reduce stress, promote relaxation, and increase the body's natural health and healing abilities. While people of all ages can enjoy the benefits of Reiki, seniors especially are finding relief from pain, anxiety, insomnia, and the unique "senior stressors" that can affect quality of life. Learn how this non-invasive, complementary modality used and taught in hospitals provides gentle, therapeutic healing for body, mind, and spirit. Bring a friend, receive a gift. Minimum 30 attendees.

Friday, Nov. 18th at 10:00am Fee: \$5



Book Club

The next meeting will be Nov. 17th
discussing *Time and Again*.

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



Mohegan Sun Friday

Friday, November 4th

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**

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 many stops, departure time TBA** **Fee: \$186R | \$196NR**

Let's Make A Little Christmas

Foxwoods Casino

Wednesday December 7th

This Holiday Season, treat yourself to an afternoon of Christmas cheer with this very special Christmas show from Phil Vassar. Besides being a wonderful pianist, Phil is a singer songwriter who has won 2 Songwriter of the Year Awards. He has written a string of hits for Tim McGraw, Miranda Lambert, Alan Jackson and the list goes on. His show features lively performances of festive holiday favorites, along with great country Christmas music. Come sing along and capture the holiday spirit, it is a wonderful way to kick off your holiday season. Package includes reserved seating, and free buffet.

Departure time TBD

Fee: \$79R | \$89NR

Beautiful

Bushnell Theatre

Saturday, January 21st

Beautiful tells the inspiring true story of Carole King's remarkable rise to stardom, from being part of a hit songwriting team with her husband Gerry Goffin, to her relationship with fellow writers and best friends Cynthia Weil and Barry Mann, to becoming one of the most successful solo acts in popular music history. Along the way, she wrote the soundtrack for a generation. Prior to the show enjoy lunch at the Chowder Pot in Hartford, menu includes choice of: Stuffed Breast of Chicken or Baked Stuffed Scrod, served with Potato, Vegetable, Garden salad, Hot Rolls with Honey Butter, Coffee, Tea and Dessert.

Departure time TBD

Fee: \$149R | \$159NR

West Point Dress Parade

Saturday, April 29, 2017

West Point Academy welcomes you to view the famous U.S. Military Academy Cadet Review. These reviews, or parades, are part of West Point tradition and instill discipline and order within the corps of cadets, while also fostering a spirit of camaraderie among the Corps. The cadets march in full dress uniform to the cadence of the tunes played by the military band. Lunch is served buffet style at The Thayer Hotel on the grounds of the U.S Military Academy at West Point. It is set on a hilltop overlooking the Hudson River. The Thayer Hotel at West Point is a national historic landmark. Your lunch is an elegant buffet of salads, hot entrées, vegetable, starch, dessert, coffee, and tea. After lunch, meet your step-on guide and enjoy a guided tour of West Point. Tour highlights include: The Cadet Chapel, Trophy Point, and the Hudson River Lookout. You will have a brief time to visit the Visitor Center before heading home. **Departure time TBD.**

Fee: \$115R | \$125NR

Culinary Institute of America and Hyde Park

New York

Friday, May 19th, 2017

Visit The Culinary Institute of America for a tour. The CIA is a private American, not-for-profit college that specializes in culinary, baking and pastry arts education. In 1946, it was founded as a vocational institute for veterans returning from World War II. Tours are given by current Culinary Institute of America students. Travel a short distance to *Shadows on the Hudson* for lunch. *Shadows on the Hudson* is an award winning waterfront restaurant located in Poughkeepsie, NY. The building is perched on a cliff 40 feet above the Hudson River and just 50 feet from its eastern bank. After lunch, tour *Springwood*, the home of Franklin D. Roosevelt and the FDR Presidential Library. Having been the only president to be elected for four terms, FDR always loved going back to his home, *Springwood*. He is the one who started the first Presidential Library.

Fee: \$125R | \$135NR

**Just some of the fun outings we have planned for 2017.
Keep your eyes open, we will post more as the time approaches.**

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

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.

Pricing: (Booking before Feb. 19th, 2017) **Double: \$2,999pp Single: \$3,699pp Triple: \$2,969pp**



Iceland's Magical Northern Lights

Saturday, October 28th - November 3rd, 2017

Visit Iceland for 7 days with 10 meals included, 5 breakfasts and 5 dinners. The "land of fire and ice" is a place of many wonders, including the rare opportunity to see the spectacular aurora borealis, or northern lights. This tour will bring you on a search for that once-in-a-lifetime moment. Take an exhilarating evening northern lights cruise. Travel to the "Golden Circle," home to many of Iceland's most renowned natural wonders. Spend time at Thingvellir National Park, the nation's most historic area. Gaze at the spectacular Gullfoss waterfall, one of the world's most incredible cascades. At Eyjafjallajökull Volcano 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 10:30am. Pricing:** (Booking before Apr. 22nd, 2017) **Double: \$2,999pp Single: \$3,299pp Triple: 2,969pp**

Galapagos Islands Cruise

Ecuador

Monday Sept. 11th– 18th, 2017

Another bucket list trip here! This is a nature lovers dream! Some of the highlights include a tour of Quito's colonial quarter, the largest and best preserved of South America, is a UNESCO World Heritage Site. Stroll the Independence Plaza, the Cathedral, the Presidential Palace, the Municipal building, and the Archbishop's Palace. Visit the temple of La Compania de Jesus and its awesome gilded interior. Then continue to the Equatorial Monument which marks the exact middle of the World, latitude zero, where you can stand with a foot on each hemisphere. A certificate for having crossed the Equator will be given at the end of our tour. (B, L)



Explore the coast by Panga, a nesting place for a Galapagos highlight: flightless cormorants. Snorkle along the cliffs of the area rich in marine life, seasonally visited by the green sea turtles and oceanic sun fish. Explore Fernandina, a very unique environment with a high density of marine iguanas, who share their space with sea lions, and penguins. Walk up to the rim of a crater, Darwin Lake, filled with salt water and to a dramatic viewpoint then we take a Panga ride to spot local wildlife. Visit the Charles Darwin Research Station's giant tortoise Breeding Centre within an impressive giant prickly-pear cactus forest,

home to many land birds. You can take a glass-bottom boat to explore the underwater wonder around Champion Islet, and extinct shield volcano. From there it's on to Cormorant Point, a wet landing on the olivine-crystal beach, for an easy walk to where greater flamingos, pintail ducks, common stilts, herons, and sandpipers roam. **Tour Includes:** • Round-trip Airport Transfers, • Round-trip Airfare • Pier Transfers • 5 Nights onboard the Santa Cruz II • 15 Meals: 7 Breakfasts (B) / 5 Lunches (L) / 3 Dinners (D) • Private Group Guided Shore Excursion • Island Sightseeing • Naturalists and Lecture Services • Snorkeling gear • Professional Tour Director • Galapagos National Park Admission • Gratuities for Transfer Drivers & Guide .This trip has a lot of walking so be sure to bring your walking shoes.

Pricing : per person, double occupancy: Horizon Deck : \$5,999, Expedition Deck: \$6,859 Travel Presentation at the MSC, March 14th 2017 at 10 am.



Connecticut Cremation Service

DIRECT CREMATION:
\$1,245.00 Complete

GRAVESIDE BURIAL SERVICE
\$3,370.00 + Cemetery Charges

Visa/Mastercard & Title 19 accepted
For Info Call 1-800-977-2309

SERVICE

System Service 24/7
Price Protection Plans
Burner Installation
Air Conditioning
Tank Installation
Tank Removal
Conversions



CALL 860•399-8244

PENNYWISE

PREMIUM HOME HEATING OIL & SERVICE



Stimulates & celebrates adults with memory and physical care needs

See how we are different:
www.StrongHouseCT.org

203.245.0524
546 Durham Road, Madison
An affiliate of VNA Community Healthcare

Golden Horizons Elder Care Svcs.



Personal Care
Companions
Homemakers
860-388-1788



MIDDLESEX HOSPITAL URGENT CARE

WALK-IN MEDICAL CENTER

146 Samson Rock Dr.
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
Personal Planning Services | Grief Support | Veterans Benefits



SWAN FUNERAL HOME

825 Boston Post Road | Madison, CT 06443 | 203-245-2488
www.SwanFuneralHomeMadison.com

Madison Republicans
invite you to get involved!



Visit our website to learn how:
madisonrepublicans.org

Debbie Bradley
Administrator
9 Neck Road, Madison, CT 06443

- Long Term Care • Short Term Care
- Hospice Care • Respite Care

Phone: 203.245.9483 Fax: 203.245.4668
dbradley@apple-rehab.com

WATROUS
Nursing Center

LET US *carry*
YOUR MESSAGE
TO *Senior*
THE *Community*

For advertising info
call: 1-800-477-4574



Bershtein, Volpe & McKeon P.C.

– ATTORNEYS AT LAW –

Raymond C. Bershtein • Michele M. Volpe • Christopher M. McKeon

203-777-5800

105 Court Street, New Haven • 17 Wall Street, Madison



Free Delivery • We Accept All Insurances

DOUG KANE, RPH, PHARMACY MGR

Hours: M-F 8:30-7, Sat 9-5, Sun 9-3

203-421-2132

200 Boston Post Road • Madison, CT 06443

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Gail Stone to place an ad today!
GStone@4LPi.com or (800) 477-4574 x6376

Add Some
COLOR
to Your Ad



Contact LPi for more
information! 1-800-477-4574

IS A REVERSE MORTGAGE RIGHT FOR YOU?

Ask Sylvia Patterson, Reverse Mortgage Specialist, SPatterson@GSByourbank.com, (203) 458-5414

This is a third party product and will not be underwritten, funded or serviced by the Bank. GSB NMLS #517294 NMLS #528441



Guilford Savings Bank
Founded 1875 Your Community. Your Values. Your Bank.
Equal Housing Lender Member FDIC

gsb-yourbank.com



For ad info. call 1-800-477-4574 • www.4lpi.com

Madison Senior Center, Madison, CT 04-0796

GERRITY & KADAMUS

Thinking of Buying or Selling a Home?



You Know Us,
We Know
The Shoreline!
Call Jean or Pam today

Jean Gerrity
203.245.0761
Pam Gerrity Kadamus
203.464.3050



William
Pitt

Sotheby's
INTERNATIONAL REALTY

jgerrity@williampitt.com
pkadamus@williampitt.com

MADISON BROKERAGE | 670 BOSTON POST ROAD

FLOOR CRAZE

125 Water Street
Guilford, CT 06437
P: 203-458-0830
F: 203-689-5367



THIS SPACE IS
AVAILABLE

If You Live Alone You Need LIFEWatch!

24-Hour Protection at HOME and AWAY!
 ✓ Ambulance ✓ Fire ✓ Friends/Family ✓ Police
 As Low As \$1 a Day!

FREE SHIPPING
FREE ACTIVATION
NO Long Term Contracts

FREE SHOPPER'S TOTE
with purchase of LIFE service

Ask about our
Newsletter
discounts

CALL NOW! 800.258.7193

CONIGLIARO'S @ BRADLEY & WALL



ITALIAN PIZZA
GOURMET FOODS • CATERING
203-318-0300



Free Monthly Hearing Clinics
at Madison Senior Center
Hearing Tests, Wax Inspection, Hearing Aid Checks
Schedule Appointment at Front Desk
203-668-0619
www.audiologyconcierge.com

HELP PROTECT YOUR FAMILY

CALL NOW! 1-888-862-6429



HOME SECURITY TEAM



This is
Hearth
Living.



The Hearth at Tuxis Pond
Premier Senior Living & Memory Care

**100 Bradley Road
Madison, CT 06443**

203-245-3311

Independent Living
Assisted Living • Memory Care
www.thehearth.net



Silver Fox Financial
Specializing in Senior Needs

Life and Health, Disability, Plan D Medicare,
Long Term Care and Final Expense Insurance

Susan Finch Wenderoth

Tel: 203-245-7595

SilverFoxFinance@aol.com



A RESIDENTIAL
HOME FOR
INDEPENDENT
SENIORS

391 Boston Post Road • Madison, CT 06443
203-245-0212
www.HomesteadMadison.com

**FREE
AD DESIGN
WITH PURCHASE
OF THIS SPACE.**
- 800-477-4574 -

PETER C. BARRETT
ATTORNEY AT LAW, LLC

General Practice of Law
Appointments at
your convenience



AttorneyBarrett.com 203.453.2789

our
SENIOR CENTER
The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior newsletter
emailed to you at www.ourseniorcenter.com



For ad info. call 1-800-888-4574 • www.4lpi.com

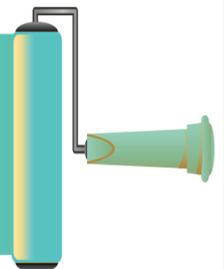
Madison Senior Center, Madison, CT 04-0796

11 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Tomato Soup, Turkey Meatloaf and Cherry Pie	2 Italian Meatball Soup, Stuffed Cabbage, Custard	3 Harvest Salad, Fried Chicken, Cornbread, Ice Cream	4 Shrimp Bisque Dijon Salmon and Peach Pie
7 Florentine Soup, Stuffed Shells and Angel Food Cake.	8 MSC Closed for Voting	9 Wisconsin Ale and Cheese Soup, Chicken Alfredo and Cookies	10 Garden Salad, Beef Stew, and Sweet Potato Pie	11 Closed for Veterans Day 
14 Borscht, Chicken Cacciatore, and Ice Cream	15 Hot & Sour Soup, Pork Fried Rice, Peach Shortcake	16 Thanksgiving Luncheon \$10.00	17 New England Clam Chowder, Balsamic Braised Chicken, Chocolate Cake	18 Manhattan Clam Chowder, Cod with Tomato and Fennel, Mocha Pudding
21 Minestrone Soup, Chicken Livers with Bacon and Onions and Cookies	22 Tomato Soup, Beef Stroganov and Fruited Jell-o	23 Tortillia Soup, Manicotti, Strawberry Shortcake	24 and 25 	
28 Tomato Soup, Penne Pasta, Potatoes & Broccoli, Roasted Root Vegetables, Chocolate Cream Pie	29 Caribbean Jerk Shrimp Soup, Pork Picata with Spaghetti and Green Beans, Orange Cake	30 French Onion Soup, Swedish Meatballs and Cherry Pie	Please remember to call for your reservation for lunch by <i>at least 12 Noon</i> the day before you plan to attend (203) 245-5627 (call by Friday for a Monday reservation). You may reserve meals for the following month beginning on the 3rd Monday of the current month. If you cannot attend a reserved meal please call to let us know. Lunch is \$4.00 and is served at 11:30am.	

SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY





Madison Senior Center
29 Bradley Road
Madison, CT 06443

PRSR STANDARD
U S POSTAGE PAID
GUILFORD CT
PERMIT NO. 295

11/2016



**SHOPPING AT
WESTFARMS MALL**

Monday, Nov. 21st

Leaving at 10:30am

Please call to register

Bus Fee: \$5.00

Minimum needed 10



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

* Aetnaq

* Anthem BCBS

* ConnectiCare



DATES

Thurs., Nov. 3rd 4:30-6pm

Tues., Nov. 29th 11:30am-1pm



The Madison Exchange Club will be hosting a Coat Drive this

year! So bring those coats that are clogging up your closets to the Senior Center and we will get them to folks who need them.



Schiller Shoreline Institute for Lifelong Learning



The Madison Senior Center is happy to host many programs provided by the Schiller Shoreline Institute for Lifelong Learning. SSILL provides many interesting educational programs for adults living in the Shoreline area. If you are interested in becoming a member call the Guilford Community Center (203) 453-8086.

You can also visit the SSILL website at www.ssill.org.