

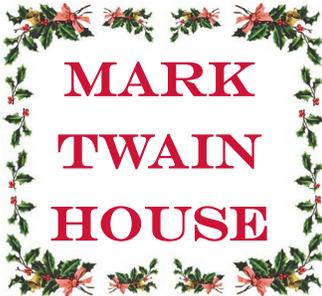
# Trends & Traditions



December 2016



Madison Senior Center



Come with us to the Mark Twain House at their most popular time of year. The house will be decorated just as it was when the Clemens' lived there. The expert guides will show you the beautiful Gothic home, *National Geographic* named as "one of the 10 best his-

toric homes in the world." The Mahogany Bedroom will be open for the first time in a decade. You'll learn about life in the Clemens household between 1874 and 1891. Here they raised their three daughters with the able assistance of various servants including a butler, coachman, maid, cook, gardener, and others. Learn all about the family, friends, servants, and even the pets when you visit. Bring your curiosity and questions for the knowledgeable guides and take a peek back in time to the Gilded Age, Mark Twain's work, and his personal life. An assortment of sandwiches and wraps, chips, a mixed garden salad and cookies will be provided for lunch.

**Registration deadline Mon., Dec. 5<sup>th</sup>. Min. needed 10 Monday, Dec. 12<sup>th</sup> depart MSC at 10:30am Fee: \$28.00**

## The Adventurous Culinary Club



**The Griswold Inn** in Essex is always a treat, but especially so during the holidays. You will be transported back a century or so with the cheerful and warm ambience that is the "Griz." Enjoy lunch on your own and bask in their holiday spirit, and delicious food! **Please register by Dec. 12<sup>th</sup>.**  
Friday, Dec. 16<sup>th</sup> leaving MSC at 11:45am Bus Fee: \$2

## MSC Holiday Luncheon and

Performance by the Connecticut Yuletide Carolers

Join us for a delicious Holiday Feast, with all sorts of delicious things to eat prepared by **Chef Kevin Wolfe**. We are also excited to announce a performance by the **Connecticut Yuletide Carolers!** They will perform traditionally garbed as Victorian Carolers, and their songs will fill the Café with the bright sounds of the season, bringing holiday cheer to all.  
(Snowdate for Yuletide Carolers 12/16)

**Registration deadline Friday, Dec. 9<sup>th</sup>. Space is limited! Thursday, Dec. 15<sup>th</sup> beginning at 11:30am Fee: \$10**



## DECORATE THE SENIOR CENTER

Stop in, share some holiday cheer, and help decorate the Senior Center for the holidays. Hot cider and cookies will be served.

Thursday, December 1<sup>st</sup> at 10am

FREE

## TRAVEL PRESENTATION



Galapagos Islands Cruise ★ Ecuador ★ September 2017

For the adventurous and those interested in breathtaking fauna and flora this is a bucket trip for you! Tyler Zajacz, President of *Tours of Distinction*, will be here to go through all the details of this once-in-a-lifetime trip. This trip includes: All Meals, Round-trip Airport Transfers and Airfare, 5 Nights Aboard the Santa Cruz II, Private Group Guided Shore Excursion, Island Sightseeing, Naturalist and Lecture Series and much more! So bring your questions and curiosity and imagine yourself snorkeling around the Galapagos Islands. Refreshments provided.

Tuesday, Dec. 13<sup>th</sup> at 10:30am

FREE

**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*

**December 8<sup>th</sup>, 2016 at 5:30pm**

**SENIOR CENTER STAFF**

- Director of Senior Services.. Austin Hall
- Asst. Director ..... Heather Castrilli
- Program Coordinator ..... Ellie Gillespie
- Receptionist ..... Peggy Zambarano
- Chef ..... Kevin Wolfe
- Server ..... 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 3<sup>rd</sup> Tuesday of every month to have lunch and chat with Madison seniors. Bring your questions, concerns and compliments.

**Tuesday, December 20<sup>th</sup> at 11:30am**

**Lunch Fee: \$4**



**SHOPPING AT CLINTON CROSSINGS**



Unless you have some of these guys helping you out, you may have some last minute shopping to do. Come with us, we'll drop you off and pick you up, no parking to worry about!

**Monday, Dec. 5<sup>th</sup> depart MSC at 10:30am**

**Fee: \$2**

**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.: 9:00-11:30 & 11:30-3:45pm All are welcome!**

**Ongoing Activities at the Senior Center**

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

## CONNECTICUT ENERGY ASSISTANCE PROGRAM

**Early Application Intake begins Aug. 15<sup>th</sup>** Helps to offset heating expenses during the winter. All fuel sources welcome to apply. An applicant must meet income & asset guidelines. Income and assets are counted for **ALL** members living in the home. Asset limit for homeowners is \$15,000 & for renters is \$12,000. Proof of all income, rent, & utility expenses, & bank statements for the month prior to the application date are required. **Last year's Guidelines: Monthly Income: Single: \$2,761 Couple: \$3,610**



**Be On The LOOKOUT**

Please be on the look out for the 2016 income tax documents. You may need these whether you are planning to file income taxes or not. Be sure to save them. New benefit letters for Social Security are usually mailed in the middle of December. Be sure to keep these as well. This will act as your current proof of income.



**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.



## 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 15<sup>th</sup> through December 7<sup>th</sup>. 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. **DEADLINE APPROACHING WEDNESDAY, DEC. 7<sup>th</sup>, 2016**

## 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

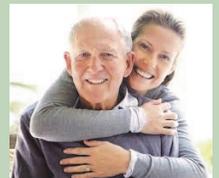
The food pantry is operated by **Madison Community Services** and available for those residents who need the assistance. The Pantry is located at Orchard Park off Mungertown Rd. and is open on Wednesdays from 11:00am-3:00pm. **Transportation is available through the Senior Center. Regular bus pick up 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.



## CAREGIVER SUPPORT GROUP

Join VNA's Caregiver Support Network expert, for an interactive, confidential support group. Share experiences, discuss ideas and problem-solve with other caregivers. Discuss different options such as: Curative, Palliative or Hospice Care. Discover ways to be mindful in healing from grief. Group meets the 3<sup>rd</sup> Tuesday of the month at the Madison Senior Center. **Tuesday, December 20<sup>th</sup>, 11-12pm** **FREE**



## Bingo!

St. Margaret's Bingo  
 Christmas luncheon  
 Wednesday, Dec. 7<sup>th</sup>  
 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](mailto:newcomersclub15@gmail.com)



## CREATIVE WRITING

Write and share your thoughts, values and life lessons with other Seniors. Stimulating topics will be suggested each session and may be expressed in prose or poetry, as fiction or creative non-fiction. Attendees should be good listeners, maintain confidentiality, with willingness to share and contribute to discussion.

Mondays, 1-2:30pm **FREE**

## THE MSC COLORING CLUB!

Coloring Clubs for adults are popping up all over, and for great reasons! It is a wonderfully relaxing activity that improves focus and is just plain fun! Join our great group of



## ♠♥♣♠ Bridge Defense 2

**NEW**

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 21<sup>st</sup> Century*” (\$19.95 – order at RJ Julia, also available at amazon.com). There will be a series of 8 lessons lasting for approximately 1½ 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 20**

**Tuesday, Jan. 17<sup>th</sup> - Mar. 4<sup>th</sup>, 10- 11:30**

**Fee:\$60R | \$70NR**

## Chronic and Acute Health Support Group

Has an acute or chronic health issue left you with concerns, questions, or fears? Is it impacting your personal, work, social, recreational or retirement life? Join others to discuss and share similar experiences. Gain a sense of re-gaining control of you life and feel less alone and isolated in this journey. Suzanne Sale, an experienced nurse, will provide assistance on navigating the medical system as well as help you work through diagnosis and the short and long term effects on your life. Your surgery or chronic illness need not define who you are.

**Monday, Dec. 12<sup>th</sup>, 10:30 to 11:30am**

**FREE**



## ART 101

This popular class provides instruction in drawing, pastel, watercolor, acrylic and oil. **Come get your creative juices flowing! The class is taking the month of January off and will see you in February!**

**Tues., 10/4 - 12/27 1:30-3:30pm**  
**Instructor M. Waldvogel Fee \$5**

## Movie Matinee at MSC

*All movies begin at 1:00pm*

**12/2 In America**

**12/9 Crossing Over**

**12/16 America, America**

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

## MSC ART GALLERY

View our next exhibit by **Ronald LaPorto** photography. The show will run from December 19<sup>th</sup> through January 31<sup>st</sup> and is open Monday thru Friday from 8:30am-4pm (*Please call the Senior Center for alternate times.*)

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



**Wednesdays at 1:30pm FREE**



**LEGAL ASSISTANCE**

Thurs., Dec. 15<sup>th</sup> 9-10am  
Attorneys from Cronan and Shields offer private 15 min. counseling services  
**Call the MSC for an appointment.**



**HANDICAPPED PARKING PERMIT APPLICATION**

Available in the Senior Center office



**MEET, MINGLE & MUNCH SOCIAL GROUP**

Do you like to do things, but not alone? At the 3M's social group you can join others for fun activities and events. Meet us at **5pm** on the 2<sup>nd</sup> Wednesday of the month at a local restaurant.

*Wednesday, Dec. 14<sup>th</sup> at Westbrook Lobster*



**Ask the Nurse**

VNA Nurse comes to MSC on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month, and 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, Dec. 13<sup>th</sup> & 27<sup>th</sup> 12:30pm**

**DIAL-A-RIDE**

M, W & F 8:45am to 3:30pm  
(203) 245-5695 or (203) 245-5627  
Transportation for elderly and disabled Madison residents. Rides are given in a 14 town region for medical appointments, 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.

**Next Session: Monday, Jan.30<sup>th</sup>**  
*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, December 16<sup>th</sup> Fee: \$24**  
*Call Senior Center for appointment.*

**HEARING CLINICS**

Nancy Jablonski, from **Audiology Concierge** will be at the Madison Senior Center *generally but not always* on the 3<sup>rd</sup> Monday of every month, for free hearing testing, hearing aid checks, wax inspection, and listening demonstrations.

**Monday, December 5<sup>th</sup> By Appointment Only**



**DROP-IN DUPLICATE BRIDGE**

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

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



**To Your Health...**

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

**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 6<sup>th</sup> 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 14<sup>th</sup> at 1pm FREE**



## Exercise With Patty Velleca

### CHAIR EXERCISES

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



**Mondays - 10:30–11:30am**

Dec. 5<sup>th</sup> - 19<sup>th</sup> (no class 12/26)

R\$14 | NR\$24

3 Classes

Minimum Needed: 9

**Fridays - 10:30–11:30am**

Dec. 2<sup>nd</sup> - 16<sup>th</sup> (no class 12/23 & 30)

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**

Dec. 7<sup>th</sup> - 21<sup>st</sup> (no class 12/28)

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**

Dec. 5<sup>th</sup> - 19<sup>th</sup> (no class 12/26)

R\$26 | NR\$36

3 Classes

Minimum Needed: 5

**Tuesdays 9:30–10:30am**

Dec. 6<sup>th</sup> - 20<sup>th</sup> (no class 12/27)

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**

Dec. 7<sup>th</sup> - 21<sup>st</sup> (no class 12/28)

R\$26 | NR\$36

3 Classes

Minimum Needed: 5

**Fridays - 9:00–10:00am**

Dec. 2<sup>nd</sup> - 16<sup>th</sup> (no class 12/23 & 30)

R\$17 | NR\$27

3 Classes

Minimum Needed: 5

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

**Monday, November 30<sup>th</sup>.**

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

## TAICHI



T'ai Ch'uan is a gentle way to nourish body, mind, and spirit. The slow movements can improve health, vitality, balance, and concentration. (5 weeks).

Instructor: Suzanne Hanley

**Mondays, January 9<sup>th</sup> - Feb. 13<sup>th</sup>**

No class 1/16 - MLK Day

9-10am

Fee: R\$35 | NR\$45

Min. Needed: 7



### 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, Dec. 15<sup>th</sup> Fee is \$12**

**Tap shoes & registration required.**

**Thurs. from 10-11am**

**FREE**



### Walkie Talkies

If you are tired of walking alone and want to meet other walkers. Walk with us weather permitting on **Mon. & Tues. at the MSC at 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.



### Remember This:

*You don't stop laughing  
because you grow old,  
You grow old because  
you stop laughing.*

When you consider Christmas, there are four stages in your life:

- 1) You believe in Santa
- 2) You don't believe in Santa
- 3) You are Santa
- 4) You look like Santa

### ZUMBA WITH KRIS

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

**5 - Class Pass - R \$40 | NR \$50**

**10 - Class Pass - R \$80 | NR \$90**

Latin inspired, easy-to-follow, calorie burning, dance fitness-party. Feel the music and let loose.

**Mondays at 3:00 Thursdays at 11:00**



### 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)

**no class on 1/16/17 or 2/20**

**Mondays, Jan. 9<sup>th</sup> - Mar. 6<sup>th</sup> 2-3pm**

**Minimum: 7 Fee: \$31R | \$41NR**



### ARTFUL MEDITATION



Artful Meditation is an hour long class that combines art and meditation. The art process can provide a natural and effective way to meditate. Meditation helps to quiet the mind, balance the physical and emotional energy and center a person. In these sessions meditation will be offered using a variety of specially designed expressive art techniques. No previous art experience necessary.

**Thursday, Jan. 19<sup>th</sup> at 10:30am FREE**



### Book Club

The next meeting will be Jan. 5<sup>th</sup>, discussing *Clementine Churchill: Biography of a Marriage*

Meetings are the last Thursday of the month (except in January) and begin at 1pm.

**Mohegan Sun Friday****Friday, December 9<sup>th</sup>**

Every turn leads to a new adventure. Food vouchers & bet coupons included. *To register for the Mohegan trips: The Mohegan trip take place on the second Friday of every month. Madison residents may sign up starting on the Monday following the trip. Out of town residents may sign up on the Thursday following the trip. You do not need to wait for the month in which the trip is happening to register.* Depart MSC at 9am. **Fee: \$7**

**Beautiful****Bushnell Theatre****Saturday, January 21<sup>st</sup>**

*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****St Patrick's Day Celebration****Aqua Turf****Tuesday, March 14<sup>th</sup>**

Enjoy St. Paddy's Day at one of Connecticut's premier banquet facilities. Enjoy Corned Beef & Cabbage, Baked Scrod, and all the fixings, topped of with Carrot Cake for dessert and a complimentary glass of wine or beer with your meal. Then after lunch enjoy live Irish entertainment. Padraig Allen and the Maclean Avenue Band have a distinctive sound that mixes Irish Celtic folk song and the rock pop Celtic music of today. Singing and dancing is encouraged, so put on your dancing shoes, this will be a great day for the *Wearin' of the Green!* **Departure time TBD** **Fee: \$77**

**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 19<sup>th</sup>, 2017**

Visit *The Culinary Institute of America* for a tour. The *CLA* 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*. **Departure time TBD** **Fee: \$125R | \$135NR**

**Tall Ships****Boston****Tuesday, June 20<sup>th</sup>, 2017**

The Tall Ships are coming to Boston for 1 week only. There will be more than 50 vessels, representing 28 countries on display, this event promises to be bigger and better than 17 years ago. During lunch you will enjoy the sea faring songs sung by an entertainer from Mystic Seaport. Get up close to the Tall Ships during a narrated sightseeing cruise. Remember to bring your camera as this will be an event you will want to capture. More to come on this exciting outing. **Departure time TBD** **Fee: \$139**

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

### The Real Québécois

5 days/4 nights

Monday, July 17<sup>th</sup> - 21<sup>st</sup>, 2017

This terrific trip to Quebec includes round-trip Motor-coach, 1 night at the 4-star Palace Royal, in Quebec City, 2 nights at the 5-star Fairmont Le Manoir Richelieu and 1 night at the Burlington Hilton. You will have a guided tour of Quebec including, the Quebec Citadel, stroll the boardwalk at Dufferin Terrace by the Chateau Frontenac and visit Palace Royal. You will also see the Plains of



Abraham and the ornate Quebec Basilica. You will also go to Baie-Sainte Catherine where you will board the AML Grand Fleuve for a 3-hour whale watch at one of the most beautiful whale watching sites in the world! That night you will be on your own and can take advantage of the Casino De Charlevoix with games for all players right on the grounds of the Fairmont. There is much more to the love-



ly and exciting trip. **Pricing: Double: \$995pp Single: \$1379 and Triple: \$849** *Come to the travel presentation at 10:30am on February 9<sup>th</sup> at the Senior Center.*

### Colorado Rockies

National Parks & Historic Trains

Saturday, August 19<sup>th</sup> - 27<sup>th</sup>, 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**

### Galapagos Islands Cruise

Ecuador

Monday Sept. 11<sup>th</sup> - 18<sup>th</sup>, 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, Dec. 13<sup>th</sup> at 10:30am**

### Iceland's Magical Northern Lights

Saturday, October 28<sup>th</sup> - November 3<sup>rd</sup>, 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. **Pricing: (Booking before 4/22<sup>nd</sup>, 2017) Double: \$2,999pp Single: \$3,299pp Triple: 2,969pp**

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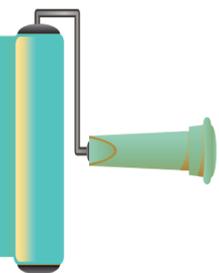
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| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
| <p>Please call for your reservation for lunch by <i>at least 12 Noon</i> the day before you plan to attend (203) 245-5627 (call by Friday for a Monday reservation). You may reserve meals for the following month beginning on the 3<sup>rd</sup> Monday of the current month. If you cannot attend a reserved meal please call as soon as you can, to let us know. Lunch is \$4.00 and is served at 11:30am.</p> |   |   | <p><b>1</b> Potato Leek Soup, Beef Bourguignon, Cookies</p>                  | <p><b>2</b> Shrimp Bisque Salmon Burger and Peach Pie</p>  |
| <p><b>5</b> Split Pea Soup, Stuffed Pepper and Pumpkin Pie</p>   | <p><b>6</b> Broccoli and Cheese Soup, Chicken Alfredo, White Cake</p>           | <p><b>7</b> Vegetable Soup, Baked Ziti and Chocolate Mousse</p>         | <p><b>8</b> Beef Noodle Soup Beef Stew, and Cookies</p>                      | <p><b>9</b> Manhattan Clam Chowder, Grilled Sword Fish, Mocha Pudding</p>                              |
| <p><b>12</b> Corn Chowder, Swedish Meatballs, Peach Shortcake</p>  | <p><b>13</b> Rhode Island Clam Chowder, Seafood Newburg, Apple Pie</p>          | <p><b>14</b> Chicken and Rice Soup, Pasta Carbonara, Cherry Pie</p>     | <p style="text-align: center;">Christmas Luncheon</p>                        | <p><b>16</b> Asparagus Soup, Beef Stroganoff, Fruited Jello</p>  |
| <p><b>19</b> Minestrone Soup, Pork Chop with Apples and Cookies</p>  | <p><b>20</b> New England Clam Chowder, Tilapia Veronique and Chocolate Cake</p> | <p><b>21</b> Tortilla Soup, Enchiladas, Strawberry Shortcake</p>        | <p><b>22</b> Beef Barley Soup, Chicken Pot Pie, Stuffed Doughnut</p>         | <p><b>23</b> </p> |
| <p><b>26</b> </p>  | <p><b>27</b> Minestrone Soup, Mac and Cheese with Sausage, Cookies</p>          | <p><b>28</b> Butternut Squash Soup, Chicken Parmesan, Blueberry Pie</p> | <p><b>29</b> French Onion Soup, Roast Pork and Sauerkraut and Pound Cake</p> | <p><b>30</b> Tomato Soup, Meatloaf and Sweet Potato Pie</p>  |

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## **Eight-Ball Tournament**

The next Eight-Ball tournament will begin the week of December 4<sup>th</sup>. If interested please notify Austin Hall by November 30<sup>th</sup>.

Coordinate with your weekly opponent to schedule a date and time for your match. Matches are “Best of Five” (first player to win 3 games wins the match). In the case of a tie at the end of the tournament, head to head match results will determine the overall winner.



**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](http://www.ssill.org).