

Trends & Traditions

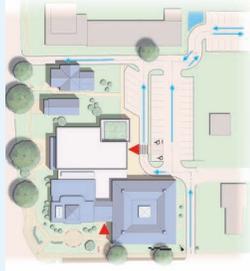
January 2017



Madison Senior Center

LIBRARY TALKS

Plans to renovate and expand the Scranton Memorial Library, including adding onsite parking, will be brought before the Madison voters on February 7, 2017, to seek approval for a \$9 million bond to help fund the total project cost of \$15 million. Library Director Beth Crowley and Library Trustee Henry Griggs will be at the Senior Center to give a presentation about the library's proposal and answer any questions you may have. The floor plans, architect's renderings and 3-D model will be available for viewing.



Thurs., Jan. 19th & Wed., Jan. 25th at 1:30pm **FREE**

Questions & Answers with Probate Judge Peter Barrett

The Probate Court is part of the safety net in our community, and is often called upon to protect and serve the interests of senior citizens. Judge Barrett will discuss the role of the probate court with special focus on senior issues.



Friday, January 20th at 10:30am

FREE

Noreen Kokoruda to Hold Office Hours at the Senior Center

This session will serve to provide constituents with an opportunity to ask questions or share their ideas and concerns about state government. Anyone with questions about the event can contact Kokoruda's office at 860-842-1423. Kokoruda represents the 101st General Assembly District that includes Madison and Durham.



Wednesday, January 11th from 1:00 to 2:30pm

TRAVEL PRESENTATION:

THE INCA EMPIRE & THE AMAZON RIVER CRUISE

This is an adventurer's adventure! 11 days and 10 nights in Peru visiting some of the most beautiful places in the world! Come hear Tyler Zajacz, from *Tours of Distinction*, describe in detail this exciting trip from the charming streets of Lima's old quarter to Machu Picchu to the breathtaking wildlife of the Amazon River. Don't miss this fun presentation, who knows this might be the trip for you!

Tuesday, January 10th at 10:30am

FREE



The Adventurous Culinary Club

Specializing in American comfort food and making everyone feel "at home," Home restaurant is a wonderful place to have lunch with friends. Come by the front desk and check out the lunch menu.

Friday, Jan. 20th depart MSC at 11:30am **Bus Fee: \$2**



RING IN THE NEW YEAR PARTY 2017

Wear fancy duds or a fun hat and join us for sparkling cider, a Surf & Turf luncheon prepared by our wonderful chef Kevin Wolfe, and bring your resolutions to share!

Thursday, Jan. 5th at 11:30am

Fee: \$10

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

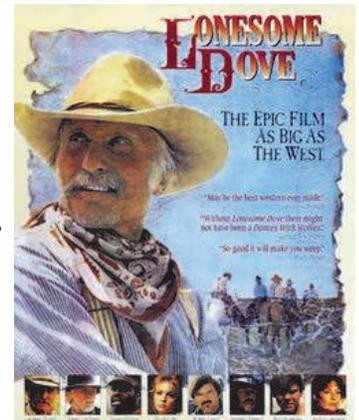
The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be January 12th, 2017 at 5:30pm

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

Lonesome Dove is an American epic Western adventure television miniseries directed by Simon Wincer. It is a four-part adaptation of the 1985 novel of the same name by Larry McMurtry and is the first installment in the *Lonesome Dove* franchise. The series stars Robert Duvall and Tommy Lee Jones. The series was originally broadcast by CBS over four nights in February 1989, drawing a huge viewing audience, earning numerous awards, and reviving both the television western and the miniseries.

An estimated 26,000,000 homes tuned in to watch *Lonesome Dove*, unusually high numbers for a Western at that time. The western genre was considered dead by most people, as was the miniseries. By the show's end, it had earned huge ratings and virtually revamped the entire 1989–1990 television season. A favorite with audiences, as well as critics, *Lonesome Dove* garnered many honors and awards. At the 1989 Emmy Awards, the miniseries had 18 nominations and seven wins, including one for director Simon Wincer. *Lonesome Dove* also won two Golden Globes, for Best Miniseries and Best Actor in a Miniseries (Robert Duvall).



Starting Thursday, Jan. 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, January 17th at 11:30am

Lunch Fee: \$4

SUPERINTENDENT THOMAS SCARICE TO VISIT THE MADISON SENIOR CENTER



Superintendent Thomas Scarice will be visiting the Senior Center in this second 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.

Monday, Jan. 9th at 1pm

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

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**



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.

MEDICARE SAVINGS PROGRAM *Updated Program limits*

Helps to pay the monthly Medicare Part B premiums for qualifying participants. Depending on income level this program may also lower co-pays for prescriptions to between \$2.60 and \$6.50 and may cover doctor's co-pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program.

Monthly Max. Income: Single: \$2,435.40 & Couple: \$3,284.10



REMINDER: SENIOR & DISABLED TAX RELIEF PROGRAM

Intake begins Wednesday, February 1st

The Town of Madison and State of CT offer tax relief for elderly and/or totally disabled residents that own and occupy their property as a primary residence. There are income, age, and residency requirements in order to be eligible and qualify for the program. Please stop into the Senior Center for a complete list of guidelines. **2016 income taxes must be filed prior to appointment. Maximum Annual Income: \$63,660. (2016 Income guidelines not available at time of printing)**

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:

<u>Income</u>	<u>Number of Possible Meals Subsidized Per Week</u>
<\$990/Month	4 meals/week maximum
\$991-\$1,238/Month	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 3rd Tuesday of the month at the Madison Senior Center. **Tuesday, January 17th, 11-12pm** **FREE**



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

Peace Mandala

The Peace Mandala Workshop leads participants through creative exercises that include guided meditation, art-making, writing and reflection. These steps help participants reflect on their central values of peace and balance, creating space for:

Self-awareness: through reflection on one's values, and concept of peace.

Creative Expression: through creating visual images of peace and unity.

Community Building and Communication Skills: through participating in a dialogue with other workshop participants.

Peace and balance in a time of seasonal activity: a space for calm and reflection.

Marion is a pastoral counselor and spiritual director who holds and a certificate in conflict transformation from the School for International Training. She has designed and produced art programs and events in New York City for more than fifteen years.

Wed., Jan. 18th at 1:30pm FREE

♠♥♦♣ Bridge Defense 2



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 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. 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. No Class February 7th

Tuesday, Jan. 17th - Mar. 14th, 10-11:30am

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 regaining control of your 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, Jan. 9th, 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 so we will see you in February!**

Tues., 2/14 - 5/30 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! Join our great group of artists, we will have coloring books and colored pencils, but you can always bring your own.

Wednesdays at 1:30pm FREE

Movie Matinee at MSC

All movies begin at 1:00pm

1/6 *Scent of a Woman*

1/13 *Dr. Zhivago (starting at 12:45)*

1/20 *On Golden Pond*

1/27 *Contact*

MSC ART GALLERY

View our next exhibit of photography by **Ronald LaPorto** The show will run from December 19th through January 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 ASSISTANCE

Thurs., Jan. 19th 9-10am

Attorneys from Cronan and Shields offer private 15 min. counseling services
Call the MSC for an appointment.



HANDICAPPED PARKING PERMIT APPLICATION

Permits are available in the Senior Center office.



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, Jan. 30th at 4pm

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 at least by the day before by 12pm. Call (203) 245-5627.



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.

Wednesday, Jan. 11th at Donohues

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, January 20th Fee: \$24
Call Senior Center for appointment.

Ask the Nurse

VNA Nurse comes to MSC on the 2nd and 4th 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, Jan. 10th & 24th 12:30pm



Nurturing Your Nutrition

Looking to live a healthier life by improving what you eat? Join us as we discuss proper methods of combining appropriate food groups for optimum digestion, maximum energy, weight loss as well as a comprehensive guide to better nutrition to help you live a happier, more fulfilling life. Make this talk a New Years Resolution you can keep.

Thursday, Jan. 12th at 10:30am FREE



Health Talks

Diabetes Discussion - Join Mary Jane Fegan, DPT for an overview of Diabetes. Learn how your lifestyle choices affect blood sugar and get helpful tips for managing your Diabetes.

Tuesday, February 14th at 10:30am
all talks are free

Upcoming Health Talks

- Balance: 3/23/17
- Fall Prevention 4/11/17
- Vertigo 5/18/17
- Parkinson's Disease 6/15/17

HEARING CLINICS

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

Monday, January 30th
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

Jan. 9th - 30th (no class 1/16)

R\$14 | NR\$24

3 Classes

Minimum Needed: 9

Fridays - 10:30–11:30am

Jan. 6th - 27th

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

Jan. 4th - 25th

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

Jan. 9th - 30th (no class 1/16)

R\$26 | NR\$36

3 Classes

Minimum Needed: 5

Tuesdays 9:30–10:30am

Jan. 10th - 31st (no class 1/3)

R\$34 | NR\$44

4 Classes

Minimum Needed: 5

FITNESS & MOVEMENT

Low impact aerobics for continuing good health. Cardiovascular workout with muscle and joint strengthening. Light weights will be used.

Wednesdays - 9:00–10:00am

Jan. 4th - 25th

R\$34 | NR\$44

4 Classes

Minimum Needed: 5

Fridays - 9:00–10:00am

Jan. 6th - 27th

R\$34 | NR\$44

4 Classes

Minimum Needed: 5

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

Wednesday, December 28th

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 9th - Feb. 13th

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, Jan. 12th Fee is \$12

Tap shoes & registration required.

Thurs. from 10-11am

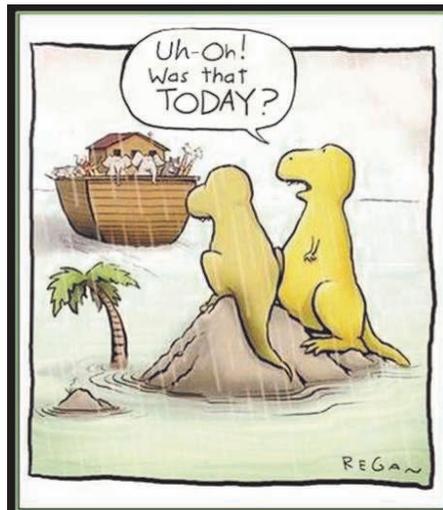
FREE



Walkie Talkies

If you are tired of walking alone and want to meet other walkers. Walk with us when 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.

LAUGHTER IS THE BEST MEDICINE



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 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 2/20/17

Mondays, Jan. 30th - Mar. 13th 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. 19th at 10:30am FREE



Book Club

The next meetings will be

Thursday, January 5th,

discussing *Clementine Churchill:*

Biography of a Marriage

Thursday, January 26th,

discussing *Noise of Time.*

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

Mohegan Sun FridayFriday, January 13th

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

St Patrick's Day Celebration

Aqua Turf

Tuesday, March 14th

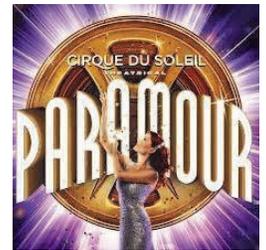
Enjoy St. Paddy's Day at one of Connecticut's premier banquet facilities. Enjoy Corned Beef & Cabbage, Baked Scrod, and all the fixings, topped off with Carrot Cake for dessert and a complimentary glass of wine or beer with your meal. Then after lunch enjoy live Irish entertainment. Padraig Allen and 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

Broadway Choices**On Your Feet or Cirque du Soleil "Paramour"**Wednesday, April 12th

Departure from your area en route to "The Great White Way," Broadway!. Upon arrival everyone enjoy lunch at Buca de Beppo. Your meal will be served family style with Salads, Platters of Baked Rigatoni, and Spaghetti with Meat Sauce and Chicken Parmigiana and Homemade Cheesecake. Then on to Broadway!

On Your Feet is the story of Emilio and Gloria Estefan, two people who believed in their talent, music and each other and became an international sensation. You'll be on your feet dancing to the smash hits, "Rhythm is Gonna Get You," "1-2-3" "Conga" and many more. This delightful musical will lift you up like nobody's business. Cirque du Soleil has dazzled audiences the world over, and now it's finally on Broadway with a "jaw-dropping" (*Variety*) new spectacle! **Paramour, A Cirque du Soleil Musical**, spins the thrilling tale of a beautiful young actress forced to choose between love and art in the glamorous world of Golden Age Hollywood. Featuring spectacular acrobatics and sumptuous music and dance, **Paramour** will transport you to a sublime world of "breathtaking magic" (New York Times) as it walks the tightrope of the heart.

Departure time TBD.



Fee: \$214R | \$219NR

West Point Dress Parade

Saturday, April 29

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

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 20th

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 17th - 21st, 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 lovely and exciting trip.

Pricing: Double: \$995pp Single: \$1379 and Triple: \$849 *Come to the travel presentation at 10:30am on February 9th at 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

Galapagos Islands Cruise

Ecuador

Monday Sept. 11th– 18th, 2017

Another bucket list trip here! This is a nature lover's 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, Mar. 14th at 10:30am

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. **Pricing: (Booking before 4/22, 2017) Double: \$2,999pp Single: \$3,299pp Triple: 2,969pp**

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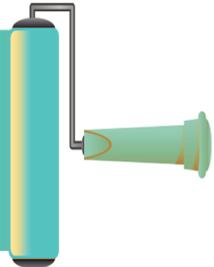


JANUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Happy New Year! 	3 Cream of Cauliflower Soup, Roast Pork and Sauerkraut, Apple Cake	4 Butternut Squash Soup, Chicken Cacciatore, Rice Pudding	5 RING IN THE NEW YEAR PARTY Surf & Turf - \$10	6 Shrimp Bisque Slow Roasted Salmon with Yogurt Sauce and Gingerbread Napoleans
9 Florentine Soup, Stuffed Shells and Angel Food Cake	10 Broccoli and Cheese Soup, Turkey Pot Pie, Sweet Potato Pie	11 Vegetable Soup, Kielbasa and Pierogies, Raspberry Lemon Almond Bars	12 Italian Wedding Soup, Angel Hair Pasta, Exotic Mushrooms, Asparagus, Mango Cheesecake	13 Manhattan Clam Chowder, Roasted Cod, Lemon Poppy Pound Cake
16 Closed in Observance of Martin Luther King Day 	17 Corn Chowder, Chicken Parmesan, and Peach Shortcake	18 Chicken and Rice Soup, Pasta Carbonara, and Cherry Pie	19 Lentil Soup, Jambalaya, Tapioca Custard	20 New England Clam Chowder, Tilapia Veronique, Chocolate Cake
23 Minestrone Soup, Pork Chop with Apples and Cookies	24 Tomato Soup, Lasagna, Fruited Jello	25 Cream of Mushroom Soup, Meatloaf, Chocolate Pudding	26 Beef Barley Soup, Chicken Alfredo, Carrot Cake	27 Rhode Island Chowder, Stuffed Flounder, Apple Crisp
30 Pasta Fagioli Soup, Spaghetti Bolognese, Tiramisu	31 Split Pea Soup, Shepherds Pie, Pumpkin Pie		Please call for your reservation for lunch by <i>at least 12 Noon</i> the day before you plan to attend (203) 245-5627 (<i>call by Friday for a Monday reservation</i>). You may reserve meals for the following month beginning on the 3 rd 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.	

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If you would like further information regarding the status of individual programs, transportation or the Center, please call (203) 245-5627.

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