

Trends & Traditions

June 2018

Madison Senior Center

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FEATURED EVENTS

Cricket Hill Peony Heaven - CANCELLED

Cricket Hill Garden is a specialty plant nursery located in Thomaston, Connecticut, which grows rare and unusual peonies to buy as well as perennial landscape edibles and books and garden tools and aids. They are a small family business dedicated to producing the highest quality plants in an environmentally sustainable manner. We invite peony lovers from near and far to enjoy Peony Heaven in bloom. Some of the tree peonies in our display garden are reaching an impressive size and age, with many plants now over 25 years old. We will travel to Cricket Hill, spend some time in “Peony Heaven,” then we’re off to have lunch on your own at Mona Lisa Restaurant and return home. *You will need to provide your own transportation home from the Senior Center.* **Friday, June 15th, depart MSC 9am Fee: \$10**

Health & Wealth Considerations for Seniors and Their Families

Please join **Madison Financial Planning** for a complimentary 3-part series discussing **Health and Wealth Considerations for Seniors and their Families**. The second part of this series, titled **Senior Health and Wellness** will feature Austin Hall, *Director of Senior Services at the Madison Senior Center*. He will discuss the various activities that seniors can participate in at the Senior Center. Experts in the fields of exercise and nutrition will also be present to provide information and answer questions. This series is designed to assist you and your family in planning for situations impacting your health and wealth.

Craig Bernard, CFP®, CHFC, CLU Founder and Managing Partner of Madison Financial Planning will serve as moderator for the panel. Coffee, tea and light refreshments will be served. We look forward to seeing you at the Madison Senior Center.

Registration Required. Wednesday, June 13th, 6– 7:30pm FREE

Payments for Senior Center Programs, Trips and Lunches

If you have paid for anything with a credit card at the Senior Center, you are aware that we have charged 2.5% surcharge for credit card use. Beginning **July 1st we will no longer charge the 2.5%. However with the fee now waived, we ask that you *only* pay in the form of credit card or check. We will no longer accept cash as payment for programs, trips or lunch.** The best way to pay for lunch is to sign up and prepay or prepay for a set amount of lunches and we will credit your account for you to use on a day you attend lunch. This will make the transactions at the front desk easier and will prevent us from interrupting your lunch to collect money. If you have questions regarding the new policy, please see me to discuss. *Austin Hall* Director of Senior Services

Thimble Island Cruise and Lobster Shack

Join us for a perfect summer outing cruising around the Thimble Islands on the famous “Sea Mist” boat. You can relax and enjoy a 45 minute, narrated tour of the Thimble Islands. These islands were used for everything from farming to quarrying granite, and bootlegging to hiding treasure! **(Please Note: You must be able to climb over large step into boat)** Then bus over to the *Lobster Shack* in Branford, where among many other things you can enjoy a delicious lobster roll! The Thimble Islands tour is \$15 (cash only) to be paid when you board and lunch at the Lobster Shack is on your own.

Monday, June 25th, depart MSC at 11:30am Bus Fee: \$2

Wonderful Adventures planned for this Summer and Fall — check them out!

Escape to Acadia • Lobsterfest & “No Tell Motel” Newport Playhouse • “Oliver” at the Goodspeed • Day Trip to Block Island • Lighthouses of Boston Harbor • Tenement Museum • Big E • Essex Steam Train & Riverboat Lunch Excursion
See pages 8 & 9 for info.

GENERAL INFORMATION/ONGOING ACTIVITIES

MADISON SENIOR CENTER

29 Bradley Rd, Madison, CT 06443

PHONE: (203) 245-5627

TTY: 203.245.5638

FAX: (203) 318-0670

WEBSITE: www.madisonct.org/seniors

HOURS: Mon.-Wed. 8:30-4pm

Thurs.: 8:30 - 6; Fri.: 8:30 – 2pm

SENIOR CAFÉ: (203) 245-5627

DIAL-A-RIDE (203) 245-5695

Operates on Mondays, Wednesdays and Fridays only.

MUNICIPAL AGENT FOR

THE ELDERLY (203) 245-5687

SENIOR COMMISSION

Vice-Chairs Dr. Gerard Kerins

Wendy Oberg

Members James Ball

Sheri Puricelli

Dale Kach

Lori Murphy

John Dean

Jim Ryan

Ruth Diona

The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be

May 10th, 2018 at 5:30pm

SENIOR CENTER STAFF

Dir. of Senior Services Austin Hall

Asst. Director Heather Noblin

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 Tom Lufsey

March in the 38th Annual Madison 4th of July Parade

on Wednesday, July 4th with the Senior Center

You can march with us or ride in the Senior Bus. We will meet at Stop & Shop between 9:30am and 10:30am and march or ride down Main Street to the Surf Club. The parade begins at 11am. We will also provide rides back to Stop & Shop and the Senior Center after the parade. If you are intending to walk, wear comfortable walking shoes, and dress in the **red**, white and **blue** colors of the day! **Please sign up at the front desk with Peggy.**

Lyman Orchards Shopping Trip

Join us on a trip to Lyman Orchards. A unique market that has become known throughout Connecticut and beyond as a favorite destination for family fun and great food! The enticing aroma of fresh baked products fills the market. Every day, all day long, fresh pies, apple cider donuts, muffins, cookies, breads, pastries, and more desserts are made in their Farm Kitchen Bakery. They also have delicious cheeses and produce. Please Register

Friday, June 8th depart MSC at 9:30am Fee: \$3

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, June 12th, at 11:30am PLEASE REGISTER Lunch Fee: \$4**

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.: 9:30-3:30pm** ★ **Thurs: 9:30-3:30pm** **Fri.: 9:00-11:30am. All are welcome!**

Ongoing Activities at the Senior Center

Bridge Thursdays & Fridays 10am – 2pm

Canasta Tuesdays 1 – 3:45pm

Coloring Club Wednesdays 1:30 – 2:30pm

Hand & Foot Thursdays 1:30 – 3:45pm

Cribbage Mondays 1 – 3pm

Knitting 2nd & 4th Mondays of the month 3:30 – 6pm

Poker Mondays & Wednesdays 12:45 – 3pm

Men's Poker Tuesdays 12:45 – 3:45pm

Walking Club Mondays Wednesdays 10am

Quilts of Joy Tuesdays 1:15 – 3:30pm

MESSAGES FROM THE MUNICIPAL AGENT

Rent Rebate - Application Intake begins May 16th

The Rent Rebate Program provides one time assistance to help offset rental expenses. This program is available for folks who rented an apartment in CT in 2016, whether it was in town or not. Please contact your electric company, landlord, the water company, and heating company to get proof of payments made in 2016 and income taxes or 1099 for all income sources.

2017 Maximum Income- Single: \$35,300 and Couple: \$43,000.

FARMERS MARKET COUPONS

Eligible participants enjoy CT Grown fruits, vegetables, fresh cut herbs, & honey from local Farmers' Markets. To be eligible: age 60 or older or are disabled and living in senior housing, & participating in another program that has means testing and meet income requirements. Eligible participants receive \$15 in coupons, good at the Madison Farmers' Market. Coupons **should** be available beginning July 1, 2018. The market is open on the town green on Fridays from 3 to 6pm until the end of October. Max Annual income: Single \$22,311 and Couples: \$30,044

CELLPHONE

Provides eligible low-income households a free cell phone, mobile access to emergency services, and 3 different plan choices with free minutes of airtime monthly for 1 year. A qualifying customer must participate in one of the following programs: state energy assistance, Federal Public Housing Assistance/Section 8, Food Stamps, Medicaid/ Title 19, Personal Care Assistance, Refugee Program, Rental Assistance, SAGA, State Supplement to the Aged, Blind, or Disabled, SSI, TFA.

MEDICARE SAVINGS PROGRAM

On January 3rd, 2018, Governor Malloy extended the implementation of the income changes for the program until July 1st, 2018. For the most up-to-date information regarding this program, please contact the Senior Center.

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 Number of Possible Meals Subsidized Per Week

<\$1,005/Month 4 meals/week maximum

\$1,006–\$1,257/Month 3 meals/week maximum

Membership Fee Assistance Program

If you are a Madison Resident and cannot afford the annual membership fee of \$15. The Madison Senior Center will waive the annual fee for those folks who qualified under the Connecticut Energy Assistance guidelines, State Tax Relief Guidelines, or State Renters Rebate Program. Please contact Heather Noblin for assistance.

New Medicare Cards

The Centers for Medicare & Medicaid Services (CMS) is required to remove Social Security Numbers (SSNs) from all Medicare cards by April 2019. A new, unique Medicare Number will replace the SSN-based Health Insurance Claim Number (HICN) on each new Medicare card. Starting April 2018, CMS will begin mailing new Medicare cards to all people with Medicare on a flow basis by geographic location and other factors. The new cards for Connecticut are scheduled to go out after June 2018. For more information regarding the new Medicare cards stop into the Madison Senior Center for a copy of "10 things to know about your new Medicare card."

Caregiver Support Group

Join VNA's Caregiver Support Network 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. Group meets the 3rd Tuesday monthly at MSC. **Tuesday, June 19th, 11–12pm FREE**

SEMINARS, SERIES AND WELLNESS PROGRAMS

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! Join us in June to meet at a member's house for a pot luck lunch on Thursday 6/14 at 12:00 noon. For details please contact Jennie at newcomersclub15@gmail.com. **Thursday, June 14th at 12 noon, email Jennie for details.**

CREATIVE WRITING

Words in Action Join a dynamic group of writers, mostly unpublished, actively working in all genres, fiction and non-fiction (or somewhere in between). Members are encouraged to write each week on their own; participate in a writing exercise in the group meeting; share their work; listen well to others; contribute to discussion; and gently critique members' work. **Please register for this event. Mondays, 1-2:30pm Free**

AARP DRIVER SAFETY CLASS

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 **Please make checks payable to AARP July 11th • Aug. 8th • Sept. 12th • Oct. 10th • Nov. 7th • Fee: AARP Member \$15 Non-Member \$20**

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, 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 through June 19th, from 10am-12pm Please Register FREE**

The Nimble Thimble Needlepoint Group

Cynthia Barker, an experienced needlepoint teacher is running a needlepoint group at the Senior Center. There will be instruction and a project for beginners as well as offering a place for more seasoned needle workers to complete their unfinished projects. The group is free but the beginner needlepoint kits will have a fee of \$15. **Thursdays, 10-11:30am Please Register Free**

Artists' Group

Come get your creative juices flowing! Join other artists to work on a current project or start one here. The group will be monitored by longtime past instructor Muriel Waldvogel. **Please Register Tuesdays, 1:30-3:30pm FREE**

Living with Animals

This is a group for all of us who live with animals and couldn't imagine life any other way. We will discuss the joys and sorrows, and problems and privileges of animal companionship, the latest trends in care and feeding and share our collective knowledge and wisdom of life with animals. The group will meet on the third Wednesday of the month. Please Note Day & Time Change. It will be facilitated by Ellie Gillespie. **Please register. Wednesday, June 20th at 10am FREE**

Monday Movie Matinee *Movies begin at 1pm Please note new day*

6/4 The Trial (1h 59m) **6/11** A Few Good Men (2h 18m) **6/18** Hopscotch* (1h 41m) **6/25** Chicago *thanks to Hank Benham for the loan of Hopscotch

MSC ART GALLERY

View our next exhibit of art by **Barbara Hansen and David Rathbun**. The show will run from June 4th — July 13th and is open during normal Senior Center hours. (Please call the Senior Center for alternate times.)

The Art Gallery is a rotating gallery with a new local artist every 6 weeks. We are looking for new exhibitors. If you would like to showcase your work, please contact us for information.

GENERAL INFORMATION/ONGOING ACTIVITIES

LEGAL ASSISTANCE Thurs., June 7th & 21st 9-10am

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

HANDICAPPED PARKING PERMIT APPLICATION

Permit applications are 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. *Call Adele Campanelli for details (203) 245-1651*

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. **PLEASE REGISTER. Tuesday, June. 12th & 26th 12:30pm**

DIAL-A-RIDE

Summer Hours: Mon: 8am – 4:30pm Wed.: 8am – 4pm & Fridays from 8am to 2pm (203) 245-5695 or (203) 245-5627
Transportation for Madison residents age 60 or older and disabled Madison residents over the age 18 having certification of a medical disability. Rides are given in a 14 town region for medical appointments, and personal business on a first come first served basis, so please call early as we are often booked several days in advance.

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, June 25th at 4pm, and every Monday in July 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 CENTER BUS - Monday - Friday 9am to 3:30pm

A fixed route service to the MSC, downtown, and grocery shopping

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. *Teresa Resnick, LMT since 1984*
Fridays beginning at 9am Fee: MM\$24 | NMM\$34 Call Senior Center for appointment.

Hearing Clinics

Nancy Jablonski, from *Audiology Concierge* will be at the Madison Senior Center every month, for free hearing testing, hearing aid checks, wax inspection, and listening demonstrations. **Monday, June 18th 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, 10–1:30pm Fee: \$6/class**

Health Talks

Cut Down on Sugars: Learn how to limit calories from added sugars - and still enjoy the foods and drinks that you love. Choosing a healthy eating pattern low in added sugars can have important health benefits. **Thurs., June 14th at 10:30am**

Vertigo: There are many causes for dizziness. Some with easy, fast treatments, and others requiring more intense exercise. Vestibular rehabilitation can help. **Thurs., June 28th at 10:30am Please register for these Free events**

BRIDGE

Practice Makes Perfect: A special class before summer vacation. I will prepare a short lesson (no textbook), then we will play – or misplay – some of my favorite hands. All hands will help with bidding, play by declarer, play by defenders – and then we will discuss each hand (typically 6 hands/session). Topics: analyzing a hand, communication in bidding, competitive bidding, selecting the opening lead, planning the play by declarer and defenders, conventions you should know, and defenses to No Trump bids. **Tues., June 5th-26th Max. 20 10-11:30am Fee: MM\$30 | NMM\$40**

Introduction to Bridge Part 1 & 2 Review: This class reviews Audrey Grant's books Bridge Basics 1 & 2, and is for beginners who know the essentials and want to improve their game. We will play hands while reviewing the basics of competitive bidding, play and defense. Instructor: Sarah Corning **Tues, June 5th-26th Min 8 9:30-11am Fee: MM\$30 | NMM\$40**

EXERCISE & HEALTH PROGRAM

Exercise With Patty Velleca

SENIORS IN MOTION

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

Mondays - 10:30–11:30am June 4th - 25th MM\$24 | NMM\$34 4 Classes Minimum Needed: 7

Wednesdays - 10:30–11:30am June 6th - 27th MM\$24 | NMM\$34 4 Classes Minimum Needed: 7

Fridays - 10:30–11:30am June 1st - 29th MM\$30 | NMM\$40 5 Classes Minimum Needed: 7

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 June 4th – 25th M\$34 | NMM\$44 4 Classes Minimum Needed: 5

Tuesdays - 9:30–10:30am June 5th - 26th MM\$34 | NMM\$44 4 Classes Minimum Needed: 5

CHAIR YOGA

A gentle form of yoga that is practiced sitting on a chair intermingled with mindfulness and meditation.

Wednesdays - 1–2pm June 6th - 27th MM\$28 | NMM\$38 4 Classes Minimum Needed: 6

Registration Required for All Classes

TAI CHI

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 classes)**. Instructor: Suzanne Hanley

Mondays, June 25th - August 6th (No Classes on 7/16th & 23rd) 9-10am Min. Needed: 9 Fee: MM\$27 | NMM\$37

SEATED TAI CHI CLASS

Join us for Seated Tai Chi. Classes are adapted to any level of ability. Gentle rhythmic patterns of movement offers over all well-being, including increased strength and flexibility, as well as improved posture and circulation. Instructor: Kim Langley

Tuesdays June 5th - 26th at 1pm. Fee: MM\$32 | NMM\$42 Min. Needed: 6 (5 classes)

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. **Thursdays 11am-12pm FREE Tap shoes & registration required. Instructor Annette Smith will be back in September.**

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**. We will resume walking the Madison section of the *Shoreline Greenway Trail* on **Wednesdays at 10am in the Spring**.

New Session Registration Deadline

Monday, May 28th Sadly, if minimums are not met, we will cancel classes.

Ballroom Line Dancing will resume in September

Meditation with Beth - NEW DAY AND TIME

Meditation is a practice that refreshes the mind, expands your capacity for happiness, well-being, love, creativity and ease. Learn to live your life with less stress and anxiety and create more clarity, focus, compassion and joy. A regular practice of meditation creates changes in the brain physiology and can alter our genes! This course is designed for both new meditators and for experienced meditators. (3 classes) Min. enrollment: 7 **Thursdays, June 7th –21st** at 3pm **Fee: MM\$26 | NMM\$36**

Exercises for Chinese Health

Come and learn *Chinese Exercises for Health*, an easy to learn sequence of exercises that will help increase flexibility and strength while promoting circulation, cultivating balance and reducing stress. You will leave class feeling energized, relaxed and smiling! Wear loose comfortable clothes. **(Min. 18 needed)** (6 classes) **Thurs, June 21st– July 26th** at 10am **MM\$24 | NMM\$34**

MSC Book Club

The next meeting will be Thursday, June 28th, discussing *Silver Wings/Santiago Blue* Thursday, July 26th
Once We Were Brothers Meetings at 1pm. Please Register

MADISON SENIOR CENTER DAY TRIPS

Mohegan Sun Monday, June 11th

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

Lobsterfest & “No Tell Motel” Play Newport Playhouse Sunday, July 22, 2018

The “No Tell Motel” is a romantic comedy by Michael Wilmot. It’s the story of Brandon and Sarah who plan a quick rendezvous at the Bird of Paradise Motel and discover getting what you want isn’t always what you want! A meddling motel manager with issues, a roll-away cot, guilt and an inconvenient husband somehow combine for a happy ending. You will also enjoy the Lobsterfest menu featuring a Boiled Lobster (1 per person) Shrimp Cocktail, Clam Chowder, wide variety of Salads, Hot & Cold Entrées, Desserts, and Beverages. **Trip will depart MSC at 9am and return approximately 6:30pm. Fee: \$99**

Block Island for A Day Tours of Distinction Thursday, August 16th

Welcome to Block Island offering an unspoiled rural setting where a visitor can feel like they have stepped back to a gentler, quieter time where there are no traffic lights or automobiles on the island. The Island offers a rich history, miles of sandy beaches, and over 200 fresh water ponds that dot the island. Your ferry departs from Point Judith, RI. The comfortably furnished boat with enclosed passenger area, cocktail bar, and galley will transport you to the island. Enjoy an elegant luncheon at the National Hotel. Pre-select Crispy skin-on Pan Seared Chicken Breast with a Lemon Basil Sauce, Fresh Seafood Cake with a Lemon Basil Aioli or Pasta Pomodoro with Sautéed plum tomatoes, garlic and basil tossed with pasta, butter and parmesan cheese. Your meal also includes Salad, Bread & butter, Starch and Vegetable, Coffee and Dessert. Meal choices needed upon reservation*. There is time to discover Block Island’s beauty on your own. There are many unique shops, a wonderful beach, and endless natural beauty to round out your special island experience. **Depart MSC at 8am. Est. Return: 8:15pm, Fee: \$109**

The Lighthouses of Boston Harbor Friendship Tours Tuesday, August 28

Relax aboard the Provincetown III, a sleek catamaran, while enjoying a 90 minute, narrated, historical cruise highlighting the history of the 5 Boston Lighthouses (Long Island Head Light, Deer Island Light, The Lovells Island Light, and the Graves Light). Prior to the cruise you’ll have lunch at the Venezia Restaurant on the waterfront with breathtaking views of the Boston skyline. Please choose Baked Haddock or Chicken Parmesan. Also served with lunch will be Salad, Potato, Vegetables, Dessert and Coffee. **Depart MSC at 7:15am, estimated return 7:45pm. Fee: \$112**

Hard Times Tenement Museum Thursday, September 13th

First we’ll make a stop at Puglia’s for lunch. In 1919 Gregorio Garofalo came over from Italy to begin working on his American dream. The name “Puglia” comes from a region in Southern Italy from which he emigrated. Three generations later, Gregorio’s dream carries on. **Choice of entrée:** Spaghetti and Meatballs, Spaghetti Marinara, Baked Ziti, Lasagna, Eggplant Parmigiana, or Chicken Parmigiana. All entrées are served with: Garlic Bread, Mixed Green Salad, Coffee, Tea, Soda, and Dessert. **The Tenement Museum** is the main attraction for today! Take the *Hard Times* tour and discover how immigrants survived economic depressions at 97 Orchard Street between 1863 and 1935. Visit the restored homes of the German-Jewish Gumpertz family, whose patriarch disappeared during the Panic of 1873, and the Italian-Catholic Baldizzi family, who lived through the Great Depression. Stairs are in the museum, and it cannot be guaranteed that there’s an elevator. **Depart MSC: 6:45am, Est. Return: 6:45pm Fee: \$103**

The Big E Fair on Connecticut Day Wednesday, September 19th

The Big E New England’s greatest fair, is the premier event each fall with nearly one million guests. Located in West Springfield, MA., it’s ranked among the top fairs in the country. The Big E encompasses a wide variety of events including: The Storowton Village Museum, shopping, The Avenue of States, agricultural and livestock events, rides, a horseshow, and lots of food! Price includes transportation, admission and driver’s gratuity. **Depart time TBA. Fee: \$53**

Essex Steam Train & Riverboat Excursion Friday, September 21st

Enjoy a 3-course lunch aboard a restored 1920’s Pullman Diner car as part of a 3½-hour journey that begins at the historic Essex Train Station for a 12-mile, narrated trip. At Deep River Landing, passengers are escorted onto the Becky Thatcher riverboat for a 1¼- hour cruise along the Connecticut River. The visual serenity of the river valley is on full display from Becky’s multiple decks. The deep water, coves, inlets, marshes, wildlife, and rocky shoreline are all at once, simply breathtaking! Just as impressive are the historic sights including Gillette Castle, Goodspeed Opera House, and the Haddam

Swing Bridge. Upon Becky's return to Deep River Landing, the steam train welcomes passengers for the return trip back to Essex Station. **Depart MSC at 10:30am Fee: \$52**

MADISON SENIOR CENTER TRAVEL ADVENTURES

Escape to Acadia Portland, Bar Harbor, Boothbay Harbor, Acadia Nat. Park (ToD) July 16th - 18th, 3 days, 2 nights Meals: 3 breakfasts, and 2 dinners) Day one travel from the Senior Center to Portland for a narrated tour, and then on to Camden. You'll spend both nights at the Cedar Crest, a great place to unwind with a wine and cheese reception and of course lobster is one of the choices on the menu! In the morning you'll travel to Acadia. There will be free time for shopping in the beautiful seaside town that is on the way. You'll stop at the top of Cadillac Mountain, the National Park Nature Center at Sieur de Mont Springs and see the beautiful pounding surf at Thunder Hole. The next morning you'll head to Boothbay Harbor with time to walk around this picturesque spot before heading home. **Pricing: Double \$529.00pp, Triple \$485.00 pp, Single \$709.00** Depart Madison Senior Center at 7am. For more information see Ellie for a brochure.

Christmas Market Tour Austria, Switzerland and Germany (Collette Tours) December 1st-9th (9 days, 11 Meals: 7 Breakfasts, 4 Dinners) Experience the 600-year-old holiday spirit of "Christkindlesmarkts" in Germany, Austria and France. Sip mulled wine and collect unique handicrafts, hand-made ornaments and toys at some of the largest and most famous Christmas markets in Europe. Spend three nights in the traditional Alpine village of Oberammergau and two nights in the heart of the Black Forest. Bask in holiday cheer as you stroll along the cobblestone streets of Innsbruck, capital of Tyrolean Austria. Explore historic Nuremberg, Würzburg and Rothenberg, some of the best preserved medieval towns in Europe. Visit the famous Nuremberg Christmas Market dating back to 1628, where you can sample sausages and gingerbread. In Innsbruck, embark on your choice of a cultural or architectural walking tour. Explore Strasbourg's Petit France and its quaint market stalls huddled around the imposing cathedral. Come hear all the details of this magical trip that will have you home for Christmas with the best presents ever! **Pricing: Double: \$2,899pp; Single: \$3,149** (Booking before 6/2/2018)

Spain's Costa del Sol & the Portuguese Riviera Collette Tours April 25th—May 7th, 2019 (13 days, 17 Meals: 11 Breakfasts, 6 Dinners) Relax on the Costa del Sol. Enjoy a true taste of the Iberian Peninsula. In Madrid, you choose your experience: a city tour and tour of the renowned Prado Museum with a local expert, or a walking tour of the city's Hapsburg-era architectural treasures. Travel via high-speed train to the Moorish city of Cordoba. Relax in Malaga's paradior on the Costa del Sol. Tour Granada's Alhambra Palace. Marvel at the architecture of the Cathedral of Seville, third largest in the world. Visit Ronda, an architectural marvel in Andalucía. Choose from a panoramic tour of Lisbon with a visit to the coach museum or a walking tour of the Moorish Alfama Quarter with a visit to Sao Jorge castle. Enjoy a 4-night stay on Portugal's Riviera. Visit the Mafra Palace and Monastery, one of the most impressive Baroque buildings in Portugal. Travel the Silver Coast and visit Fatima, the world-famous pilgrimage site. Enjoy leisure time for independent explorations. Please register for a **special presentation is scheduled Thursday, May, 17th at 10:30am. Pricing: Double: \$3,999pp; Single: \$4,549pp; Triple \$3,949pp** (Booking before 10/26/2018)

To see our lunch menu please copy this link into your browser:
<http://www.madisonct.org/775/Senior-Center-Lunch-Menu>

BACK PAGES

2018 Summer Hours & Happy Hours

through August 31st.

Hours will be as follows:

Monday thru Wednesday: 8:30am-4:00p

Thursday: 8:30am-6:00pm • Friday: 8:30am-2:00pm

THURSDAY “HAPPY HOUR” EVENTS BEGIN AT 4PM:

1st Thurs. of the month: Bingo with Prizes

2nd Thurs. of the month: Coffee House

3rd Thurs. of the month: Live Music

4th Thurs. of the month: Movie and Pizza

5th Thurs. of the month: Coffee House (May & August)

Please Register for these events!

No transportation will be available after 4pm

The 4th Annual BIG EVENT!!!

The Madison Senior Center and **Madison Youth and Family Services** are partnering to bring **The BIG EVENT** to Madison! This community service event will be a day where youth can give back to their fellow Madison residents. This project will provide a rare opportunity for intergenerational collaboration. Seniors will be able to apply for a job request and the youth volunteers, along with adult volunteers, will show up on the day of the Big Event and work on the requested job. These jobs can include but are not limited to; mulching, trimming bushes, washing windows, organizing a garage or storage unit, miscellaneous yard work, etc. Jobs *CANNOT* require power tools or ladders for liability reasons. Job request forms will be available at the Senior Center. Please contact the Madison Senior Center for more information or stop in to pick up an application (203-245-5627).

THE BIG EVENT is scheduled for **Thursday, August 9th, 2018**

Raindate: Thursday, August 16th

Completed applications must be submitted by Friday, July 13th, 2018