

Trends & Traditions

March 2019

Madison Senior Center

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FEATURED EVENTS

BURT & ME AT THE IVORYTON PLAYHOUSE

If you fell in love to the music of Burt Bacharach, then you won't want to miss this nostalgic romantic musical comedy. Joe and Lacey were high school sweethearts who drifted apart when they attended different colleges after graduation. Years later, their paths cross again as Joe devises a clever plan to win Lacey back...with the help of one Burt Bacharach. Featuring the classics: "*What the World Needs Now*," "*Walk On By*," "*I Say A Little Prayer*," and many more. **Wednesday, March 27th**
Depart MSC at 1pm **Fee: \$37**

SENIOR BOOTCAMP

All essential components of fitness including cardiovascular, muscular strength and endurance, flexibility, balance training, and wellness education will be included. Specially designed program for those 50 and older who are at risk for falls.

Wednesdays, March 6th –May 22nd at 5:30-6:30pm. Fee: MM\$23 | NMM\$33

FREE FINANCIAL COUNSELING FOR SENIORS AT MSC

Madison Financial Planning will be offering general advice on financial matters for Seniors on subjects such as reverse mortgages, retirement planning, credit card debt, debt consolidation, and estate planning. These appointments will be similar to our Legal Assistance appointments in that they will be scheduled in 15-minute increments twice a month on the 2nd and 4th Thursdays of the month **by appointment only. Thurs., March 14th & 28th from 9:15 - 10:15am FREE**

TRAVEL PRESENTATION: ITALY'S TREASURES – ART, FOOD & WINE – NOVEMBER 2-13, 2019

Italy comes to life on this culinary and cultural adventure that will take you from medieval masterpieces to lively markets. Highlights include the Italian Lakes Region, Stresa, Cinque Terre, Luca, Florence, Siena and Bologna. Included are 17 meals and visits to wineries as well as an Italian cooking class. **Wednesday March 20th at 10:30am FREE Registration Required**

OPENING LEADS & TIPS FOR DEFENSE WITH DON BRUEGGEMANN

The Opening Lead is one of the most important plays for the defense. The class will consider how to select the best opening lead. Nobody can make the right lead on every deal but improving the choice of an opening lead will improve your game. In addition, the class will consider tips to improve defensive play. This will be a 4-week class, no textbook but handouts will be provided by, the instructor. (4 classes) **Tues., Mar. 19th-Apr. 9th at 10am Fees: MM \$30 | NMM \$40**

BRIDGE BASICS 2: COMPETITIVE BIDDING WITH SARAH CORNING

An 8-week class that introduces preemptive bids, overcalls and takeout doubles. In addition to discussion, practice hands will be provided for actual play. Please purchase the book, *Bridge Basics 2, Competitive Bidding* by Audrey Grant and bring to the first class. Minimum number of students required is 8, maximum is 16. (8 classes) **Fridays beginning on Mar. 8th-April 26th 9:30 - 11:00am Fees: MM \$60 | NMM \$70**

MARCH SHOPPING TRIPS

Come shopping with us and avoid the traffic and parking headaches. Registration Required.

BISHOPS MARKET Monday 3/4 depart at 1pm | **KOHL'S & WALMART IN BRANFORD** Monday 3/18 depart at 9:30am

Bus Fees: \$2

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

Mar. 14th at 5:30pm

SENIOR CENTER STAFF

Dir. of Senior Services	Austin Hall
Asst. Director	Heather Noblin
Program Coordinator	Ellie Gillespie
Receptionist	Ari Potter
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

CIVIL WAR DISCUSSIONS WITH CHARLIE FISCHER

This class will consist of a series of 5 discussions focusing on different topics. People who have an interest in U.S. history will likely find these topics a basis for lively interaction.

Ideally, the selected readings will enable participants to join in the course of these presentations. The topics will be:

1. The Election, Lincoln & the Civil War
2. Civil War: The First Modern War
3. The Problem of Army High Command
4. The Industrial War
5. The Civil War as a Catalyst for Change

Thursdays, April 4th - May 2nd from 1 –2:30 pm Fee: \$20

NEWS FLASH

A new *Flash Fiction Writing Group* has started at the Madison Senior Center. What is flash fiction? It's a story you make up in 1,000 words or less with a beginning, a middle, and an end. Participants will write works of flash fiction each week and bring them to share with the group. Open to all who are interested. No professional writing experience necessary, just a desire to write fiction. Come and try it out.

Mondays, 1 - 2:30pm FREE

A YEAR OF GIVING

FRIENDS OF MADISON'S SENIORS FUND

The purpose of the *Friends of Madison's Seniors Fund* is to provide financial resources to the Madison Senior Center. Through fundraising, and donations, the *Friends Fund* will provide for equipment, scholarships for fee-based programs, events, and activities to benefit participants of the Madison Senior Center. The Senior Services Director and staff will provide input as to where additional funds will provide the greatest enrichment to the offerings of the Center.

Any proposed purpose of the *Friends' Fund* will be separate funding then that provided to the Center in the Town of Madison's annual budget.

The fund will also be utilized to receive contributions and bequests given for capital improvements or activities sponsored by the Madison Senior Center in order to further its "Excellence in Aging" mission.

To donate, contact the Madison Foundation at P.O. Box 446, Madison CT 06443 or stop in to pick up a donation form.

MESSAGES FROM THE MUNICIPAL AGENT

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Last Day for deliverable fuel deliveries: March 15th Helps to offset heating expenses during the winter. All fuel sources welcome to apply. Income and assets are counted for **ALL** members living in the home. Asset limit for homeowners is \$15,000 & for renters is \$12,000. Please contact Heather for a list of required documentation. **Guidelines: Monthly Income: Single: \$2,926, Couple: \$3,826**

PROPERTY TAX SAVINGS PROGRAMS

The Town of Madison as well as the State of Connecticut have programs to assist residents with tax savings. The following programs are available to eligible residents: **Local Tax Relief, Local Tax Deferral, Local Tax Freeze**, as well as the State of Connecticut Tax Relief/Circuit Breaker Program. There is also a Veteran's and a Disability exemption that may be available. There are eligibility and income guidelines for each program. Please contact us for more information or to schedule an appointment. If you intend of filing income taxes for 2018, they must be filed first. **Filing time period: February 1st — May 15th, 2019**

MEDICARE SAVINGS PROGRAM

Helps to pay the monthly Medicare Part B premiums. Depending on income level this program may also lower co-pays for prescriptions to between \$3.30 and \$8.80 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. **Updated guidelines not available at time of printing. Please contact Heather for more information**

RENT REBATE

One time assistance that helps to offset rental expenses. Documentation of 2018 income, payments made for rent, heating, water bills, and electric are required to apply. Application intake begins after May 15th, 2019. In preparation for an appointment, call your utility/rental companies **now** and request a statement of your payments made in 2018. **2018 Maximum Annual Income Single: \$36,000 and Couple: \$43,900**

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:

Single Income	Number of Possible Meals Subsidized Per Week
<\$1,012/Month	4 meals/week maximum
\$1,013–\$1,265/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 following programs Energy Assistance, CT Tax Relief, or CT 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. **The wave of New Medicare Cards for Connecticut has been completed.** The cards were mailed in a non-descript white envelope. If you did not receive your card, or threw it out, please call **1-800-Medicare** and request another copy. For more information stop in to Center for a copy of "10 things to know about your new Medicare card." **Lamination available.**

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, Mar. 19th, 11–12pm FREE**

CLUBS, GROUPS AND BRIDGE

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!

MSC BOOK CLUB

The next meeting will be **Tuesday, Mar. 26th *One Thousand White Women – Jim Fergus***. Meetings at 1pm. Please Register.

A JOURNEY THROUGH AMERICA'S PAST

An interactive series of seminars about the history of the US

America's story will be related in a series of hour-long seminars focused on key events, as well as the persons whose life, work, and achievements shaped its destiny. The story will begin with the Age of Exploration and conclude with the election of 1860 (Abraham Lincoln's first term) events as part and parcel of a complex tapestry (This class began 10/26/18 and will meet monthly through June 2019) Friday, February 8th & 15th at 10:30am **Fee: \$15**

SENIORS NEWCOMERS' CLUB

We welcome you to join our Newcomers' Club designed to acquaint new residents with the community. For event details please contact Jennie at newcomersclub15@gmail.com. **In March:** We will meet at a member's house for a pot luck lunch on **Thursday 3/14 at 12:30 pm**.

SWEDISH WEAVING & JUDY'S FABULOUS BAGS

Swedish Weaving is a very relaxing and fun needlecraft that dates back centuries. We are currently looking for someone to run this wonderful group, but until then weavers are welcome to use this time and space to work on their own projects.

Judy Wayland is teaching the wonderful craft of crocheting with plastic bags. You can make amazing things from beach bags to sandals to lovely purses. **Both are on Tuesdays 10am-12pm PLEASE REGISTER FREE**

MONDAY MOVIE MATINEE MOVIES BEGIN AT 1PM

3/11 *The Quiet Man* – John Wayne & Maureen O'Hara 2hr 9m

3/25 *The Big Short* – Christian Bale, Steve Carell, Ryan Gosling & Brad Pitt 2hr 10m

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 a friendly group of artists to work on a current project or start one here.

Tuesdays, 1:30-3:30pm Please Register FREE

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**

HEALTH PROGRAMS

Presented by Mary Jane Fegan, of Rehab Concepts

Cognitive and Memory Solutions:

This is an issue we all worry about, and Mary Jane will help to let you know if you need to be concerned or if it is just the symptoms of a busy lifestyle. She will also cover what you can do to increase your cognitive and memory functions. **Please Register for this event. Thurs., March 28th at 10:30am**

POLDARK

It is a delightful tale full of twists and turns, characters to love, characters to hate and plenty of intrigue delivered in the way only Masterpiece Theater can. Please register for this event. Thursdays at 4pm **FREE**

GENERAL INFORMATION/ONGOING ACTIVITIES

LEGAL ASSISTANCE

Thurs., Mar.. 7th & 21st 9-10am

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

SENIOR CENTER BINGO

We offer Bingo on the 2nd Wednesday of the month. *Please register for this free event.* **Wednesday, Mar. 13th at 1pm Free**

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, Mar. 25th at 4pm**
*Please register with **Kirsty Smith** at the Scranton Memorial Library (203) 245-7365, to receive updates regarding cancellations.*

DIAL-A-RIDE (203) 245-5695 OR (203) 245-5627

Mondays: 8am - 4pm Wednesdays: 8am - 4pm NEW Thursdays: 12 noon-6pm Fridays:8am to 2pm

The Senior Center provides 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 call early* as we are often booked several days in advance.

SENIOR CENTER BUS - MONDAY - THURSDAY 9AM TO 3:30PM FRIDAYS 9AM TO 1:30PM

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

MEALS-ON-WHEELS BY MADISON SENIOR CENTER

Meals delivered around noon to the homebound or recently recovering. You need to give 5 days notice & a doctor's referral.

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, Mar. 19th, at 11:30am**

PLEASE REGISTER Lunch Fee: \$4

ONGOING ACTIVITIES AT THE SENIOR CENTER

Bridge Thursdays & Fridays 10am – 2pm

Canasta Tuesdays 1 – 3:45pm

Coloring Club Wednesdays 1:30 – 2:30pm

Cribbage Mondays 1 – 3pm

Hand & Foot Tuesdays & Thursdays 1:30 – 3:45pm

Judy's Bags Thursdays 1-2pm

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

Poker Mondays & Wednesdays: 9:30 – 11:30am, 12:45 – 3pm

Quilts of Joy Tuesdays 1:15 – 3:30pm

Swedish Weaving Tuesdays -10 – 11:30am

Walking Club Mondays Wednesdays 10am

HANDICAPPED PARKING PERMIT APPLICATION

Permit applications are available in the Senior Center office.

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, Mar. 12th & 26th 12:30pm**

SAFETY CHECK LIST

Are you concerned for your safety in the event of a Hurricane or other weather event? The "safety check list" will be utilized in the case of an emergency. In the days following an emergency weather event, a representative from Madison Senior Services will contact those on the list. To add your name to the list, call **(203) 245-5627. Always plan and be prepared for at least 3 days following a weather emergency.**

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, March 18th By Appointment Only**

MSC ART GALLERY

View our art exhibit by Coastal Camera Club from Mar 4th. through Apr. 15th. (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 show your work, please contact us for information.

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 **Mar. 4th - 25th** 4 Classes **MM\$24 | NMM\$34** Minimum Needed: 7

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

Fridays - 10:30–11:30am **Mar. 1st – 29th** 5 Classes **MM\$30 | NMM\$40** 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. **Tuesdays** - 9:30–10am **Mar. 5th - 26th** 4 Classes **M\$34 | NMM\$44** 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 **Mar. 6th – 27th** 4 Classes **MM\$28 | NMM\$38** Minimum Needed: 6

Registration Required for All Classes at least one week prior to starting date of class.

THE 18 MOVEMENTS VIDEO PRACTICE

We are offering practice *Chi Qigong Shibashi* sessions. We have a video that demonstrates all the movements. If you are interested in continuing your practice, as some of the students have expressed to us, come to the Senior Center Library and join in. Please register for this free event. **Thursdays at 10am Free**

WALKIE TALKIES

If you are tired of walking alone, walk with us! Weather permitting on **Mon. & Tues. at the MSC at 10am. FREE**

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. This special session will be sponsored by the *VNA Community Healthcare*, and will run for 12 weeks at a reduced price. Along with helping balance this session will have a special emphasis on arthritis. If you were thinking Tai Chi might be for you, now is a great time to check it out. Instructor: Suzanne Hanley

Monday, Apr. 15th - May 13th at 9am (No Class on 2/18) Min. Needed: 8 Fee: MM\$15 | NMM\$20

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 1pm – 2pm Mar. 5th - 26th 4 Classes at 1pm. Fee: MM\$32 | NMM\$42 Min. Needed: 5

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 11-12pm FREE Tap shoes & registration required.**

COUNTRY LINE DANCING

A great way to keep moving, good exercise, dancing with fun people! Karen Pfrommer is changing things up and keeping your feet tapping for a lively work out! (6 classes)

Starting Monday, Mar 25th - Apr. 29th at 2-3pm Minimum: 6 No class 2/18 Fee: MM\$44 | NMM \$54

MEDITATION WITH SARAH

Prioritize your wellbeing this year and join our meditation group where Sarah Johnson will share guided meditations, breath and body awareness, and mindfulness to help you relax, learn to manage stress, and find greater ease and wellbeing in your life. All levels welcome!(4 classes) **Instructor: Sarah Johnson Tues., Mar. 5th - 26th at 10:30am Fee: MM\$30 | NMM\$40**

ZUMBA GOLD® WITH CASSIE MORRISSON

Zumba Gold® is perfect for the active older adults who are looking for a modified Zumba® class that recreates original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination, increased cardiovascular fitness and muscular conditioning! For your safety we ask you only wear sneakers. If you come in dress shoes, sandals, slippers or bare feet you will be asked not to participate for your own safety. (6 classes) **Thursdays, Mar 21st - Apr. 25th 5:30 - 6:30pm Fee:MM\$42 | NMM\$52**

MADISON SENIOR CENTER DAY TRIPS

Foxwood Mondays

Monday, March 11th

Every turn leads to a new adventure. *We will be alternating between Mohegan and Foxwoods on a monthly basis.* This month it's back to Foxwoods. Food vouchers & bet coupons included. *The trip takes place on the second Monday of every month (unless that falls on a holiday). 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**

Corsets & Top Hats

Tours of Distinction

Tuesday, April 16th

Meet Mrs. Caroline Astor, the Grande Dame of Newport and New York society in the late 1800s. Mrs. Astor is the step-on guide who will take us on a time-travel Gilded Age tour of Newport. Our tour route includes the famous Ten-Mile Ocean Drive, the "cottages" of the Gilded Age along Bellevue Avenue, and plenty of gossip! Be sure to bring a camera as there will be opportunities to get off the motor-coach to take photos. During the driving tour, there will be crystal ball moments where Mrs. Astor can peek into the future. She will tell us about such events as the sinking of the Titanic, on which her son perished, and the wedding of John F. Kennedy and Jacqueline Bouvier in Newport. Lunch will be served at La Forge Casino Restaurant which is situated on the grounds of the International Tennis Hall of Fame and overlooks the first grass tennis courts in America. For your entrée, choose one of the following: Turkey Club, Open Faced Chicken Salad (sweet pickles and celery on grilled sourdough), Veggie Wrap (roasted eggplant, chickpea mash, feta and fennel on a pita) or the Casino Burger (*American cheese, lettuce, tomato and mayo*). All entrees will come with Soup, Coffee, Tea, Iced Tea, and Dessert. During dessert, Mrs. Astor will talk about Gilded Age dining etiquette, calling card customs, and how Newport is the American side of the Downton Abbey story. She will also give updates about the current owner of her former mansion and tell about today's descendants of the Gilded Age Astor and Vanderbilt families. After lunch, we bid adieu to Mrs. Astor and have free-time to explore the wonders of Newport. **Depart MSC: 7:45am, Estimated Return: 7pm** **Fee: \$105**

My Name is Ben

Goodspeed Terris Theater, Chester

Wednesday, May 22nd

The true story of an ordinary man and his extraordinary life. From his tiny room in New York City, Bernhardt Wichmann III changed the lives of those around him without saying a word. Using just his notepad and pen and open heart, Ben turned a neighborhood of strangers into a community of friends. Featuring a joyful, folk-inflected score by an award-winning Scottish writing team in collaboration with Dundee Rep, one of Scotland's leading theatres, this is the story of how one man with nothing somehow changed everything. **Depart MSC at 1pm** **Fee: \$44**

Sail Away Argia

Tours of Distinction

Monday, August 12th

This morning will be one of beauty and history. You will board the 81-foot Schooner Argia for a 2 ½ hour narrated sightseeing cruise. From the wooden deck, you will see the Captains' homes along the river and hear about this area that is so rich in maritime history. Sit back and relax as you sail by scenic coastlines, islands, and lighthouses. You might even feel up to helping the crew hoist and trim the sails. After your cruise, enjoy lunch at Steak Loft. Choose one of the following entrees: Chicken Teriyaki, or Baked Salmon (with Citrus Butter), or Sliced Steak (on Toast with Garlic-Parsley Butter). All entrees include a Baked Stuffed Potato and dessert. After lunch, spend some free-time in Olde Mistick Village. You will have time to explore the unique shops and stroll the village. **Depart MSC at 7:30am, Est. Return: 5pm.** **Fee: \$110**

Escape to Acadia

Tours of Distinction

Monday, September 16th - 18th

Escape to Maine's beautiful coastline and enjoy the beauty of the Acadia National Park and the bustle of Portland and Bar Harbor on this 3 day, 2 night experience. Leaving bright and early on Monday morning we'll travel to Portland where we'll meet our guide who will take us on a narrated tour of Maine's largest city, then on to Camden. We will stay at the *Cedar Crest Hotel* for the next 2 nights. Enjoy a wine and cheese reception upon arrival to help unwind, followed by our first included dinner where lobster will be on the menu. The next day we'll head to Acadia National Park. Our guided tour will take us to *Cadillac Mountain* (the highest point on the North Atlantic seaboard), the national Park Nature Center at *Sieur de Mont Springs* and the pounding surf at Thunder Hole. For dinner will go to a local restaurant for a lobster bake. The next morning we'll travel to picturesque Boothbay Harbor. There are a myriad of quaint shops and places to choose from for lunch before heading back to Madison for an approximate return by 9:30pm. **Depart MSC at 7am. Pricing: Double \$599pp; Triple \$569pp; Single \$785pp. Don't Miss all the juicy details, register for the Special Travel presentation on April 24th at 10:30 am.**

MADISON SENIOR CENTER TRAVEL ADVENTURES

Montréal Fireworks and Festivals

Tours of Distinction

Friday, July 5th - 8th

Day 1: This morning, we have an 7am departure for our journey north to Montréal. Summer is filled with the excitement of the city's extravagant festivals! Upon arrival, check into the Delta Montréal hotel, where we will be staying for the next three nights. The hotel is located just steps away from the entertainment district, underground shopping, and Mount Royal. Day 2: Following breakfast, our day is free to explore Montréal which is home to 120 distinct ethnic communities, making it a mosaic of cultures and traditions. The Montreal Jazz Festival is the world's largest, and today is the final day, so make the most of this fantastic opportunity to see the festivities! This evening, the group will reconvene for dinner at the Restaurant du Vieux Port, before heading off to reserved seats at the final concert of the Montreal Jazz Festival! Day 3: After breakfast, the group will be joined by a local guide. Our city tour will take us through time in Old Montreal, as we visit Place d'Armes, the Old Port, and the Bonsecours Market before visiting the new Quartier International. We will also visit the Mount Royal Park, the Saint-Joseph Oratory, and the incredible Notre-Dame Basilica. The Notre-Dame Basilica, originally built in 1672, was actually demolished and rebuilt in 1824. Traces of the original site are visible at Place d'Armes. In 1982, Pope John Paul II recognized the significance of Notre-Dame, and raised it to the rank of a Minor Basilica. Today, the Notre-Dame Basilica continues to play a role in the artistic community as the home to the evening Aura experience. Following our tour, enjoy a few hours on your own for lunch, your own explorations of Montreal, and time to freshen up before we head to the evening's festivities. Tonight, we enjoy a 5-course dinner cruise on the St. Laurent River, which will put us in the perfect place to view the first performance of the Fireworks Festival is the world's largest and most prestigious fireworks competition, drawing the biggest pyrotechnics firms to produce 30-minute pyro-musical extravaganzas. Day 4: Following breakfast today, we say 'adieu' to Montreal as we make our way home with memories of the magnificent music and fantastic fireworks that were enjoyed by all! **Pricing: \$1285 pp Double | \$1159pp Triple | \$1739pp Single. Don't Miss all the juicy details, register for the Special Travel presentation on April 24th at 10:30 am.**

Chile & Argentina

Journey to the Southern Cone

Thursday, Sept. 25th - Oct. 8th, 2019

This remarkable 14 day trip includes so many wonderful events it is hard to list them all here let alone describe them. You will spend 11 nights in 4 star hotels with 17 meals included (11 breakfasts, 2 lunches and 4 Dinners, guided visits to both side of the spectacular Iguazu Falls. Enjoy city tours of Santiago, Valparaiso and Viña del Mar, Mendoza and Buenos Aires. Take in a Mendoza Winery Tour and visit a Buenos Aires Guacho Ranch and a Tango show! Pricing: Double: \$4,959pp | Single \$5799pp.

British Landscapes

(England, Scotland & Wales)

Thursday, Sept. 26th - Oct. 5th

Day 2: The tour opens in London, the cosmopolitan and historic capital of England. Tonight, enjoy an ale and pie tasting at a traditional English pub. Day 3: Alongside a local guide, view the Tower of London, Big Ben, the Houses of Parliament, Westminster Abbey and Buckingham Palace. Day 4: Travel to the medieval city of York, stopping in the 800-year-old town of Cambridge. Upon arriving in York, join your Tour Manager for a brief orientation tour. OR, choose to arrive in York earlier by way of an high speed rail, and take a walking tour of the city, preserved from the Middle Ages. Day 5: Enjoy a the morning in York before traveling north to Scotland, where you'll see Hadrian's Wall, the mark of the northern border of the Roman Empire. Next, drive through Scotland's Borders region before arriving in Edinburgh, and enjoy dinner at a local restaurant. Day 6: Get acquainted with this city on a guided all-encompassing tour of the city via coach -OR- join a local expert and explore the city on foot. Both tours visit Edinburgh Castle, home to the Scottish Crown Jewels, and a former home of Mary, Queen of Scots. Day 7: Our final stop in Scotland is the town of Gretna Green, where generations of couples came to marry. Later, visit England's Lake District, and the home of the poet William Wordsworth. Stay overnight in beautiful Ruthin Castle, in the north of Wales. Day 8: Today visit the birthplace of William Shakespeare, on a journey to Stratford-upon-Avon – your home for the next two nights. You can choose to tour Anne Hathaway's cottage, the childhood home of the author's wife - OR- enjoy a cruise along the Avon River. Day 9: Complete your visit with a journey to Stonehenge. Explore the beautiful villages of the Cotswolds region. Tonight, join your fellow travelers for a farewell dinner at Hall's Croft, a 400-year-old Shakespeare family home. **Pricing: Double: \$3,349pp | Single: \$4,249pp | Triple \$3,319pp (Booking before 3/27/2019)**

Italy's Treasure

Art, Food & Wine

Saturday, November 2nd-13th

The details of this trip are too numerous to list here so pick up a brochure at MSC. Some of the highlights include: exploring Lake Orta, one of Italy's hidden treasures, discovering magical Cinque Terre, a UNESCO World Heritage Site and experience medieval life at the Palazzo Davanzati. You will spend two nights in romantic Venice, delight in Florence's myriad treasures while on a tour of the city; uncover the prismatic landscape of the Tuscan countryside. Journey via watercraft to Isola dei Pescatori for a lovely welcome dinner. Learn the art behind Tuscan cuisine during a cooking lesson with an expert chef. Indulge in local delicacies during a cocktail party in Stresa. **Pricing: Double: \$4,599pp | Single: \$4,999pp | Triple \$4,499pp (Booking before 3/27/2019)** To get all the details join us at the Special Travel Presentation on March 20th at 10:30am.

WHEN DEPARTING ON A DAYTRIP, PLEASE PARK IN THE LOT ACROSS THE STREET FROM THE SENIOR

FEBRUARY MENU

MARCH Menu

Fri. 1 Seafood Chowder, Grilled Swordfish with Dilled Lemon Butter and German Chocolate Cake

Mon. 4 Vegetable Soup, Tortellini with Sausage and Vodka Cream Sauce , Boston Cream Pie

Tues. 5 Curried Chicken and Lentil Soup, Pork Marsala, Cookies

Wed. 6 Broccoli and Beef Soup, Balsamic Braised Chicken, Blueberry Pie

Thurs. 7 Cream of Spinach Soup, Beef Roulade, and Coconut Cream Pie

Fri. 8 Seafood Gumbo, Lemon and Herb Roasted Cod with a Potato Purée, Turtle Brownies

Mon. 11 French Onion Soup Grilled Chicken Alfredo Fettuccini, Lemon Meringue

Tues. 12 Cream of Cauliflower Soup. Roast Pork Loin, Cannoli

Wed. 13 Happy Birthday Luncheon Chicken Rice Soup, Cheese Ravioli with Tomato Basil Sauce, Birthday Cake

Thurs. 14 St. Paddy's Day Luncheon Potato and Leek Soup, Braised Lamb Shank Smashed Fingerling Potatoes and Dessert **\$12**

Fri. 15 Tomato Soup, Mussels in a Peanut, Coconut, Lime Broth, Cheesecake

Mon. 18 Chicken Noodle Soup, Meatball Sub with Broccoli Slaw, Pineapple Upside Down Cake

Tues. 19 Garden Salad, Chicken Parmesan, Chocolate Cake

Wed. 20 Minestrone Soup, Kielbasa and Sauerkraut, Tiramisu

Thurs. 21 Cream of Asparagus Soup, Beef Short Ribs and Ice Cream

Fri. 22 Italian Wedding Soup, Flounder Française, Key Lime Pie

Mon. 25 White Bean & Sausage Soup, Chicken Piccata with Toasted Orzo and Pecans, Parfait

Tues. 26 Chicken Lentil Soup, Roast Rack of Pork with Exotic Mushroom Pasta, Vanilla Pudding

Wed. 27 Mushroom Barley Soup, Beef Bourguignon, Black Forest Cake

Thurs. 28 Minestrone Soup, Pastrami on Rye, Lemon Cake

Fri. 29 Manhattan Clam Chowder, Stuffed Sole, Peach Pie

NEW SIGN-UP GUIDELINES

- ❖ **Madison Residents:** 3rd Monday of the month for the following month
- ❖ **Non-Madison Residents:** 3rd Wednesday of the month for the following month.
- ❖ **All participants must be active members of the Madison Senior Center or a guest.**

To cancel a lunch reservation, call us (203-245-5627) no later than 9am the day of the reservation, and we will credit your account. *Thank you for your cooperation.* **Lunch is \$4 and served at 11:30am. Pre-payment is required.**

BACK PAGES

When inclement weather arises, the Madison Senior Center will post **closing information on your local NBC, CBS, ABC News channels**. If you would like further information regarding the status of individual programs, transportation or the Center, please call (203) 245-5627.

AARP INCOME TAXES

Get Free Help with Your Tax Return AARP Certified Tax-Aide counselors provide free income tax preparation assistance for low-and-middle-income taxpayers of all ages, with special attention to those 60 & older. Taxpayers **MUST** bring copies of their 2017 tax return. Tuesdays from 9:30am - 3pm from Feb. 5th through Apr. 9th. Taxes will be prepared by appointment only.

You may call for an appointment at (203) 245-5627

REIKI SHARE

A Reiki Share is a gathering of Reiki practitioners who participate in group Reiki treatments on each other. The main purpose for the Reiki share is to practice giving and receiving Reiki in a casual atmosphere of friendship, honor, and positive energy. For this Reiki share we are asking that you have at least a Level I Reiki certification. We also invite anyone who is curious about Reiki and would like to experience receiving Reiki. *Kim Tallcouch*, who taught our Reiki class this fall will lead the event. **Monday, Mar. 11th at 10-11:30am Fee: \$5**

LEARN UKULELE WITH PETER

Classes for beginners and up at the Madison Senior Center. Ukulele performer and teacher Peter Magrane. Peter grew up in New York and as a young musician was exposed to Greenwich Village's folk, blues, rock 'n' roll and jazz scenes. He has spent extensive hours performing at numerous hospitals, nursing homes, coffee houses and bars throughout the United States. He is a well-rounded musician who loves working with children and adults. As a performer and teacher Peter believes the ukulele holds an important place in music and music education for all ages. Come join Peter and other seniors to learn to play this wonderful versatile instrument. If you have a ukulele bring it along! **Wed., Feb. 6th-27th at 10am Fee: MM\$34|NMM\$43**