

Trends & Traditions

April 2019

Madison Senior Center

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FEATURED EVENTS

NEW BRITAIN MUSEUM OF AMERICAN ART THE BEYOND: GEORGIA O'KEEFFE AND CONTEMPORARY ART

Enormous flowers, luscious colors, desert landscapes, feminine forms, and still lifes. Georgia O'Keeffe (1887–1986) pioneered revolutionary ways of visually interpreting the world through her early embrace of abstraction and effusive use of color and is recognized as one of the preeminent American painters of the twentieth century. Her art has intrigued viewers and artists alike for generations, and this spring, the New Britain Museum of American Art will present *The Beyond: Georgia O'Keeffe and Contemporary Art*, an innovative exhibition that celebrates her work and legacy. *The Beyond* will bring together three dozen iconic works—that will be grouped by theme—Flowers; Cities and Deserts; Still Lifes; The Intangible Thing; Finding the Figure; and the Beyond—O'Keeffe's paintings and sculptures will appear alongside works by twenty contemporary artists that evoke, and elaborate upon the images and approaches that mark O'Keefe's career. *The Beyond* will examine the lasting impact and legacy of O'Keeffe's work as a touchstone for artists working today. After the tour we will head to Middletown and the *Tavern at the Armory* for lunch on your own. **Minimum of 8 participants.** *Fee includes admission to Museum, docent led tour and bus fee.* **Wed., April 17th depart MSC at 10:30am Bus Fee: \$32**

TOURS OF DISTINCTION TRAVEL PRESENTATION: MONTREAL & ACADIA

Montreal, Festivals and Fireworks trip departs from the Senior Center on Friday, July 5th. You will Tour the city, go to one of the world's largest Jazz festivals and experience a musical, pyrotechnic display that will rival any you have yet seen. **Escape to Acadia** begins Monday, Sept. 16th. You will visit Maine's iconic coastline, tour Portland and then head for Camden and the majestic Acadia National Park. Before going home you will stop in Boothbay Harbor for lunch and some shopping. **Come to the presentation and hear all the juicy details of these great trips. Wednesday, April 24th at 10:30am FREE**

COLLETTE TRAVEL PRESENTATION: VIETNAM

Set out on a journey that reveals the best of Vietnam. Inside the lush valleys and verdant fields of a rural paradise, discover a beautiful country with a long and rich history. Tracey O'Neill will detail all the reasons that Vietnam is a country you should see. **Please register Wednesday, May 8th, at 10:30am FREE**

APRIL SHOPPING TRIPS

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

Pier 1 HomeGoods & Marshalls in Old Saybrook - 4/3 \$3 • Fresh Market, Michaels & DSW in Guilford - 4/22 \$2

Both trips depart at 1pm

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 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

Apr. 11th 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

BACKYARD WILDLIFE

Officer Liz Ammendola, Madison's Animal Control Officer, has graciously offered to come talk to us about how to live peaceably with the wildlife that visit our yard. She'll share how to keep raccoons from raiding the bird feeder, how to encourage or discourage wildlife from frequent your backyard, and how to keep pets safe. **Please register for this program. Wednesday, April 17th at 1pm FREE**

FREE FINANCIAL COUNSELING FOR SENIORS AT THE MADISON SENIOR CENTER

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 scheduled in 15-minute increments twice a month on the 2nd and 4th Thursdays of the month **by appointment only. Thurs., April 11th & 25th from 9:15 - 10:15am FREE**

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! (4 classes) **Wednesdays, Apr 3rd-24th at 10am Fee: \$34**

TRAVEL TRAINING

The Kennedy Center Travel Training is a nationally acclaimed program that teaches people how to properly and safely use the local bus and rail system on a one-to-one basis throughout the state of CT. Since 1991, The Kennedy Center has successfully travel-trained more than 3,000 people, aged 16-95, to safely use local buses and trains to access the community. This free training process is individualized to meet your personal needs. Come find out how this amazing, free program can give you more independence. Please Register. **Thursday, April 25th at 1:30pm FREE**

MESSAGES FROM THE MUNICIPAL AGENT

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Application Deadline: April 30th - 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. **Maximum Monthly Income: Single: \$2,560.86 and Couple: \$3,466.14**

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, Apr. 16th, 11–12pm FREE**

CLUBS, GROUPS AND BRIDGE

MSC BOOK CLUB

The next meeting will be **Tuesday, April 23rd *A Long Way Home—Saroo Brierley*** 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, Apr. 12th & 26th at 10:30am Fee: \$15**

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 more info, or to RSVP, contact Jennie at newcomersclub15@gmail.com **In April:** We will meet at the MSC for a talk by Mr. Robert Kuchta coffee and cookies will be served. Before his retirement Mr. Robert Kuchta worked as Inland Wetlands Enforcement officer and Tree Warden for the town of Madison. He will speak about public parks in Madison as well as some nearby towns He has visited every one of the 140 Connecticut State Parks and Forests and will share highlights of his favorite park **Tuesday April 9th at 1:30 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**

APRIL MOVIE MATINEE _ MOVIES BEGIN AT 1PM

4/8 *V for Vendetta* – Natalie Portman & Hugo Weaving 2hr 12m

4/22 *The Wife* – Glenn Close & Jonathan Pryce 1hr 39m

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**

THE NEWSLETTER BRIGADE NEEDS HELP!

We are looking for folks who would like to help us preparing our newsletter for mailing. This entails folding them, putting on the mailing labels and applying 3 wafer seals to each newsletter. We generally do this the third week of the month and it takes, depending on the number of volunteers, about 4-5 hours. We start around 9am. If this is something you think you be interested in doing, please give Ellie a call at **(203) 245-5627.**

HEALTH PROGRAMS

Knee and Hip Health:

Mary Jane Fegan of Rehab Concepts will discuss and answer questions about how to keep your knees and hips healthy and how to strengthen them if they are not. Bring your questions to this informative program that concerns so many of us.

Please Register for this event. Thurs., April 18th at 10:30am Coming next month:

How to Get Up Off the Floor and Are You Sleeping?

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 1pm FREE**

GENERAL INFORMATION/ONGOING ACTIVITIES

LEGAL ASSISTANCE

Thurs., Apr. 4th & 18th 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, Apr. 22nd 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, Apr. 22nd 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 and 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, Apr. 16th, 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 & Swedish Weaving Thursdays 1-2pm

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

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

Mah Jongg: Mondays, Wednesdays & Thursdays 9:30-3:30pm

Quilts of Joy Tuesdays 1:15 – 3:30pm

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, Apr. 9th & 23rd 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, April 15th By Appointment Only**

MSC ART GALLERY

View our art exhibit by **Linda Greenwald** Apr. 16th. through May 27th. (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 **Apr. 1st - 29th** 5 Classes **MM\$30 | NMM\$40** Minimum Needed: 7

Wednesdays - 10:30–11:30am **Apr. 3rd - 24th** 4 Classes **MM\$24 | NMM\$34** Minimum Needed: 7

Fridays - 10:30–11:30am **Apr. 5th - 26th** (*No Class 4/19*) 3 Classes **MM\$18 | NMM\$28** 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 **Apr. 2nd - 30th** 5 Classes **M\$42 | NMM\$52** 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 **Apr. 3rd - 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. Instructor: Suzanne Hanley **Mon., Apr. 15th - May 13th at 9am Min. Needed: 8 Fee: MM\$30 | NMM\$40**

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 **Tues., Apr. 2nd-30th at 1pm. (No Class 4/23) Fee: MM\$32 | NMM\$42**

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) **Monday, Apr. 8th - May 13th at 2-3pm Min: 6 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!(5 classes) **Instructor: Sarah Johnson Tues., Apr. 2nd - 30th at 10:30am Fee: MM\$38 | NMM\$48**

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, May 2nd - Jun. 6th 5:30 - 6:30pm Fee:MM\$42 | NMM\$52**

TAKE A HIKE...WITH BOB!

Bob Kuchta, naturalist and veteran hiker, will take you for a hike in parks in Madison and surrounding towns. They will be geared for senior hikers and will last for 1 hour. This is a great way to discover the wealth of natural beauty we have on the shoreline. **Monday, April 29th depart MSC at 1pm FREE**

MADISON SENIOR CENTER DAY TRIPS

Mohegan 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 Mohegan. 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 step-on guide who will take us on a time-travel Gilded Age tour of Newport. Our tour route includes the, 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. 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. **Depart MSC: 7:45am, Estimated Return: 7pm Fee: \$105**

Connecticut Science Center

Coffee Club

Wednesday, May 8th

We are so excited to offer a trip to the CT Science Center's Adult Coffee Club. Today they have Sonia Plumb, the artistic director of Sonia Plumb Dance Studios discussing the topic of movement of the body. Following the event, enjoy access to the newest anatomy exhibit, Real Bodies, and then enjoy our beautiful Butterfly Encounter. Dive into a fully living, tropical experience at the all new Butterfly Encounter. Experience an immersive exhibit like no other at the Science Center. With new species and a variety of tropical plants, this exhibit is not only fully living but constantly growing. You will experience life science at its best with colorful butterflies in our tropical greenhouse. Experience 40-50 different species free flying with new species added weekly to showcase their amazing diversity. The average temperature inside this tropical exhibit is 80°F with around 80% humidity. Coffee and tea are included. Enjoy lunch on your own, before the talk, at Vivo restaurant in the Marriott Hotel conveniently located across the street from the Science Center. (Fee includes admission and bus fee).

Depart MSC at 11am, est. return at 3:30pm

Fee: \$22

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

Godspell

Ivoryton Theater

Wednesday, May 29th

Godspell is the first major musical theater hit from three-time Grammy and Academy Award winner Stephen Schwartz (Wicked, Pippin, and Children of Eden). Loosely based around the Gospel of St. Matthew, the show follows a company of characters who unite to become a community through teachings of love, kindness, and acceptance. Led by the international hit, "Day by Day," Godspell features a parade of beloved songs, including, "Prepare Ye the Way of the Lord," "Learn Your Lessons Well," "All for the Best," "All Good Gifts," "Turn Back, O Man" and "By My Side." **Depart MSC at 1 pm 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**

MADISON SENIOR CENTER TRAVEL ADVENTURES

Montréal Fireworks and Festivals Tours of Distinction Friday, July 5th - 8th

We start our adventure with a 7am departure for our journey north to Montréal. Upon arrival, check into the Delta Montréal hotel, where we will be staying. The hotel is located just steps away from the entertainment district, underground shopping, and Mount Royal. During our visit we will explore Montréal, attend the Montreal Jazz Festival, tour Old Montreal, 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., and 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

Pricing: \$1285pp 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.

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.**

British Landscapes (England, Scotland & Wales) Thursday, Sept. 26th - Oct. 5th

Sleepy villages where sheep wander the grassy hillsides, lakes set amidst mountains that inspired centuries of literature, and cities thriving with arts and culture – these are the landscapes of Britain. Discover them on this memorable journey through England, Scotland and Wales. Sleep in a historic castle. Enjoy medieval York and its historic Minster. Soak up the pastoral landscapes of the Cotswolds. Walk in the footsteps of William Shakespeare and enjoy dinner at Hall's Croft, a 400-year-old Shakespearean family home. Explore London and Edinburgh. Personalize your tour with a choice of included excursions in Stratford and Edinburgh. Experience the wonder of Stonehenge. **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)**

Taste of Vietnam Collette Friday, March 6th-19th, 2020

Delve into an ancient and mysterious world as you explore Vietnam's rich culture and complex history. At the Vietnam War Memorial park, tour the Cu Chi Tunnels – underground hideouts used during the war. Experience life on the Mekong Delta. Learn about the country's unique culinary traditions during a cooking demonstration in rural Ky Son; at a local market followed by a cooking class in Hoi An; and while visiting the Tra Que Herb Village. Try your hand at lantern making at a famous lantern workshop. Stay aboard a luxury junk boat on brilliant Halong Bay. Behold the nation's imperial past at the Thien Mu Pagoda and marvel at the haunting ruins of My Son. A new colorful mosaic unfolds everyday as you make your way through this fascinating land. **Pricing: Double: \$3,999pp | Single: \$4,999pp | (Booking before 8/7/2019) Come to a special travel presentational about this trip Wednesday, May 8th.**

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

APRIL MENU

Mon. 1 Cream of Spinach Soup, Fish and Chips, Churros

Tues. 2 Mushroom and Lentil Soup, Spaghetti and Meatballs, Cookies

Wed. 3 Broccoli and Cheese Soup, Beef Bourguignon, Blueberry Pie

Thurs. 4 French Onion Soup, Pulled Pork Sandwich, Ice Cream

Fri. 5 Shrimp Bisque, Stuffed Flounder, Brownies

Mon. 8 Pasta Fagioli, Pork Marsala, Key Lime Pie

Tues. 9 Cream of Cauliflower Soup, Turkey Pot Pie, Rice Pudding

Wed. 10 Happy Birthday Day Split Pea Soup, Crab Quesadilla, Birthday Cake

Thurs. 11 Beef Minestrone Soup, Asian Chicken Salad, Lemon Sorbet

Fri. 12 Rhode Island Chowder, Sword Fish Puttanesca, Angel Food Cake

Mon. 15 Beef Barley Soup, Chicken Cacciatore, Tiramisu

Tues. 16 Chicken Vegetable Soup, Tuna and Swiss Melt on Croissant, Lemon Meringue Pie

Wed. 17 Cream of Asparagus Soup, Cheese Ravioli with Tomato Basil Sauce, Strawberry Cream Pie

Thurs. 18 Italian Wedding Soup, Braised Pork Shank, Cheesecake

Fri. 19 New England Clam Chowder, Stuffed Sole and Carrot Cake

Mon. 22 White Bean and Sausage Soup, Chicken Piccata with Toasted Orzo and Pecans and Boston Cream Pie

Tues. 23 Tomato Soup, Tzatziki Salmon over Greens, Coconut Cream Pie

Wed. 24 Black Bean Soup, Dijon and Herb Encrusted Pork Loin, and Chocolate Cake

Thurs. 25 Carrot Soup, Gnocchi with Peas, Chicken and Lemon, Peach Shortcake

Fri. 26 Seafood Chowder, Fish Tacos in Soft Tortillas, Lemon Cake

Mon. 29 Cream of Mushroom Soup, Grilled Chicken Alfredo Fettuccini, Chocolate Pudding

Tues. 30 Manhattan Clam Chowder, Tortellini w/ Sausage, Baby Vegetables & Vodka Cream Sauce, Apple Raspberry Pie

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

NATIONAL HEALTHCARE DECISION DAY

In honor of National Healthcare Decisions Day, VNA Community Healthcare & Hospice will be here on April 16th from 11:30-1:30, to provide information that can help you feel better prepared to answer questions that arise on the healthcare journey. Written resources will be available including free copies of ***The Five Wishes***, a document that helps detail five things: *The Person I Want to Make Care Decisions for Me When I Can't; The Kind of Medical Treatment I Want or Don't Want; How Comfortable I Want to Be; How I Want People to Treat Me; What I Want My Loved Ones to Know*. Please stop by and feel free to bring your questions! Please register. **Tuesday, April 16th from 11:30-1:30 FREE**

A YEAR OF GIVING

ABC Foundation- Act II Thrift Shop

ABC stands for A Better Chance and is one of the oldest national organizations of its kind, helping young people of color achieve their potential through education. Madison ABC is one of National A Better Chance's most successful and longstanding community school programs. For over 50 years, A Better Chance has transformed the lives of young people of color through education, and has prepared thousands of students to take positions of leadership in American society. Madison ABC is supported by the community and the many volunteers on the Board of Directors and Advisory Board. The personal involvement and financial support of the Madison community are vital to the program's success. Every tax-deductible dollar goes directly to support the program. The entire operating budget comes from private contributions and community-based fundraising projects and endeavors such as the annual Holiday Concert, the ACT II Annual Bike Sale, and the ACT II Thrift Shop. *If you would like to make a monetary donation, checks can be mailed to:*

Madison A Better Chance • P.O. Box 371 • Madison, CT 06443

HAVE BIKES TO DONATE?

SEEKING DONATIONS OF BIKES OF ALL SIZES

Note: donations are tax-deductible bikes should be in workable condition, but minor repairs are ok
Sponsored by MADISON ABC Call 203.245.8175 or 203.988.7139 to arrange for drop off

NEED A BIKE?

Check out **MADISON ABC's Annual Bike Sale**

at the Lion's Club Flea Market on the Madison Green June 22nd, 9am-3pm

Madison A Better Chance is a 501(c)(3) tax-exempt charity. Your contribution is tax-deductible to the full extent of the law. No goods or services are provided in exchange for your donation. <http://act2thrift.org>