

# Trends & Traditions

July 2019

Madison Senior Center

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## FEATURED EVENTS

**SUMMER HAPPY HOURS** Thursday “Happy Hour” events begin at 4pm

July 11<sup>th</sup> **CHLOE MAYNARD** We are excited to announce Chloe is returning to the Madison Senior Center to kick off our Summer Happy Hours. She will be singing songs with “Happy” in the title. Refreshments will be served FREE

July 18<sup>th</sup> **KALEB COHEN** Kaleb, a local 8<sup>th</sup> grader who composes his own music, will be here to sing and play for you. FREE

July 25<sup>th</sup> **BINGO!** Our delightful MYFS Youth Volunteers are calling all of our Bingo games this summer. FREE

Aug. 1<sup>st</sup> **PIZZA AND A MOVIE** **Pizza Fee: \$5**

Aug. 8<sup>th</sup> **SEASIDE RIFF** Rich Tortorige and his band will perform lighter Jazzy and Classic Rock Blues style, building from there, dancing is encouraged! Refreshments! FREE

Aug. 15<sup>th</sup> **SIP & PAINT** Paint an iconic Madison scene and join in on the fun! We will supply everything you need to create your masterpiece. Seating is limited, sign up now to reserve your seat. Soft beverages will be provided. **Fee: \$24**

Aug. 22<sup>nd</sup> **BINGO!** FREE

Aug. 29<sup>th</sup> **UKULELE CONCERT** Wear your Hawaiian shirts and enjoy the music of our Ukulele students. FREE

Please Register for these events! And please note no transportation will be available after 4pm

## BECAUSE OF WINN DIXIE – GOODSPEED OPERA HOUSE

Not since *Annie* has a stray dog inspired such joyful noise! In a Southern town filled with lost souls, a new leash on life is just around the corner when a preacher and his daughter take in a mutt named Winn Dixie. The beloved, award-winning novel about a quirky community learning to get along now sings for the first time in this uplifting new musical. Let Grammy and Tony winner Duncan Sheik (*Spring Awakening*) and Tony nominee Nell Benjamin (*Legally Blonde, Mean Girls*) take you on a heartwarming adventure for all ages. Only a few spots are left! **Wednesday, July 17<sup>th</sup> Depart MSC at 1pm Fee: \$64**

## HOLIDAY HILL SENIOR OUTING

A fun outing, for seniors only, at Holiday Hill in Cheshire, CT. The theme for the day is “Sock Hop” and there will be music from the Big Bands as well as the popular music of the 50’s. There will be raffle prizes, bingo and bocce and horseshoes, you can bring a swim suit and swim in their heated pools. There will be food all day long! The unlimited buffet is too long to list here but some of the offerings are: Assorted Donuts and Pastries, New England Clam Chowder, Assorted Cheeses and Crackers, Veggie Trays, Hot Dogs, Hamburgers, Fried Chicken, Italian Sausage, Mac & Cheese, lots of desserts and much more. **REGISTRATION DEADLINE FRIDAY, JULY 12<sup>TH</sup> Monday, August 19<sup>th</sup> Depart MSC at 9am. Fee: \$42**

## JULY SHOPPING

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

**Blazin’ Fresh Donuts** Depart MSC at 1 pm Mon., July 1<sup>st</sup> **Bus Fee: \$2**

**Old Saybrook & Lunch at the Little Pub** Mon., July 22<sup>nd</sup> Depart MSC at 10am **Bus Fee \$3**

## 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](http://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

Rosalyn Fahey

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

**July 11<sup>th</sup>, 2019 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

### HISTORY LECTURES RESUME IN SEPTEMBER

Charlie Fischer will return this fall to resume his popular history lectures. The topics include: the Revolutionary War; Manifest Destiny; An Overview of the Civil War; The Transcontinental Railroad; and The Captains of Industry.

**Thurs., Sept. 5<sup>th</sup> at 10-11:30am Fee: MM\$20 | NMM\$30**

Phillip Restifo's *Journey Through America's Past* history lectures will also resume this fall. Keep your eyes peeled for details in the August edition of *Trends and Traditions*.

### VNA SENIOR BOOTCAMP

All essential components of fitness including cardiovascular, muscular strength and endurance, flexibility, balance training, and wellness education will be included. **Weds., July 10<sup>th</sup> – August 28<sup>th</sup> at 5:30 Fee: MM\$23 | NMM\$33**

### BRIDGE PLAY & REVIEW

An 8 week session of pre-dealt bridge hands with analysis and instruction. Minimum number of students required is 8, max is 16. **Tues. from July 9<sup>th</sup> – Aug. 27<sup>th</sup> 9:30 – 11am Fee: MM\$60 | NMM\$70**

### FLASH FICTION WRITING GROUP

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. The group is 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**

### 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 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month **by appointment only**. **Thurs., July 11<sup>th</sup> & 25<sup>th</sup> from 9:15 - 10:15am FREE**

### UKULELE WITH PETER

Ukulele performer and teacher Peter Magrane will teach you how to play the ukulele. Peter has spent extensive hours performing at numerous hospitals, nursing homes, coffee houses and bars throughout the United States. Come join Peter and other seniors to learn to play this wonderful versatile instrument. If you have a ukulele bring it along! (4 classes) **(No class on 7/24)** **Weds., July 3<sup>rd</sup> - 31<sup>st</sup> at 10am Fee: MM\$34 | NMM\$44**

## MESSAGES FROM THE MUNICIPAL AGENT

### APPLICATION INTAKE UNTIL OCT. 1ST, 2019 - 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 15<sup>th</sup>, 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**

### 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. **Monthly Income Guidelines: Single: \$2,560 & Couple: \$3,466**

### 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 coupons, good at the Madison Farmers' Market. Coupons **should** be available beginning July 1, 2019. The market is open on the town green on Fridays from 3 to 6pm until the end of October.

**\*\*Guidelines not available at time of printing\*\*\***

### NEW EXPANDED GUIDELINES MADISON SENIOR CENTER DINING ASSISTANCE PROGRAM

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

Single: <\$1,012/Mo. & Couple:<\$1,372/Mo.

Single: \$1,013–\$1,265/Mo. & Couple: \$1,373–\$1,715/Mo.

Single: \$1,266–\$1,518/Mo. & Couple: \$1,716–\$2,058/Mo.

#### Number of Possible Meals Subsidized Per Week

5 meals/week maximum

4 meals/week maximum

3 meals/week maximum

\*Please note: Funds are available on a first come first serve basis and are limited. We reserve the right to waitlist you if the funding cap for the program is reached.

### 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.

### 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 3<sup>rd</sup> Tuesday monthly at MSC. **Tuesday, July 16<sup>th</sup>, 11 - 12pm FREE**

## CLUBS, GROUPS AND BRIDGE

### MSC BOOK CLUB

The next meeting will be **Tuesday, July 23<sup>rd</sup>** *A Handmaid's Tale—M. Atwood*. Meetings at 1pm. Please Register.

### MEET, MINGLE & MUNCH SOCIAL GROUP

Do you like to do things, but not alone? At the 3M's social group you can join others for fun activities and events. Meet us at **5pm** on the **2<sup>nd</sup>** Wednesday of the month at a local restaurant. *Call Adele Campanelli for details (203) 245-1651*

### THE STORY OF ENGLISH

*The Story of English* is the Emmy Award winning nine-part television series, produced in 1986, detailing the development of the English language, a little bit old but very good. The book and series have also been used in university courses. *The Story of English* encompasses history, geography, sociology, drama, language, arts, and more, it takes viewers on an unforgettable journey through the history of the English language. Host Robert MacNeil travels the world to illustrate the language's global influence. Part travelogue, part linguistics, part history, and all fascinating, the series is a unique blend of solid scholarship and engrossing entertainment. **Please Register Thursdays through Aug. 1st at 1pm FREE**

### SWEDISH WEAVING

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.

**Tuesdays 10am-12pm PLEASE REGISTER FREE**

### SENIOR NEWCOMERS' CLUB - SEE YOU IN SEPTEMBER

#### THE NIMBLE THIMBLE NEEDLEPOINT GROUP

Cynthia Barker, an experienced needlepoint teacher is running a needlepoint group at the Senior Center. There will be instruction for beginners as well as offering a place for more seasoned needle workers to complete their unfinished projects.

**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**

#### 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. ! For more info, or to RSVP, contact Jennie at [newcomersclub15@gmail.com](mailto:newcomersclub15@gmail.com)

**In June:** We will meet at the Madison Senior Center for lunch at 11:30am. Senior Center registration required

**Friday, June 21<sup>st</sup> at 11:30am Lunch Fee: \$4**

#### 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 or are curious about Reiki and would like to experience receiving Reiki. Kim Tallcouch, who taught our Reiki class last fall, will lead the event.

**Wednesday, July 24<sup>th</sup> at 10-11:30am Fee: \$5 Please Register**

#### THE BASICS OF ANIMAL COMMUNICATION

Kim Tallcouch believes that all people have the innate ability to communicate with animals intuitively. She has found that in her own life and experience, communicating with animals requires intention, practice and patience. In her presentation she will discuss the how, why and when of Animal Communication. We will have a free raffle for a 10 minute on the spot communication with an animal companion of your choice, so bring a picture of your friend with you. Kim Tallcouch is a Reiki Master teacher, animal communicator and shamanic practitioner. She holds a B.A. degree in Cultural Anthropology and Psychology. Kim teaches workshops and programs which include Animal Communication, all levels of Reiki Certification, Animal Reiki Certification. **Wednesday, July 24<sup>th</sup> at 1pm Fee: \$5 Please Register**

#### ALFRED HITCHCOCK SUMMER MOVIE SERIES (begin at 1pm on Mondays)

**7/8 *The Birds*** - T. Hedren, R. Taylor (1h 59m) **7/22 *Marnie*** - T. Hedren, S Connery (2h 10 m)

**8/12 *Psycho*** - A. Perkins, J. Leigh (1h 49m) **8/26 *Family Plot*** - K. Black, B. Dern (2h) **Free but Please Register**

#### AARP DRIVER SAFETY CLASSES

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 July 10<sup>th</sup> • Aug.**

14<sup>th</sup> • Sept. 11<sup>th</sup> • Oct. 9<sup>th</sup> • Nov. 13<sup>th</sup> Fee: AARP Member \$15 Non-Member \$20 Please make checks payable to AARP Call (203) 245-5627 to register.

## GENERAL INFORMATION/ONGOING ACTIVITIES

### LEGAL ASSISTANCE - Thurs., July 18<sup>th</sup> 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 2<sup>nd</sup> Wednesday of the month. *Please register for this free event.* **Wednesday, July 10<sup>th</sup> 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. *Please call Derek Cornwell at Madison Youth & Family Services at (203) 245-5656, to receive updates regarding cancellations. Please note new time. Every Monday in July at 3pm.*

### 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 3<sup>rd</sup> Tuesday of every month to have lunch and chat with Madison seniors. Bring your questions, concerns and compliments. **Tuesday, July 16<sup>th</sup>, at 11:30am 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

**Swedish Weaving** Thursdays 1-2pm

**Judy's Bags & Knitting** Are on Summer Break

**Poker** Mondays & Wednesdays: 12:45 – 3pm

**Mah Jongg:** Daily 9-3pm

**Quilts of Joy** Tuesdays 1:15 – 3:30pm

**Walking Club** Mondays Wednesdays 10am

**Set Back** Wednesdays 1-3:30pm

### HANDICAPPED PARKING PERMIT APPLICATION

Permit applications are available in the Senior Center office.

### ASK THE NURSE

VNA Nurse comes to MSC on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month, and can check your blood pressure, pulse and weight. She can also review your medications, help you to create a medication list, help you prepare for an appointment with your doctor. **Please Register Tuesday, June 9<sup>th</sup> & 23<sup>rd</sup> 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, July 15<sup>th</sup> By Appointment Only**

### MSC ART GALLERY

View our art exhibit by **Mark Evan Segal** from Jun. 3<sup>rd</sup> through July 31<sup>st</sup> (*Please call the Senior Center for alternate times.*)

## EXERCISE & WELLNESS PROGRAM

### EXERCISE WITH PATTY VELLECA SENIORS IN MOTION

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

**Mondays** - 10:30–11:30am **July 1<sup>st</sup> - 29<sup>th</sup>** 5 Classes **MM\$24 | NMM\$34** Minimum Needed: 9

**Wednesdays** - 10:30–11:30am **July 3<sup>rd</sup> - 31<sup>st</sup>** 5 Classes **MM\$24 | NMM\$34** Minimum Needed: 9

**Fridays** - 10:30–11:30am **July 12<sup>th</sup> - 26<sup>th</sup> (No Class 7/5)** 3 Classes **MM\$14 | NMM\$24** Minimum Needed: 9

### EXERCISE & RELAX YOGA

Hatha Yoga is used to increase circulation and relaxation. Yoga postures provide deep tension release, self-control, and they increase energy. **Tuesdays** - 9:30–10am **July 2<sup>nd</sup> - 30<sup>th</sup>** 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 **July 3<sup>rd</sup> - 31<sup>st</sup>** 5 Classes **MM\$35 | NMM\$45** Minimum Needed: 6

### 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., July 8<sup>th</sup> - Aug. 19<sup>th</sup> at 9am (no Class on 7/15 & 22) 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., July 2<sup>nd</sup>-30<sup>th</sup> at 1pm (5 classes) Fee: MM\$40 | NMM\$50**

### 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.**

### 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., July 2<sup>nd</sup> - 30<sup>th</sup> at 10:30am Fee: MM\$38 | NMM\$48**

### ZUMBA GOLD® WITH MOLLY CLARK

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. (2 classes) **Thursdays, July 11<sup>th</sup> - 25<sup>th</sup> 5:30 - 6:30pm (No class 7/4 or 25) Fee: MM\$35 | NMM\$45**

### DAYTIME ZUMBA!

Molly Clark will be teaching Zumba on Tuesday mornings. Drop by and take a class, if you like it, sign up for the series, you'll never have so much fun exercising!! (5 classes) **Tues., July 2<sup>nd</sup> - 30<sup>th</sup> 10:30 - 11:30am 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, July 29<sup>th</sup> depart MSC at 1pm FREE**

## MADISON SENIOR CENTER DAY TRIPS

### CASINO *Monday*

Monday, July 8<sup>th</sup>

Every turn leads to a new adventure. **We will be alternating between Mohegan and Foxwoods on a monthly basis.** This month we're off 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**

### Fort Trumbull and Capt. Scott's Lobster Dock

Thursday, July 18<sup>th</sup>

Fort Trumbull is a fort named for Governor Jonathan Trumbull which was first completed in 1777 near the mouth of the Thames River in New London. This fort has served as a big part of Connecticut's rich history and played an important role from the Revolutionary War to the Cold War. There are informative markers and displays, a touchable cannon and artillery crew display, and gun emplacements. The fort interior features 19<sup>th</sup> Century restored living quarters, a mock laboratory, and a 1950's era office furnished to resemble a research and development lab at the facility. There is also access to the ramparts for a spectacular view of the New London Harbor. The Visitor Center contains state of the art multimedia theaters, computer touch screen interactive exhibits, 3-D models, and extensive graphics and text panels. This one-of-a-kind center depicts over 225 years of military history and technological advances, and there is a \$6 fee to enter. After visiting Fort Trumbull we will head over to the season favorite **Captain Scott's Lobster Dock** for lunch on your own.

**depart MSC at 9:15am return by 2:30pm**

**Bus Fee:\$7**

### Thimble Island Cruise and the Lobster Pound

Fridays, July 14<sup>th</sup> & August 30<sup>th</sup>

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. **(Please Note: You must be able to climb over large step into boat)** Then bus over to the *Lobster Pound* in Guilford, for lunch. The Thimble Islands tour is \$15 (cash only) to be paid when you board, and lunch at the *Lobster Pound* is on your own, **depart MSC at 10:15am**

**Bus Fee: \$2**

### Sail Away Argia

Tours of Distinction

Monday, August 12<sup>th</sup>

This morning will be one of beauty and history in Mystic. You will board the 81-foot Schooner Argia for a 2 1/2 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. Please let MSC know your food choice when registering. After lunch, spend some free-time exploring the unique shops and stroll through Olde Mistick Village. **Depart MSC at 7:30am, Est. Return: 5pm. Fee: \$110**

### Brooklyn Bridge

Brooklyn, New York

Saturday, September 14<sup>th</sup>

Tour Brooklyn with a local guide and visiting the Brooklyn Bridge in DUMBO (**Down Under the Manhattan Bridge Overpass**) Red Hook, Sunset Park, Bay Ridge, Bath Beach, Bensonhurst, Brighton Beach and a walk along the famous Coney Island Boardwalk. Also visit famous Brooklyn movie locations like *Saturday Night Fever, Goodfellas, Scent of a Woman, Annie Hall* and more. Have "the world's most fabulous cheesecake" at Juniors, an icon in Brooklyn since the 1950's. Then walk across the Brooklyn Bridge, named the 8th wonder of the world in 1883. This tour will walk across the Bridge, the coach will not cross the bridge, so you need to be able to walk at least **ONE MILE**. Departure time to be determined.

**Fee: \$109**

### Big E

Springfield, MA

Wednesday, September 18<sup>th</sup>

More details to come

**Fee: \$53**

### Billy Elliot

Goodspeed Opera House

Wednesday, September 25<sup>th</sup>

A young boy from a coal mining family discovers his passion is dance. Depart MSC at 1pm.

**Fee: \$64**

### Shear Madness

Ivoryton Playhouse

Wednesday, October 2<sup>nd</sup>

A comedy-whodunit is set today in the Shear Madness hair salon and is loaded with spontaneous humor.

**Depart MSC at 1pm.**

**Fee: \$42**

### MGM Springfield Casino & *Forever Plaid* Musical at the Majestic Theater

Saturday, October 26<sup>th</sup>

A spectacular opportunity to visit the new MGM Casino in Springfield and go to the off Broadway production of *Forever Plaid*. Includes: Transportation, 4 hours at the casino \$20 for slot play, \$10 food credit on your card, admission the *Forever Plaid*. More details to come

## MADISON SENIOR CENTER TRAVEL ADVENTURES

### **Montréal Fireworks and Festivals      Tours of Distinction      Friday, July 5<sup>th</sup> - 8<sup>th</sup>**

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.**

### **Escape to Acadia      Tours of Distinction      Monday, September 16<sup>th</sup> - 18<sup>th</sup>**

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.**

### **British Landscapes      (England, Scotland & Wales)      Thursday, Sept. 26<sup>th</sup> - Oct. 5<sup>th</sup>**

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**

### **Italy's Treasure      NEW DATES      Monday, October 21<sup>st</sup> –November 1<sup>st</sup>**

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 6<sup>th</sup>-19<sup>th</sup>, 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 8<sup>th</sup>.**

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

## JULY MENU

- Mon. 1** Beef Minestrone Soup, Buffalo Mozzarella Ravioli, Boston Cream Pie
- Tues. 2** Tomato Bisque, Fried Chicken, Blueberry Coffee Cake
- Wed. 5** Pasta Fagioli, Fish Tacos with Soft Tortilla, Key Lime Pie
- Thurs. 4 & 5 Happy 4<sup>th</sup> of July!!**
- Mon. 8** Chicken & Lentil Soup, Cavitelli, Broccoli & Sausage, Sorbet
- Tues. 9** Navy Bean & Ham Soup, Tuna Club, Brownies
- Wed. 10 Happy Birthday!!** Wild Mushroom Barley Soup, Pork Piccata and Birthday Cake
- Thurs. 11** White Bean & Sausage Soup, Chicken Marsala, Chocolate Cream Pie
- Fri. 12** Manhattan Clam Chowder, Grilled Salmon with Melon BBQ, Chocolate Cake
- Mon. 15** Tomato Soup, Crab Cakes, Coconut Cream Pie
- Tues. 16** Italian Wedding Soup, Stuffed Cabbage, Blondies
- Wed. 17** Caribbean Jerk Shrimp Soup, Mac & Cheese and Blueberry Pie
- Thurs. 18** Cream of Potato with Bacon Soup, Fish & Chips, Apple Fritters
- Fri. 19** New England Clam Chowder, Stuffed Flounder, Lemon Meringue Pie
- Mon.** Potato Soup, Grilled Chicken & Avocado Caesar Salad, Tiramisu
- Tues. 23** Tuscan Chicken & Pasta Soup, Pulled Pork Sandwich, Jello
- Wed. 24** Beef Vegetable Soup, Short Ribs, Peach Pie
- Thurs. 25** Split Pea Soup, Chicken Cacciatore, Cookies
- Fri. 26** Seafood Bisque, Mussels in Garlic & White Wine, Ice Cream Sandwich
- Mon. 29** Chicken Florentine Soup, Roast Pork Loin, Apple Pie
- Tues. 30** Cream of Asparagus Soup, Grilled Flank Steak with Roasted Potatoes, & Corn, Ice Cream
- Wed. 31** Chicken & Rice Soup, Chicken Kiev and Strawberry Cream Pie

## SIGN-UP GUIDELINES

- ❖ **Madison Residents:** 3<sup>rd</sup> Monday of the month for the following month
- ❖ **Non-Madison Residents:** 3<sup>rd</sup> 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

### THE BIG EVENT

The Madison Senior Center and Madison Youth and Family Services are partnering to bring a Big Event to Madison! 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, misc. yardwork, etc. Jobs **cannot** require power tools or ladders for liability reasons. Job request forms will available at the senior center beginning July 1st.

For more information call the Madison Senior Center at (203) 245-5627

## A YEAR OF GIVING

### MADISON YOUTH AND FAMILY SERVICES BACKPACK PROGRAM

Each year Madison Social Services and the Madison Youth and Family Services Community Service Program team up to fill backpacks for students heading back to school. This drive helps to support the less fortunate, to ensure every student, no matter the circumstances, starts the school year with every supply they will need. Community Service students hold bake sales, and host supply drives throughout the summer. Below is a list of needed supplies:

Dry Erase Markers	Retractable Pens	Calculators
Glue Sticks	Book Socks	Two Pocket Folders
Crayons	Composition Notebooks	Pencil Sharpeners
Colored Pencils	Pencils	Pencil Boxes
Markers	Pens	Primary Journals
Highlighters	Erasers	Index Cards
Binders	3 subject Notebooks	Divider Tabs
Hand Sanitizers	1 subject Notebooks	Looseleaf Paper
Tissues	Sticky Notes	Graph Paper Notebooks