

# Trends & Traditions

August 2019

Madison Senior Center

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## FEATURED EVENTS

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

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

### BLISS TO BEACHES – TRAVEL PRESENTATION

Join Tyler Zajacz, from *Tours of Distinction*, as he details the delights of this 15-day cruise of the Western Caribbean. This fully directed tour experiences a multitude of cultures, ancient sites, idyllic beaches and all meals and nightly entertainment. Come along and join this once-in-a-lifetime cruise on the new Norwegian Cruise Line ship, *Bliss*. Come hear about all the inclusions and activities planned on this fun trip that will give you that fabulous break from the long New England winter.

**Tuesday, August 6<sup>th</sup> at 10:30am Free**

### CONNECTICUT RIVER MUSEUM AND BLACK SEAL SEAFOOD GRILLE

The Connecticut River Museum is located on the historic waterfront in Essex Village, where the charm of an authentic New England riverport provides the perfect setting to experience the heritage and wonders of New England’s Great River. Discover the heritage and natural beauty of the Connecticut River. Explore the exhibits on a guided tour. Then off to lunch at the **Black Seal Seafood Grille**, a popular spot serving everything from burgers and sandwiches to seafood platters, for lunch on your own. Join us for this fun, local trip exploring the hidden gems of the CT shoreline. Fee includes transportation and the guided tour at the museum. **Monday, August 5<sup>th</sup> depart MSC at 10:15am Fee: 15**

### ALAN DEVALERIO’S WHITE HOUSE MEMORIES

Former White House butler, Alan DeValerio, is coming to Madison Senior Center! He’s going to give you the inside details about all the preparations involved in White House entertaining. Not only will he relate his first-hand experiences with history, but he will pass on the stories from those people that he worked with (*like Eugene Allen, on whom the movie “The Butler” was based*) who have been taking care of our First Families ever since the Franklin Roosevelt administration!

Alan will also display many of the White House artifacts (menus, programs, Christmas cards, personal photos, etc. ) that he has collected over the years. And after the program, his new book “*A History of Entertainment in the Modern White House*” will be available for purchase and signing (\$20 cash or check). This is a presentation that you won’t want to miss!

Registration required. **Monday, August 12<sup>th</sup>, at 1:30pm FREE**

## 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  
Rosalynd Fahey

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

**September 12<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 2.0"

Phillip will pick-up the narrative he began in September, 2018 from its end point at the early years of the Colonial period of the 18<sup>th</sup> century, and will explore the intellectual movement known as the Enlightenment; the causes and consequences of The Seven Years' War; the movement toward American independence; the War of Independence; and the establishment of the new nation. Please try to attend as many sessions as possible to receive the full benefit of this class.

**Fee: MM\$15 | NMM\$25**

**Fridays, Sept. 13<sup>th</sup> - Dec. 6<sup>th</sup> at 10:30am**

### BRIDGE BASICS 2: COMPETITIVE BIDDING WITH SARAH CORNING

This Class 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, Sept. 6<sup>th</sup>-Oct. 25<sup>th</sup> at 10am**

**Fees: 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

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., August 8<sup>th</sup> & 22<sup>nd</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 venues 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)

**Weds., Aug. 7<sup>th</sup> - 28<sup>th</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, August 20<sup>th</sup>, 11-12pm FREE**

## CLUBS, GROUPS AND BRIDGE

### MSC BOOK CLUB

The next meeting will be **Tuesday, August 27<sup>th</sup> *The Girl Who Came Home - Hazel Gaynor 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**

### AUGUST SHOPPING

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

**Bishops Farm Market & Lunch at Guilford Marketplace Wednesday, Aug. 14<sup>th</sup> Depart at 10am Bus Fee: \$2**

**Walmart in Guilford - Wednesday, Aug. 28<sup>th</sup> Depart at 1pm Bus Fee: \$2**

### KEN BURNS' THE CIVIL WAR

*The Civil War*, an epic nine-episode series by the award-winning documentary filmmaker Ken Burns first aired in 1990 to an audience of 40 million viewers. The film is a comprehensive and definitive history of the American Civil War, and the recipient of 40 major film and television awards, including two Emmys and two Grammys. Heralded as an unforgettable introduction to a four-year conflict fought in 10,000 places, the film vividly embraces the entire sweep of the war: the complex causes and lasting effects of America's greatest and most moving calamity, the battles and the home-fronts, the generals and the private soldiers, the anguish of death in battle and the grief of families at home. **Thursdays, beginning August 15<sup>th</sup> 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**

### BLAIR'S COIN AND CURRENCY PRESENTATION

Blair Soucy has been collecting coins for over 40 years and is a professional coin dealer. He is also the President of the Bristol, CT Coin Club and Vice-President of the Litchfield County Coin Club. Blair is also an American Numismatic Association life member. Blair's program talks about the state of the hobby today, the U.S. Mint and its products, the gold and silver bullion market, and provides a general overview of coin and currency collecting. You are encouraged to bring in any coins or currency for Blair to look at to give you an idea of value and rarity. There will also be plenty of time for questions and answers. The program is designed for everyone, whether you are an experienced collector or if you just want to know what some old coins that are lying around the house are worth. **Monday, September 9<sup>th</sup> at 1pm Please register for this Free Event.**

### HELP FOR HEARING LOSS

ClearCaptions provides Caption Telephones and the Caption Service nationwide at NO COST to those with Hearing Loss. You will see every word of your telephone conversation. The only requirements are: hearing loss, a home telephone number and internet access. There is also an App for iPhones and in the near future there will be one for Android phones. Join John Noonan to talk about this free national program that re-connects Family and Friends. **Wednesday, August 21<sup>st</sup> at 10am FREE**

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

**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 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., August 1<sup>st</sup> & 15<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, August 14<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 August 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, August 20<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, August 13<sup>th</sup> & 27<sup>th</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, August 19<sup>th</sup> By Appointment Only**

### MSC ART GALLERY

View our art exhibit by **College Collections** on display beginning August 5<sup>th</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 August 5<sup>th</sup> - 26<sup>th</sup>** 4 Classes **MM\$19 | NMM\$29** Minimum Needed: 9

**Wednesdays - 10:30–11:30am August 7<sup>th</sup> – 28<sup>th</sup>** 4Classes **MM\$19 | NMM\$29** Minimum Needed: 9

**Fridays - 10:30–11:30am August 2<sup>nd</sup> – 30<sup>th</sup> (No Class 7/5)** 5 Classes **MM\$24 | NMM\$34** 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 August 6<sup>th</sup> - 27<sup>th</sup>** 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 August 7<sup>th</sup> – 28<sup>th</sup>** 4 Classes **MM\$28 | NMM\$38** 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., Aug. 26<sup>th</sup> – Sept. 30<sup>th</sup> at 9am (no Class on 9/2 Labor Day) 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 offer 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 and learn to manage stress, and find greater ease and wellbeing in your life. All levels welcome! (4 classes) **Instructor: Sarah Johnson Tues., Aug. 6<sup>th</sup> - 27<sup>th</sup> at 10:30am Fee: MM\$30 | NMM\$40**

### 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. (3 classes) **Thursdays, August 1<sup>st</sup> - 29<sup>th</sup> 5:30 - 6:30pm (No class 7/4 or 25) Fee:MM\$26 | NMM\$36**

### 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!! (4 classes) **Tues., Sept. 3<sup>rd</sup> - 24<sup>th</sup> 10:30 - 11:30am Fee: MM\$30 | NMM\$40**

### 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. This month we'll go inland to the Indian Caves **Monday, August 26th depart MSC at 1pm FREE**

## MADISON SENIOR CENTER DAY TRIPS

### **Chaffinch Island Park Picnic Lunch   Guilford   Friday, August 2<sup>nd</sup>**

We are bringing back a popular, local outing to Chaffinch Island Park. It is a well-kept park and has lovely views of the mouth of the West River, Long Island Sound and Faulkner's Island, and is perfect for a summer picnic. Grab a friend and bring a picnic basket filled with all your favorite summer delights to ensure a fun and relaxing picnic at the beach. **Depart MSC at 10:30am.**

**Fee: \$3**

### **CASINO Monday   Mohegan   Monday, August 12<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 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**

### **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 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. 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**

### **Thimble Island Cruise and the Guilford Mooring   Fridays, 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**

### **Big E   Springfield, MA   Wednesday, September 18<sup>th</sup>**

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

### **Billy Elliot   Goodspeed Opera House   Wednesday, September 25<sup>th</sup>**

Young Billy Elliot is pulled between his family's coal-mining roots and his newly discovered passion to dance. Is his future boxing gloves or ballet shoes? In the hardscrabble world of a changing England, reaching high becomes a leap of faith. Following your dream—and overcoming obstacles—has never been more electric than in the 10-time Tony winning Broadway phenomenon with songs by the legendary Elton John. Celebrate the idea of being yourself in the Goodspeed premiere of this powerful dance-filled story! **Depart MSC at 1pm. Fee: \$64**

### **Shear Madness Ivoryton Playhouse   Wednesday, October 2<sup>nd</sup>**

*Shear Madness* is one of the most popular productions in the world, delighting audiences night after night with its unique blend of madcap improvisation and spine-tickling mystery. This unique comedy-whodunit takes place today in the Shear Madness hairstyling salon and is chock full of up-to-the-minute spontaneous humor. During the course of the action, a murder is committed and the audience gets to spot the clues, question the suspects, and solve the funniest mystery in the annals of crime. The outcome is never the same, which is why many audience members return again and again to the scene of the mayhem. Voted "Best Comedy of the Year" seven times by the Boston Globe and recipient of the title "Best Play of the Year" by both the Chicago Sun-Times and the Philadelphia Enquirer, *Shear Madness* has also received the Raven Award from the Mystery Writers of America and has been inducted into the Comedy Hall of Fame, the first play ever to receive that accolade.

**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, and admission to *Forever Plaid*. More details to come. **Fee: \$60**

## MADISON SENIOR CENTER TRAVEL ADVENTURES

### 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.**

### 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)**

### Bliss to Beaches

### Tours of Distinction February 2<sup>nd</sup> - 16<sup>th</sup>, 2020

This cruise introduces Norwegian Cruise Line's newest ship, the *Bliss*, which will be your new home for 15 days as you cruise the western Caribbean. This fully directed tour experiences a multitude of cultures, ancient sites, idyllic beaches and all meals and nightly entertainment. Some of the places you'll visit are Orlando Beaches/Port Canaveral; Great Stirrup Cay; Ocho Rios, Jamaica; Georgetown, Cayman Islands; Roatan/Bay Islands, Honduras; Harvest Caye, Belize; Costa Maya and Cozumel.

**Pricing: Inside Stateroom: Double \$2,179, Single \$3,589; Balcony Stateroom: Double: \$2,789, Single: \$4,859**

**Special Travel Presentation: Tuesday, August 6<sup>th</sup> at 10:30am**

### 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 presentation 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**



## AUGUST MENU

- Thurs. 1** Chicken Vegetable Soup, Chicken with Hunter Sauce and Cinnamon Apple Cake
- Fri. 2** Seafood Bisque, Crab Cake Sandwich & Key Lime Pie
- Mon. 5** Mushroom Lentil Soup, Honey Stung Fried Chicken, and Cookies
- Tues. 6** Tomato Soup, Grilled Flank Steak with Roasted Potatoes & Corn, Ice Cream
- Wed. 7** Wild Mushroom Barley Soup, Balsamic Lamb, Strawberry Shortcake
- Thurs. 8** White Bean & Sausage Soup, Citrus Rub Spare Ribs, Lemon Meringue Pie
- Fri. 9** New England Clam Chowder, Stuffed Flounder, Lemon Poppy Seed Cake
- Mon. 12** Tuscan Chicken & Pasta Soup, Quiche Lorraine with Fresh Baby Spinach Salad, Chocolate Cream Pie
- Tues. 13** Broccoli Cheddar Soup, Roast Pork Loin with Roasted Garlic and Mushrooms, Carrot Cake
- Wed. 14** Happy Birthday!! Navy Bean with Ham Soup, Salmon Salad Club, Birthday Cake
- Thurs. 15** Asian Pepper Steak Soup, Roast Pork, Lemon Cake
- Fri. 16** Rhode Is. Clam Chowder, Seared Cod with Herb Butter & Roasted Sweet Potatoes, Apple Pie
- Mon. 19** Potato Soup, Chunky Chicken Salad Over Roasted Brussel Sprouts, Brownie
- Tues. 20** Split Pea Soup Grilled Ham, Tomato and Cheese, Ice Cream
- Wed. 21** Beef Vegetable Soup, Pork Loin, Mango Coconut Tapioca
- Thurs. 22** Chicken Noodle Soup, Chicken Cacciatore, Peach Pie
- Fri. 23** Manhattan Clam Chowder, Grilled Salmon with Melon BBQ, Blueberry Pie
- Mon. 26** Chicken Florentine Soup, Spanish Paella, Cheesecake
- Tues. 27** Tomato Bisque, Pulled Pork Sliders, Sorbet
- Wed. 28** Cream of Spinach Soup, California BLT, Cinnamon Walnut Coffee Cake
- Thurs. 29** Cream of Asparagus Soup, Swedish Meatballs, Pound Cake
- Fri. 30** Seafood Chowder Ahi Tuna Salad with Fresh Berries and Goat Cheese, Jello

### SIGN-UP GUIDELINES

- ❖ **Madison Residents:** 3<sup>rd</sup> Monday of the month for the following month
- ❖ **Non-Madison Residents:** The Wednesday following the 3<sup>rd</sup> Monday of the 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 be available at the senior center beginning July 1st. Forms due by July 29<sup>th</sup>

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

**DELIGHTFUL MUSICAL ENTERTAINMENT-** Join us for a lovely, summertime concert by Erin Reilly & Michelle Jiang. They have performed at the Senior Center several times to the delight of our audiences and we expect this time will be no different! **Monday, August 26<sup>th</sup>, at 1pm FREE**

## A YEAR OF GIVING

### COMMUNITY SERVICES OF MADISON

Officially still MCS INC, Madison Community Services recently made a slight adjustment to their name to counteract the perception that they are affiliated with the town of Madison. The non-profit, founded in 1930, is an all volunteer 501c3 that is privately funded by the residents, local business, civic organizations and churches of Madison. In recent years, with Food Insecurity on the rise, their focus has shifted to programs designed to help stamp out hunger in Madison.

The Food Pantry is open on Tuesday evenings from 5:30 – 6:30 for working people who can't get to the pantry during regular hours which are Wednesday's 11:00 AM – 3:00 PM. A Homebound Program is also available for residents who can't get to the pantry. Food is delivered to them by volunteer drivers.

The Food Basket Program, vetted by MYFS and Heather Noblin, Assistant Senior Services Director, provides holiday meals to residents in need of a helping hand.

The Summer Lunch Program is available to clients with school age children when school is not in session.

For additional information please visit [MCSInc.org](http://MCSInc.org). Non-perishable food items are always appreciated. They also invite you to send your tax deductible contribution to MCS, INC., PO Box 148, Madison, CT 06443