

Trends & Traditions

April 2023

Madison Senior Center

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FEATURED EVENTS

OLDER ADULTS AND THE OPIOID EPIDEMIC

Overdose deaths remain a leading cause of injury-related death in the United States; more than 136 people die daily after overdosing on opioids. Connecticut ranks 67.63% above the national average for opioid death rates. It is among the top 6 states with the highest rate of opioid-related overdose deaths in our country. Older adults in our community feel the impact as they and their loved ones are affected by this crisis. This presentation will discuss local statistics, opioid use in the senior population, medication awareness, and your role in the fight against opioid addiction and overdose deaths. It will be presented by Trent Joseph, Director of the Madison Health Department and Beth Capobianco, Director of Program Development and Education at CNC Services, LLC in Guilford.

Please register for this event. **Wednesday, April 26th at 1pm Free**

MAHJONGG LESSONS

Learn to play this popular game from our own Dale Kach. Dale will give you handouts and teach the fundamentals to get you up and running with this challenging and addicting game of strategy. Sign up early as there are only 12 spots available! (8 classes) Registration Required **Tuesdays, May 9th – Jun. 27th | 1-2:30pm Fee: MM\$25 | NMM\$35**

CUPCAKE DECORATING CLASS

Coming in June – be on the lookout for details



BRIDGE CONVENTIONS WITH SARAH

For the player that is ready to go beyond the basics. Conventions—New Minor Forcing, Drury, Support doubles and more. An understanding of competitive bidding is required. In addition to discussion, practice hands will be provided for actual play. (8 classes) | **Thurs., Apr. 20th - Jun. 8th from 10 – 11:30am | Fee: MM\$90 | NMM\$100**

BOCCE

Get ready for **Bocce 2023!** The annual Bocce organizational meeting at the Senior Center Café will happen on Thursday, April 20th. It's time to start putting your teams together! See below for all the pertinent dates. *Please remember that your Senior Center membership must be up to date in order to participate. The Bocce fee covers the cost of the picnic at the end of the season, the membership fee covers the cost to play, combined fees result in less than \$2 a week to play.*

Madison Resident Membership fee:	\$15
Non-Madison Resident fee:	\$20
Senior Bocce League fee:	\$20

DATES TO REMEMBER

Org. Meeting: Thurs., Apr. 20th at 1:30pm | *Register please*
Registration Deadline: Wed., April 26th
First Day of Play: Thurs., May 4th at 9a
Last Day of the Season & Picnic: Thurs., Sept. 28th

GENERAL INFORMATION/NEW & NOTEWORTHY

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 Tuesdays, Wednesdays and Thursdays by appointment only.

MUNICIPAL AGENT FOR

THE ELDERLY: (203) 245-5687

SENIOR COMMISSION

..... Wendy Oberg
Members..... Dale Kach
..... Lori Murphy
..... Chris Abbott
..... Nick Postovoit

*The Senior Commission now meets on the second Tuesday of the month. The next meeting will be **April 11th at 5:30pm** at the Senior Center.*

SENIOR CENTER STAFF

Dir. of Senior Services ... Austin Hall
Asst. Director..... Heather Noblin
Program Coordinator Ellie Gillespie
Municipal Agent..... Steve Fabian
Admin. Assistant Ari Potter
Chef Kevin Wolfe
Server Amy Butler
Dishwasher Mike Kelly
Bus Driver..... Tom Lufsey
Bus Driver:..... Dennis Marron
Facility Attendant Steve Radley

FROM THE DIRECTOR

Spring is here and so are some new programs that you should check out. On April 21st, the one and only Heather Noblin will join the Senior Newcomers' Club to discuss the in's and out's of Senior Tax Relief programs available for Madison seniors. This program is a must to put on your calendar! Also, be sure to sign up for the Madison Senior Police Academy which starts in May. You will learn all about the Madison Police Department, meet the Officers, learn how to prevent identity theft, visit with SWAT and Hostage Negotiators, check out all the cool Police vehicles and many more interesting topics. Space is limited, so register today. Be sure to stop in and say hello!

Austin

BILLIARDS TOURNAMENT

The tournament starts Monday, May 15th. Sign up at Front Desk by May 10th. The schedules will be available on Friday, May 12th (*remember we close at 2pm on Fridays*).

The tournament will be a round-robin style and the number of sign-ups will dictate the length of the tournament. Players will have a week to play their matches, and best record wins. If there is a tie, we will look at the head-to-head match up.

Please call us at (203) 245-5627 if you are interested!

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. Teen Volunteers will be available to answer your questions.
Tuesday, April 11th | 3:15 -4pm | Registration Required

APRIL SHOPPING TRIP SCHEDULE

Registration Required | Pickups Between 8:45-9:30am

Friday, Apr. 14th TJ Maxx in Clinton
Friday, Apr. 21st Aldi's in Branford
Friday, Apr. 28st Fresh Market Plaza in Guilford



MESSAGES FROM THE MUNICIPAL AGENT

LOCAL & STATE SENIOR & DISABLED PROPERTY TAX RELIEF PROGRAM APPLICATION DEADLINE MAY 15TH

The Town of Madison and State of CT offer tax relief for elderly and/or totally disabled residents that own and occupy their property as a primary residence. There are income, age, and residency requirements in order to be eligible and qualify for the program. Please stop into the Senior Center for a complete list of guidelines. **2022 income taxes must be filed prior to appointment. Maximum Annual Income: \$79,125.**

LOCAL TAX FREEZE PROGRAM - APPLICATION DEADLINE MAY 15TH

The Town of Madison offers applicants an opportunity to freeze their tax rate to help budget and save money over time. A qualified applicant will need to meet requirements for years of residency, as well as income, and home's assessed value. **If you plan on filing 2022 income taxes, those must be filed first in order to apply. Please note: Guidelines have increased considerably, it is worth a second look to see if you qualify. Stop by the Senior Center for specific guidelines.**

LOCAL TAX DEFERRAL PROGRAM - APPLICATION DEADLINE MAY 15TH

Eligible applicants can defer payment of the real estate taxes for as long as they meet the qualifications of the program. Deferral of taxes cannot exceed \$8,000 in any one tax year. Tax deferrals will be secured by a lien in the full amount and an interest rate is charged. The current interest rate is 1.5%. An applicant must first apply for the Tax Relief Program to be eligible for a deferral. **2022 Max Annual Income: \$79,125.**

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Helps to offset heating expenses during the winter. All fuel sources welcome to apply. An applicant must meet income guidelines for all members of the household. Proof of all income, rent/mortgage, & utility expenses for the month prior to the application date are required. **Monthly Income Guidelines : Single: \$3,313 Couple: \$4,333**

MEDICARE SAVINGS PROGRAM -UPDATED MARCH 1ST, 2023

Helps to pay the monthly Medicare Part B premiums. Depending on income level this program may also lower co-pays for prescriptions 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: \$2,989 & Couple: \$4,043**

SNAP BENEFITS (FOOD STAMPS)

SNAP can be used to purchase food at grocery stores, convenience stores, and some farmers' markets and co-op food programs. Monthly SNAP benefits are placed on a plastic card called an EBT/debit card. There is no asset limit except for those households whose gross income is more than 200% of the Federal Poverty Level. For those households, total assets including cash, savings, accounts, stocks and bonds cannot be more than \$3,500 **Monthly Guidelines: Single: \$2,265, Couple: \$3,052, Family of 3: \$3,838, Family of 4: \$4,625. Please note there is a Net Income Limit as well. Added Covid benefits end February 2023.**

APRIL HOLIDAY BASKETS

The MCS Food Pantry will follow the following procedure for distribution. Upon request, Madison residents who need assistance will receive a gift card. Also, a ham will be distributed to families, seniors & singles.

Registered Food Pantry Clients: If you are already a registered Food Pantry client, when you visit the Food Pantry between 3/7/23–3/22/23, please let Mary Hake know that you would like a basket. Baskets to be picked up during regularly scheduled time at the Food Pantry on Tues., April 4th or Wed., April 5th. (Homebound Food Pantry clients will receive their holiday basket on Tues. April 4th in the morning)

Not a Registered Food Pantry Client: 1) If you are not a registered Food Pantry client, but did receive a 2022 December basket, an MCS volunteer will contact you in March to confirm if you would like to receive an April holiday basket. 2) If you are new to MCS and you are in need and would like to receive a basket for the first time, please email stephanie.mcsinc@gmail.com. Or contact Madison Community Services at (203) 245-3031, a MCS volunteer will respond within a few days. 3) Baskets will be home-delivered on Mon., April 3rd.

GENERAL INFORMATION & SERVICES

LEGAL ASSISTANCE | TUESDAY, APR. 18TH | 9:30-11:30AM

Catherine Baccaro is an estate planning, elder law, and special needs planning attorney, practicing in the Clinton office of the law firm of **RWC, LLC, Attorneys and Counselors at Law**. Sessions are intended to provide seniors an opportunity to ask and get information regarding general legal questions. The attorney cannot provide specific legal advice during this limited session and a formal attorney-client relationship is not established. **Call the Senior Center for an in-person appointment at the Senior Center.**

FINANCIAL COUNSELING FOR SENIORS | THURS., APR. 13TH & 27TH

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 **phone** appointments will be scheduled in 15-minute increments twice a month on Thursdays **from 9:15-10:15am. FREE**

HANDICAPPED PARKING PERMIT application permit applications are available in the senior center office.

SAFETY CHECK LIST

Are you concerned for your safety in the event of emergency or weather event? To add your name to the Safety Check list, call (203) 245-5627.

MEALS-ON-WHEELS

The Meals on Wheels program is ongoing. For more information regarding the Meals on Wheels Program, please call (203)245-5627. Space is limited. A doctor's note is required to be eligible to receive meals. Have your doctor fax the note to: (203) 318-0670. **If you would like to volunteer to deliver Meals on Wheels please contact the Senior Center (203) 245-5627.**

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

Tuesdays: 8:30am - 4pm Wednesdays: 8:30am - 4pm Thursdays: from 8:30am - 4pm

Transportation is provided for Madison residents age 60 or older and disabled residents over the age of 18 with certification of a medical disability. We cover a 14-town region for medical appointments, and personal business on a first come first served basis, **call early** as we are often booked well in advance. Properly worn face masks are required when riding any Senior Center bus.

SENIOR CENTER BUS SERVICE - MONDAY - FRIDAY 9AM TO 3:30PM

A fixed route service to the MSC, downtown, and grocery shopping. Call (203) 245-5627 to reserve a ride. Properly worn face masks are required when riding any Senior Center bus.

ASK THE NURSE | TUES., APR. 11TH|12:30PM

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. **REGISTRATION REQUIRED.**



AARP SAFE DRIVING| WED. APRIL 12TH|12PM TO 4PM

This is 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 through December. | Fee: AARP Member: \$20 | Non-Member: \$25 | Make checks payable to AARP**

CAREGIVERS' SUPPORT GROUP | TUESDAY, APR. 19TH, 11-12:30PM

Join VNA's free 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. **Proof of vaccination required for this activity at time of registration. Call in or video chat with other family caregivers for a weekly one hour Zoom support group. Every Wednesday 2 - 3pm. Go to zoom.us <https://ynhh.zoom.us/j/96114698291?pwd=cW4zZ2NybHdtS1MzQ3RzRHczSFh2UT09>**

GROUPS

Registration Required for All activities at the Senior Center

SWEDISH WEAVING **FRIDAYS AT 10:30-11:30AM** **FREE**

Swedish Weaving is a very relaxing and fun needle-craft that dates back centuries. Anyone is welcome to come to learn how to weave or use this time and space to work on their own projects. **Starting April 14th | 10–11:30am**

THE NIMBLE THIMBLE GROUP

Cynthia Barker, an experienced needlepoint teacher, is running a needlepoint group! Join the group, share the projects you've been working on and chat with your friends as you "point" away! Meets 2nd Tuesday of the month.

PLEASE REGISTER Tuesday, Apr. 11th | 1:30pm **FREE**

MAHJONGG DROP-IN DAY **WEDNESDAYS-ALL DAY**

We are setting aside time for anyone who wants to play MahJongg to come in by themselves and join a group or come in with 1, 2, or 3 others.

QUILTS OF JOY WITH ELLEN OLSON **TUESDAYS AT 1:15-3:30PM** **FREE**

If you are someone who can sew, cut or iron or wants to learn how to quilt and contribute your time, join us for "Quilts of Joy." Volunteer your time to help create beautiful quilts that will be donated to area Women's Shelters. Please bring scissors, pin cushions (*rotary cutter and board if you have one*) and an excitement for quilting! Please call to register. Instructor: Ellen Olson

KNITTING GROUP **TUESDAYS AT 10AM & 1PM** **FREE**

Join fellow knitters at all stages of proficiency, for a fun afternoon of knitting. on

CALLING ALL BRIDGE PLAYERS! TUESDAY AFTERNOONS FROM 1-3:30PM **FREE**

Looking for a friendly game of Bridge on Tuesday afternoons from 1-3:30pm. If interested call the Senior Center at (203) 245-5627

SETBACK PLAY **THURSDAYS, FROM 1:30-3:30PM** **FREE**

A Setback Group has started and is meeting regularly at the Senior Center. If you would like to join them call the Senior Center to register. New members are welcome!!

HAND & FOOT **TUESDAYS & THURSDAYS AT 1PM** **FREE**

Hand & Foot has returned to the Senior Center. It's a fun and engaging card game. Come join the fun!

BINGO **THURSDAY, APRIL 6TH & 20TH AT 1PM** **FREE**

We will be having Bingo twice a month starting this month. Everyone will get their own paper Bingo Cards to play with and we'll have a great time as the numbers are called out and we fill our cards. **Registration is required** and bus transportation will also be provided.

GREEN UP CLEAN UP DAY

The Senior Center is putting a group together for Green-Up Clean-Up Day in Madison. We will meet at Memorial Town Hall and will be provided garbage bags and gloves and a area to clean. If you are interested call (203) 245-5627 to register. **Saturday, April 29th | 8am-12noon**

CRIBBAGE CLUB **MONDAYS AT 1 PM.** **FREE**

The Cribbage Club will resume meeting at the Senior Center. Please call the Senior Center if you have any questions.

MSC BOOK CLUB **4TH TUESDAY OF THE MONTH AT 1PM** **FREE**

Meetings occur monthly on the 4th Tuesday of the month at 1pm. **Registration is required.** The upcoming books to discuss are:

May 23rd - *My Antonia*

June 27th - *The Devil in the White City*

The meeting this month is Tuesday, Apr. 25th discussing *The Magnificent Lives of Marjorie Post*

CLASSES

SENIORS IN MOTION

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

Mondays | 10:30–11:30pm Apr. 3rd - 24th | MM\$24|NMM\$34| 4 Classes | Minimum Needed: 5

Wednesdays | 10:30–11:30am | Apr. 5th - 26th | MM\$24|NMM\$34| 4 Classes | Minimum Needed: 7

Fridays | 10:30–11:30am | Apr. 14th - 28th | MM\$18|NMM\$28| 3 Classes | Minimum Needed: 7

CHAIR YOGA

MONDAYS, APR. 3RD - 24TH

FEE: MM\$24|NMM\$34

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

4 Classes | Minimum Students Needed: 7

MEN'S FITNESS

MONDAYS, APR. 3RD-MAY 8TH AT 9:15-10:15AM

FEE: MM\$48|NMM\$58

This class is specifically designed for men over 60, promoting muscular strength, balance and endurance; utilizing dumbbells, exercise bands, chairs. Hank Sullivan is a personal trainer, certified in teaching Senior Fitness. Years of experience working with seniors has shown him that improved physical functioning leads to better overall quality of life! All fitness levels welcome! **6 Classes | Minimum Students Needed 5**

YOGA PLUS

THURSDAYS, MAR. 16TH – MAY 4TH AT 9:15–10:15AM

FEE: MM\$45|NMM\$55

Amy de Lucia-Ferri teaches a gentle nurturing yoga class that will encourage building strength and flexibility of the body, through yoga postures and gentle flowing yoga sequences, as well as encouraging strength and flexibility of the mind through mindfulness practices and breathwork. Expect to develop a whole-body connection throughout class that will increase your sense of wellbeing. **6 Classes | Minimum Students Needed 5 | No Class 4/6, 4/13**

STRETCH & BALANCE

WED., APR. 26TH - MAY 31ST AT 12:30-1:30PM

FEE: MM\$26|NMM\$36

Feeling stiff? You don't need to any more, join our brand-new class on gentle stretching and balance. Our popular, new, yoga instructor, Amy de Lucia-Ferri is excited to help you regain your flexibility and balance with some exercises that will help you feel better and keep you safer. **6 Classes | Minimum Students Needed 14**

MINDFUL MEDITATION

THURSDAYS, MAR 16TH – APR. 27TH | AT 10:30-11:15AM

FEE: MM\$50|NMM\$60

These sessions are open to all skill levels, from beginners to folks with more experience with meditation. Delve into mindfulness at its core. Each week explore a different practice to cultivate resilience, clarity, kindness and a sense of connection to oneself as well as our interconnection to our world. Practices will include concentration practices, mindfulness of the body, mindfulness of emotions, as well as an introduction to metta practice, the practice of loving kindness. **5 Classes | Minimum Students Needed 6 | No Class 4/6, 4/13**

UKULELE WITH PETER

WEDNESDAYS, APR. 5TH - 26TH | 10-11AM

FEE: MM\$42|NMM\$52

Ukulele performer and teacher Peter Magrane will be back in person to teach you how to play the ukulele. Peter has spent extensive hours performing at numerous hospitals, nursing homes, and coffee houses throughout the US. Come join Peter and other seniors to learn to play this wonderful versatile instrument. **5 Classes | Minimum students needed 5 | If you are interested in a beginner class please contact the Senior Center.**

SENIOR BOOTCAMP

MONDAYS., APR. 3RD - 24TH | 5:30 - 6:30PM | FEE: MM\$36|NMM\$446

An all-in-one workout designed to improve your quality of life. This class features simple low-impact cardio, balance, strength and endurance exercises, and helps improve flexibility. A sturdy chair, hand held weights or resistance bands, and exercise balls will be used. **4 Classes | Minimum Students Needed 6**

TAI CHI

WEDNESDAYS APR. 5TH - MAY 10TH | 3-4PM

| FEE: MM\$60|NMM\$70

Tai Chi is a low impact holistic exercise that brings harmony and grace to our every day. Focusing on basic principles, our practices strengthen and align the body to restore balance and regulate the core functions of our physical and emotional bodies to promote relaxation, ease of movement and peace. Instructed by Karen Strawson | **6 Classes | Minimum Students Needed 5**

Please Remember to sign up for classes in APRIL is March 27th

OF SPECIAL INTEREST

STRENGTH TRAINING

TUESDAYS, MAR. 7TH– APR. 11TH | 10:30AM

FEE: MM\$48|NMM\$88



Certified Trainer Hank Sullivan will lead the group, utilizing exercise bands, along with body-weight exercises. Seniors of all fitness levels are encouraged to sign up for this group activity. Loss of muscle mass and bone density (think osteoporosis) can negatively impact the quality of our lives, and strength training has been proven to slow the progression of these aspects of aging, and can even reverse those negative trends in some cases. **6 Classes | Minimum Students Needed 5**

PARKINSON'S DISEASE SUPPORT GROUP MON., APR. 3RD | 10AM|FREE

Support group for folks with PD meeting on the first Monday of the month at the Madison Senior Center. Facilitated by Gary Sklaver.

THE BOOK CADDY

TUESDAYS FROM 12:30-1:30PM



The Book Caddy is the new mobile library that is sponsored by the Scranton Memorial Library! Due to some temporary staffing issues the Book Caddy program has been paused. If you need to get or return a book for the time being you will have to go to Scranton Library where the friendly staff will be happy to help you. We will let you know as soon as the Book Caddy is back

SENIOR NEWCOMERS' CLUB - HEATHER NOBLIN, ASST. DIR. OF SENIOR SERVICE

Have you recently relocated to the Shoreline? We welcome you to join our Senior Newcomers' Club designed to help you meet new people and acquaint you with the community. This month Heather Noblin, the Assistant Director of the Madison Beach & Rec. & Senior Services, will be dropping by to tell us about the Tax Relief programs available for Seniors. **Registration Required | Friday, April 21st at 10:30am | FREE**

DAN'S GRAMMAR TABLE WEDNESDAYS 1-2PM

In September of 2018, Grammar Tables were started by Ellen Jovin, who set up a folding table on a Manhattan sidewalk with a sign that said "Grammar Table." Soon passersby began excitedly asking questions, telling stories, and filing complaints. Ellen and her husband travelled all over the United States talking about grammar with writers, editors, construction workers, salespeople, teachers, students, small children, doctors, dancers, seniors, and anyone else who uses words in this world. Dan Mulvey taught English in school for many years and has a passion for grammar. He would love you to stop by the table with any questions and comments or your grammarian pet peeves.

PAINT LIKE BOB ROSS MON., APR. 24TH | 10:30AM - 12 NOON AND 1 - 2:30PM | FEE: MM\$48|NMM\$58

Join Certified Ross Painting instructor, Candy Kozak, as she teaches you how to paint like Bob Ross. Candy started learning these techniques directly from Bob Ross in the late 1980s. Candy has taught thousands of students in the last 35 years and remembers what it's like to be a beginner, she is very patient and understanding. Candy provides everything you need including a 16" x 20" canvas, paint and brushes, she only asks you to bring 1 roll of paper towels. The class takes 3 hours that will be broken into 2 sessions (*see times below*). If you want to register for lunch just let us know.

MSC ART GALLERY

View our current art exhibit by *Joan McPherson* on display now and until the mid-April. Joan McPherson hung 49 of her works at the Senior Center. An award-winning Connecticut artist, Joan is known along the shoreline for her colorful watercolors. The exhibit include a couple of oil paintings, and several prints of her work, but most pieces are original watercolors. Paintings in the exhibit are also available for purchase.

The MSC 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. (203) 245-5627

TRIPS

SOUTH PACIFIC WONDERS COLLETTE TRAVEL WEDNESDAY, OCTOBER 4TH-18TH 2023

15 Days • 20 Meals: 11 Breakfasts • 3 Lunches • 6 Dinners.

See what life is like “Down Under” on this incredible journey through Australia and New Zealand. Discover the wonders of Aboriginal culture. Cruise Sydney Harbour and Milford Sound. Be welcomed into a New Zealand family’s home for dinner. Experience Queenstown, the “Adventure Capital of the World.” Indulge in regional flavors during lunch at a family-run merino sheep farm. From the tropical splendor of Australia’s Great Barrier Reef to the ethereal beauty of New Zealand’s glacial fjords, enjoy the best of the South Pacific. **Pricing: Double \$6599pp | Single \$7599pp | Triple \$6549pp** For more information go to <https://gateway.gocollette.com/link/1110444>



MARITIME AQUARIUM TOURS OF DISTINCTION TUESDAY, JUNE 13TH

Today’s adventure brings us to **Norwalk, CT** to see the beautiful **Maritime Aquarium!** The marine population they exhibit includes varieties of sharks, stingrays, harbor seals, sea turtles, gamefish, jellies, crabs, lobsters, mollusks and more. They also offer lots of touch experiences including: stingrays, sharks, jellyfish and inter-tidal animals. On your own, check out the IMAX theater, which is the largest screen in CT that shows movies daily!

After the aquarium, hop aboard the **R/V Spirit of the Sound** for a cruise along the Long Island Sound!

Revolutionary in design, this 64-foot all-aluminum catamaran was launched in 2015 as the first research vessel in North America that has hybrid-electric propulsion. She runs virtually silently on electric power.

After the cruise, we will head to an early dinner at Silver Star Diner. First built in 1980 by the Savvidis brothers, it was the largest modular diner of its time at 8,000 square feet. Now being managed by the third Savvidis generation, they are successfully keeping up with the times, making Silver Star a fixture to Norwalk’s locals, and visitors alike.

Depart MSC: 8:30am, Estimated Return: 7pm Fee: \$160pp

PROVIDENCE ITALIAN STYLE TOURS OF DISTINCTION TUESDAY, AUGUST 29TH

Head to **Providence’s Little Italy**, where the day’s activities will certainly make you feel as though the bus flew you across the ocean! Join your tour guide for a behind-the-scenes tour of Providence’s Historic Federal Hill. Your senses will be intoxicated with the flavors, smells, sounds, and sights of Italy. You will see why Federal Hill is described as “One of the top ten Little Italy’s in America.” After, enjoy a three-course lunch at **Cassarino’s Restaurant**. Lunch begins with Bruschetta and you have the *choice of*: Pollo Parmigiana, Penne Primavera, or Baked Fish, followed by Coffee and Dessert. (*please advise meal selection at time of booking*)

The Italian experience continues onboard an original **Venetian Gondola**, where you can view the historical sights of the Renaissance City from a truly unique vantage point. Glide under the magnificent Italian-influenced bridges while observing the illustrious beauty surrounding the Riverwalk. A little singing by the gondolier will complete the experience. Sit along the Riverwalk listening to **live music with an Italian flair**. The music, covered bridges, magnificent architecture, the food, and gondolas will certainly transport you to Italy. In sitting along the Riverwalk, some benches are provided. If you would like to bring a chair to sit in while listening to music, you are more than welcome to do so.

Depart MSC: 8am, Estimated Return: 7:45pm Fee: \$205pp

APRIL MENU

"Good humor comes from the kitchen."

Mon. 3	Pasta Fagioli, Pork Marsala, Peach Shortcake
Tues. 4	Tomato Soup, Meatloaf Sandwich, Lemon Meringue Pie
Wed. 5	Tortilla Soup, Chicken Quesadilla, Ice Cream
Thurs. 6	Beef Minestrone Soup, Asian Chicken Salad, Apple Raspberry Pie
Fri. 7	Closed in Observance of Good Friday
Mon. 10	Beef Barley Soup, Chicken Cacciatore, Tiramisu
Tues. 11	Split Pea Soup, Mac & Cheese, Cookies
Wed. 12	New England Clam Chowder, Chicken Cordon Blue, Lemon Cake
Thurs. 13	Italian Wedding Soup, Stuffed Cabbage, Chocolate Banana Pound Cake
Fri. 14	Shrimp Bisque, Stuffed Flounder, Brownies
Mon. 17	Butternut Squash Soup, Chicken Piccata, Boston Cream Pie
Tues. 18	White Bean & Sausage Soup, Chicken Pot Pie, Chocolate Cake
Wed. 19	Broccoli and Cheese Soup, Beef Bourguignon, Apple Crisp
Thurs. 20	Carrot Soup, Gnocchi with Peas, Chicken and Lemon, Key Lime Pie
Fri. 21	Seafood Chowder, Fish Tacos in Soft Tortillas, Blueberry Pound Cake
Mon. 24	Cream of Mushroom Soup, Chicken Alfredo Fettuccini, Cheese Cake
Tues. 25	French Onion Soup, Pulled Pork Sandwich, Coconut Cake
Wed. 26	Cream of Spinach Soup, Fish & Chips, Chocolate Cream Pie
Thurs. 27	Mushroom & Lentil Soup, Spaghetti and Meatballs, Cookies
Fri. 28	Manhattan Clam Chowder, Roasted Cod, Blondie

SIGN-UP GUIDELINES: **Madison Residents:** May begin signing up **Monday, Mar. 25th** **Non-Madison Residents:** May begin signing up **Wednesday, Mar 27th**. All participants must be active members of the Madison Senior Center or a guest. When you call to make your reservations, please let us know if you are dining indoors or Drive-Through. **To cancel or change a lunch reservation, call (203) 245-5627** no later than 9am the day of the reservation, and we will credit your account. The cost of all meals is \$7, payable at time of reservation by check or credit card.



MADISON POLICE DEPARTMENT SENIOR ACADEMY

Wednesday, May 10th - June 14th
9:30 - 10:30am



at the Madison Police Department

The very popular MPD Senior Academy is back!! This free, 6-week course is open to all Madison residents over the age of 60, and will be held on Wednesdays from 9:30–10:30am beginning on May 10th. Space is limited. *Register at the Senior Center and pick up an application form.* The deadline to return your application in May 3rd.

Registration Required.

Police Department Administration • Madison Police Department Animal Control • Madison Police Department Emergency Services (SWAT & Hostage Negotiation) • Identity Theft & Crimes Against Senior Citizens • Patrol Cars • Uniforms & Equipment • Patrol Bicycles • Patrol Motorcycle • 911 Dispatch Center (Calling 911) • Training & Hiring Process

Resources Available to Seniors



Happy Retirement Dennis!

Come Help Us Give Dennis a Proper Send-off into Retirement
with an Ice Cream Social
Thursday, April 13th at 1pm
Registration is required