

Trends & Traditions, February 2018, Madison Senior Center

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Trips

Connecticut Flower & Garden Show - A Breath of Spring

Begin your day at the Dakota Restaurant, enjoy your choice of Prime Rib (cooked medium only), Mesquite Grilled Salmon or Wood Grilled Chicken served complete with all the trimming, including their famous salad bar. Please let the Senior Center know your entrée choice when you register. After lunch, you will head over to the Flower Show at the Convention Center. The theme this year is “A Breath of Spring” and the Convention Center will be transformed into a breathtaking event for floral and garden enthusiasts alike. There will be over 300 booths and 1200 square feet of landscaped gardens, design and horticulture competition by the Federated Garden Clubs of CT. The Flower Show will be sure to brighten your day and lift you out of the winter doldrums! Departure time to be determined. Thursday, February 22nd Fee: \$84

The Chocolate Shell

Join us for a trip to one of Connecticut’s sweetest destinations! Old Lyme’s “Sweetest Place in Town” sells nostalgic candies and gorgeous, steaming hot chocolate on cold winter days. Offering hand-dipped sea-salt chocolate covered pretzels, handmade truffles and other fabulous fresh chocolate “creations.” Their 100% Organic Belgian Chocolates come in Vegan, Dairy Free, Gluten Free Selections or Sugar-Free Collections and, whatever you do, make sure you try the unbelievably good Caramel & Bacon Gourmet Bars. Get your valentine shopping done here and your valentines will be forever grateful!

Friday, February 2nd depart MSC at 1pm Fee: \$3

Valentines Luncheon

Roses are red, Violets are blue, This lunch is something out of heaven for you!

Join us for a delicious Valentine lunch. We will serve the ever popular French Onion Soup and you will love the Duet of Beef and Salmon that the chef is serving for the main course. And the Chocolate Lava Cake for dessert is to die for. Don’t miss it! Pre-register for this event please.

Wednesday, Feb. 14th Fee: \$12

What is Energy Medicine?

You hear people talk about it, but what is it?

“In every culture and in every medical tradition before ours, healing was accomplished by moving energy.” Albert Szent-Györgyi, MD Nobel Laureate in Medicine

“Conventional medicine, at its foundation, focuses on the biochemistry of cells, tissue, and organs. Energy Medicine, at its foundation, focuses on the energy fields of the body that organize and control the growth and repair of cells, tissue, and organs. Changing impaired energy patterns may be the most efficient, least invasive way to improve the vitality of organs, cells, and psyche.”

David Feinstein, Ph.D.

Come hear Cate Ardon, a Clinical Practitioner of Eden Energy Medicine, explain in practical terms what energy medicine is, how to use it to improve your health and well-being, by employing simple movements daily. (5 person minimum to run the class. Please register for this event.)

Monday, Feb. 26th at 1pm Fee: MM\$10|NMM\$15

General Information/Ongoing Activities

MADISON SENIOR CENTER

29 Bradley Road, Madison, CT 06443

PHONE: (203) 245-5627

FAX: (203) 318-0670

WEBSITE: www.madisonct.org/seniors

HOURS: Mon.-Fri. 8:30am-4pm

SENIOR CAFÉ: (203) 245-5627

DIAL-A-RIDE (203) 245-5695

Operates on Mondays, Wednesdays and Fridays only. 48 hour notice required.

MUNICIPAL AGENT FOR THE ELDERLY (203) 245-5687

SENIOR COMMISSION

Vice-Chairs Dr. Gerard Kerins, Wendy Oberg

Members James Ball, Sheri Puricelli, Dale Kach, Lori Murphy, John Dean

The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be February 8th, 2018 at 5:30pm

SENIOR CENTER STAFF

Director of Senior Services	Austin Hall	Asst. Director	Heather Noblin
Program Coordinator	Ellie Gillespie	Receptionist	Peggy Zambarano
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:	Tina Macero

Jewel in the Crown

We continue the series *The Jewel in the Crown* through the end of the month. It was adapted for television in 1984 from the four novels by Paul Scott, *The Raj Quartet*. This stunning series is set in northern India in the last uneasy years of British rule, when rioting and violence heralded the granting of independence. It is the story of the men and women of both ruling and ruled classes trying, amidst the turmoil, to come to terms with the drastic changes taking place around them. Their lives will never be the same again. *The Jewel in the Crown* has won 23 major awards including a Primetime Emmy in the USA and five awards (including Best Drama Serial) from the British Academy of Film and Television Arts.

Showing Mondays and Wednesdays through Feb. 26th at 1—2pm. FREE

Living with Animals

This is a group for all of us who live with animals and couldn't imagine life any other way. We will discuss the joys and sorrows, and problems and privileges of animal companionship, the latest trends in care and feeding and share our collective knowledge and wisdom of life with animals. The group will meet on the third Tuesday of the month, and will be facilitated by Ellie Gillespie. Please register for this group.

Tuesday, February 20th at 1pm FRE

Lunch with Tom

Come enjoy lunch with our First Selectman, Tom Banisch. Tom joins us on the 3rd Tuesday of every month to have lunch and chat with Madison seniors. Bring your questions, concerns and compliments.

Tuesday, February 20th, at 11:30am PLEASE REGISTER Lunch Fee: \$4

Mah Jongg Game Play

It's a game of skill, strategy and a certain degree of chance.

Lots of opportunities to play at MSC.

Mon.: 11:30-3:30pm Wed.: 9:30-3:30pm Thursdays: 9:30-3:30pm

Fri.: 9:00-11:30am All are welcome!

Ongoing Activities at the Senior Center

Bridge Thursdays & Fridays 1 – 4pm

Canasta Tuesdays 1 – 3:45pm

Coloring Club Wednesdays 1:30 – 2:30pm

Hand & Foot Fridays 1:30 – 3:45pm

Cribbage Mondays 1 – 3pm

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

Poker Mondays & Wednesdays 12:45 – 3pm

Men's Poker Tuesdays 12:45 – 3:45pm

Quilts of Joy Tuesdays 1:15 – 3:30pm

Walking Club Mondays Wednesdays 10am

Messages from the Municipal Agent

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Last Day for Fuel Deliveries is March 15th

Helps to offset heating expenses during the winter. All fuel sources welcome to apply. An applicant must meet income & asset guidelines. Income and assets are counted for ALL members living in the home. Asset limit for homeowners is \$15,000 & for renters is \$12,000. Proof of all income, rent, & utility expenses, & bank statements for the month prior to the application date are required. Monthly Income: Single: \$2,863, Couple: \$3,745

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%. An applicant must first apply for the Tax Relief Program to be eligible for a deferral. 2017 Maximum Annual Income: \$64,297

Tax Freeze Program Updates

Application Deadline May 15th

The Town of Madison offers eligible 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 assessed value of their home. Please file your 2017 income taxes first and stop in to the Senior Center for the specific guidelines.

Reminder: Senior & Disabled 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. 2017 income taxes must be filed prior to appointment. Maximum Annual Income: \$64,297.

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Medicare Savings Program

On January 3rd, 2018, Governor Malloy extended the implementation of the income changes for the program until July 1st, 2018. For the most up-to-date information regarding this program, please contact the Senior Center.

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 Connecticut Energy Assistance guidelines, State Tax Relief Guidelines, or State Renters Rebate Program. Please contact Heather Noblin for assistance.

Madison Senior Center Dining Program Assistance

The cost of the lunch program is \$4.00 per meal. We understand that the cost could be burdensome for some seniors and we have developed the following guidelines for assisting those who cannot afford to eat at the Senior Center each day. We will use Energy Assistance guidelines to help us determine what level of assistance you can receive. Please see the guidelines listed below:

Income	Number of Possible Meals Subsidized Per Week
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<\$1005/Month 4 meals/week maximum

\$1006–\$1,257/Month 3 meals/week maximum

Caregiver Support Group

Join VNA's Caregiver Support Network for an interactive, confidential support group. Share experiences, discuss ideas and problem-solve with other caregivers. Discuss different options such as: Curative, Palliative or Hospice Care. Group meets the 3rd Tuesday monthly at MSC. Tuesday, February 20th, 11–12pm 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. We look forward to meeting you for fun, friendship and great conversation! In February we will meet at the Madison Senior Center for lunch, followed by a movie. For more info, or to RSVP, please contact Jennie at newcomersclub15@gmail.com

Friday, February 9th at 11:30am Lunch Fee: \$4

New to the area? Come see what we programs and services we offer at the Senior Center.

Tuesdays, February 13th at 1pm Free

Please register with the Senior Center for this event

Creative Writing

Write and share your thoughts, values and life lessons with other Seniors. Stimulating topics will be suggested each session and may be expressed in prose or poetry, as fiction or creative non-fiction. Attendees should be good listeners, maintain confidentiality, with willingness to share and contribute to discussion. Please Register for this event

Mondays, 1-2:30pm FREE

Beginner Guitar or Banjo: with Slow Jam and Singing

Paul Wintrich, a seasoned guitar and banjo player invites you to join him and learn to play basic guitar chords for an hour a week, free of charge. So come learn to play guitar or banjo and amaze your friends, wow the girls! Who knows it may be the beginning of a new career for you! Instruments will be provided.

Wednesdays in February starting on the 14th at 1:30pm Please register for this event. FREE

Valentines For Vets

Please join Suzanne Martin as she makes and decorates valentines for veterans. It's the least we can do to thank them for their years of service. Suzanne donates her supplies but you are invited to gather and bring your own to help out. In order to make as many valentines as possible, the group will

meet multiple times before Valentines Day, the details to be determined at the first meeting. Please register for this event.

Beginning Thursday, Feb. 1st at 1pm FREE

The Nimble Thimble Needlepoint Group

Cynthia Barker, an experienced needlepoint teacher is running a needlepoint group at the Senior Center. There will be instruction and a project for beginners as well as offering a place for more seasoned needle workers to complete their unfinished projects. The group is free but the beginner needlepoint kits will have a fee of \$15.

Thursdays, 10-11:30am PLEASE REGISTER FREE

Artists Group

Come get your creative juices flowing! Join other artists to work on a current project or start one here. The group will be monitored by longtime past instructor Muriel Waldvogel. Please Register

Tuesdays, 1:30-3:30pm FREE

Judy's Fabulous Bags!

Judy Wayland is picking up where Mrs. Wimble left off and teaching the wonderful craft of crocheting with plastic bags. You can make amazing things from fabulous beach bags to sandals to lovely purses that are selling for \$50 and more. So come down and see how this is done!

Thursdays at 1-2:30pm Please register for this free event. FREE

MSC Movie Matinee

Movies begin at 1pm

2/2 A Good Year (1h 57m)

2/9 Room (1h 58m)

2/16 La La Land (2h 8m)

2/23 Rush (2h 3m)

MSC ART GALLERY

View our next exhibit of photography by Russell Page. The show will run from January 29th through March 2nd and is open Monday thru Friday from 8:30am-4pm (Please call the Senior Center for alternate times.)

The Art Gallery is a rotating gallery with a new local artist every 6 weeks. We are currently looking for new exhibitors. If you would like to showcase your work, please contact us for information.

General Information/Ongoing Activities

Legal Assistance

Thurs., Feb. 1st & 15th 9-10am

Attorneys from Cronan and Shields

offer private 15 min. counseling services Call the MSC for an appointment.

Handicapped Parking Permit Application: Permit applications are available in the Senior Center office.

Meet, Mingle & Munch Social Group

Do you like to do things, but not alone? At the 3M's social group you can join others for fun activities and events.

Meet us

at 5pm on the 2nd Wednesday of the month at a local restaurant.

Call Adele Campanelli for details (203) 245-1651

Ask the Nurse

VNA Nurse comes to MSC on the 2nd and 4th Tuesdays of the month, and can check your blood pressure, pulse and weight. She can also review your medications, help you to create a medication list, help you prepare for an appointment with your doctor. PLEASE REGISTER. Tuesday, Feb. 13th & 27th 12:30pm

Dial-A-Ride

Mondays, Wednesdays and Fridays from 8:45am to 3:30pm

(203) 245-5695 or (203) 245-5627

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.

Tech Support

Have an iPad or a smart phone and don't know how to use it? Get all your questions answered for free at the Madison Senior Center. The Scranton Library Teen Advisory Group and Madison Youth & Family Services will be offering free learning sessions. Teen Volunteers will be available to answer your questions.

Monday, Feb. 26th at 4 pm Please register with Kirsty Smith at the Scranton Memorial Library

(203) 245-7365, to receive updates regarding cancellations.

Meals-On-Wheels by Madison Senior Center

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

Senior Center Bus

Monday - Friday 9am to 3:30pm

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

Massage Therapy

Loosen up those tight muscles and get the blood flowing with a twenty minute chair massage. Let an experienced massage therapist help you achieve your wellness goals and feel better in the process . Teresa Resnick, LMT since 1984

Friday, Feb. 2nd and 16th Fee: MM\$24|NMM\$34 Call Senior Center for appointment

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, Feb. 12th By Appointment Only

Drop-in Duplicate Bridge

Begin the session with a mini-lesson with the Director. The games that follow will be “supervised,” questions about bidding or plays as you play the hands are allowed. Come with a partner, if you can’t find a partner, you can call the Director to be paired with someone.

Dir: Connie Graham (860) 505-7833 Fridays, 12:15–3:30pm Fee: \$6/class

Health Talks

Hip and Knee Osteoarthritis : Osteoarthritis (OA) is thought to be the most common joint disorder in the United States and has a high prevalence in seniors. Mary Jane Fegan, PT, DPT, GCS will discuss the risk factors and the management of hip and knee osteoarthritis so you can keep moving and enjoy life's fun activities. Tuesday, Feb. 13th at 10:30am Please register for this event Free

Loneliness is Not Good for Your Aging Health: We are hosting and co-sponsoring a great event with the Shoreline Eldercare Alliance (SEA). Dr. Alan Siegal of Geriatric & Adult Psychiatry, LLC, will be our speaker. Loneliness has a significant impact on seniors’ physical and mental health. And..loneliness can be overcome. Come hear Dr. Alan Siegal discuss this important senior issue. Register with SEA at (800) 426-5086 Saturday, Feb. 17th from 2-4pm

The Eighteen Movements Chinese Exercises for Health

Come and learn The Eighteen Movements, an easy to learn sequence of exercises that will help increase flexibility and strength while promoting circulation, cultivating balance and reducing stress. You will leave class feeling energized, relaxed and smiling! Wear loose comfortable clothes. Maureen is a National Board Certified acupuncturist with years of experience teaching exercise. (Min. 14 students needed) (6 classes) Thursday, Feb. 8th-Mar. 15th at 10am

Fee: MM\$40|NMM\$50

Exercise & Health Program

Exercise With Patty Velleca

SENIORS IN MOTION

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

Mondays - 10:30–11:30am Feb. 5th - 26th (no class 2/19) 3 Classes Minimum Needed: 7 MM\$18 | NMM\$28

Wednesdays - 10:30–11:30am Feb. 7th - 28th 4 Classes Minimum Needed: 7 MM\$24 | NMM\$34

Fridays - 10:30–11:30am Feb. 2nd - 23rd 4 Classes Minimum Needed: 7 MM\$24 | NMM\$34

EXERCISE & RELAX YOGA

Hatha Yoga is used to increase circulation and relaxation. Yoga postures provide deep tension release, self-control, and they increase energy.

Mondays - 9:30–10:30am Feb. 5th - 26th (no class 2/19) 3 Classes Minimum Needed: 5 MM\$26 | NMM\$36

Tuesdays 9:30–10:30am Feb. 6th - 27th 4 Classes Minimum Needed: 5 MM\$34 | NMM\$44

Chair Yoga

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

Wednesdays - 1–2pm Feb. 7th - 28th 4 Classes Minimum Needed: 8

MM\$21 | NMM\$31

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. (5 classes).

Instructor: Suzanne Hanley

Mondays, Feb. 26th—Mar. 26th

9-10am Min. Needed: 9

Fee: MM\$27 | NMM\$37

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. Thurs. from 11am-12 noon FREE

Tap shoes & registration required.

Instructor Annette Smith will be here on: Thurs., Feb. 8th

Fee: MM\$12 | NMM\$22

Walkie Talkies

If you are tired of walking alone and want to meet other walkers. Walk with us weather permitting on Mon. & Tues.

at the MSC at 10am. We will be walking the Madison section of the Shoreline Greenway Trail on Wednesdays at 10am, starts at Hammonasset State Park. A new parking area is now available just east of the main entrance, on Route 1.

Ballroom Line Dancing

Reminisce with songs and dances you love, enjoy the memories they evoke while having fun and getting fit.

Instructor: Karen Pfrommer (6 classes)

Monday, Feb. 26th-Apr. 2nd 2-3pm

Minimum: 6 Fee:MM\$36|NMM\$46

Meditation with Beth

Meditation is a practice that refreshes the mind, expands your capacity for happiness, well-being, love, creativity and ease. Learn to live your life with less stress and anxiety and create more clarity, focus, compassion and joy. A regular practice of meditation creates changes in the brain physiology and can alter our genes! This course is designed for both new meditators and for experienced meditators. (4 classes) Min. enrollment: 7

Tuesday, Feb. 6th - 27th

at 10:30am Fee: MM\$35|NMM\$45

MSC Book Club

The next meeting will be

Thursday, February 22nd,
discussing A Vision of Light

Meetings begin at 1pm. Please Register.

Rock Painting with Sandy

Rock painting is all the rage now and we are inviting you to come over and join us, to come in out of the cold and spend the afternoon painting rocks.

Wednesday, February 28th at 1:30pm Free

Please register for this event.

Madison Senior Center Day Trips

Every turn leads to a new adventure. Food vouchers & bet coupons included. To register for the Mohegan trips: The Mohegan trip take place on the second Friday of every month. Madison members may sign up starting on the Monday following the trip. Non Madison members may sign up on the Thursday 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

CT Flower and Garden Show Getaway Tours Thursday, February 22nd

Today you will begin your day at Dakota Restaurant to enjoy your choice of Prime Rib (cooked medium only), Mesquite Grilled Salmon or Wood Grilled Chicken served complete with all the trimming, including their famous salad bar. Please let the Senior Center know your entrée choice when you register. After lunch you will head over to the Flower Show at the Convention Center. The theme this year is “A Breath of Spring” and the Convention Center will be transformed into a breathtaking event for floral and garden enthusiasts alike. There will be over 300 booths and 1200 square feet of landscaped gardens, design and horticulture competition by the Federated Garden Clubs of CT. The Flower Show will be sure to brighten your day and lift you out of the winter doldrums! Departure time to be determined. Fee: \$84

“Exit Laughing” Newport Playhouse Friendship Tours Monday, April 9th

This unique dinner has been a favorite since 1983. You will enjoy a great buffet with a wide variety of Salads, Hot and Cold Entrees, Desserts and Beverages. Paul Elliott’s gentle comedy “Exit Laughing,” is a bit like “Golden Girls” meets “Steel Magnolias.” It features three lifelong, bridge-playing friends in the South dealing with a crisis that turns humorously uplifting. They know how to push each others buttons but clearly are the happiest when they are together. After the play, return to the dining room for the Cabaret Show. Depart MCS at 9am return at 6:30pm Fee: \$87

Sister Act Westchester Broadway Theatre (Tours of Distinction) Friday, April 20th

Head to the wonderful Westchester Broadway Theatre, where you will enjoy a very unique experience. Start with lunch which includes an extensive menu to choose from (at your table). Choices vary from Pasta, Fish, Beef and Chicken and a Vegetarian option. All options come with assorted Rolls, Salad, and Accompaniment of Vegetable and Starch. Dessert follows with Coffee or Tea. After lunch stay in your seat to watch “Sister Act.” Spend the afternoon watching the hilarious story of Deloris Van Cartier, a disco diva whose life takes a surprising turn when she witnesses a murder. Under protective custody she is hidden in the one place she won’t be found—a convent! Featuring original music by Tony and 8-time Oscar winner Alan Menken, dazzling dance routines and songs inspired by Motown, soul and disco. Depart MSC at 9:15am, estimated return 6:30 pm. Fee: \$118

Fidelco Guide Dog Open House Bloomfield, CT (Tours of Distinction) Saturday, May 19th

The Fidelco Guide Dog foundation breeds and trains German Shepherd dogs to be paired with individuals who are blind. These dogs have to demonstrate intelligence, stamina, temperament and stability. It is their duty to keep their human partners safe at all times. The Open House is a wonderful way to tour their facility. There will be guide dog demonstration, puppy raiser demonstration, K9 police demonstrations, food trucks, vendors and puppies to mingle with and the option to be guided blindfolded by one of the guide dogs in training, they do ask for an additional \$5 fee for the blindfold walk. Also today, enjoy lunch at the USS Chowder Pot IV which has received many readers’ polls awards. Please choose from: Baked Stuffed Sole (with Seafood Stuffing and Newburg Sauce), or Chicken Florentine (over Spinach with a Lemon, Wine Butter Sauce). All entrées will be served with: Salad, Rolls with Butter, Chef’s Choice Potato, Chef’s Choice of Vegetable, Dessert, Coffee, Tea, and Decaf. Please let the Senior Center know your entrée choice when you register Depart MSC at 10:30am, estimated return: 6:30 pm. Fee: \$70

The Edwards Twins at the Aqua Turf Club Friendship Tours Monday, May 21st

The world-famous Edwards Twins are The Number One impersonation act in the world. You will think you are seeing and hearing the real superstars right before your very eyes. From Barbara Streisand, Sonny & Cher, Andrea Bocelli, Bette Midler, Johnny Mathis, Perry Como, Ray Charles, Stevie Wonder, Neil Diamond and more, all in one show!

Coffee and Donuts upon arrival. The Family Style Menu will include Garden Salad, Chicken à la Kathryn & Broiled Scrod with Cracker Crumb Topping, Vegetable, Potato, Rolls, Dessert, and Beverage.

Departure time TBD Fee: \$ 78

We have lots of great adventures in store for you this year, including a guided tour of the UN, a NYC Ballet performance, a visit to the Tenement Museum, a performance of Hamilton and much, more so keep your eyes peeled for more details in Trends and Traditions.

Check This Out! Tours of Distinction is offering a Book 3 - Go Free for Day Trips. Every 3 Day Trips earns one free trip. The card will never expire, it is non transferrable and can only be earned and used on TOD trips

When Departing On A Daytrip, Please Park In The Lot Across The Street From The Senior Center

Madison Senior Center Travel Adventures

Escape to Acadia National Park Maine—Tours of Distinction

More information coming soon

Canyon Country, Arizona & Utah Collette Tours September 6th - 13th

8 days, 10 meals: (6 breakfasts & 4 dinners) Explore the most famous canyons of the American West on a journey featuring three national parks. Begin in colorful Scottsdale where you will join your fellow travelers for a welcome dinner with real cowboy flair. Delve into the region's Native American heritage during a chat with a local tribe member. Learn about the region's various tribes; their history, traditions and modern experiences. Then on to Sedona. Soak in the imaginative atmosphere and colorful vistas while browsing the arts and crafts shops of the marketplace. Admire Oak Creek Canyon, where the rock formations seem to change hue with every turn in the road. Later, travel through the spectacular Kaibab National Forest before reaching the South Rim of the Grand Canyon. "Grand" is not a strong enough word for today. This morning, take the time to explore the Grand Canyon. Theodore Roosevelt once said, "This is one of the great sights which every American, if he can travel at all, must see." Behold those same breathtaking views as we travel along East Rim Drive. Later, a short ride brings you to Cameron Trading Post. For nearly a century, the post has acted as a haven for travelers, traders and explorers. Continue north through mesa-studded desert before arriving at your home for the next two evenings – a lovely hotel overlooking the stunning blue waters of Lake Powell. Begin your day with an invigorating breakfast cruise along lovely Lake Powell. You can choose to travel through the territory of the Navajo nation and arrive in Monument Valley Navajo Tribal Park, a sacred Navajo land featuring iconic sandstone spires; enjoy a fascinating tour, narrated by a Navajo tribe member and a stop at a Hogan, a traditional Navajo hut. Or you may take a canyon adventure cruise through the wondrous geologic formations of the Navajo and Antelope canyons. Later we will enjoy dinner in Lake Powell and some time at leisure. The following day you will travel to spectacular Bryce Canyon National Park, famous for its Hoodoos. These rock formations, created over thousands of years by wind and water, carry natural orange and red hues, the product of iron oxidizing within the rock. Zion National Park is our next destination. In sheer magnitude and color, few places on earth match the beauty of Zion's red and white sandstone cliffs. Climb aboard Zion's open-air tram and wind your way alongside the Virgin River and through the 2,400 foot deep, one-half-mile wide Zion Canyon. Later today, trade nature's beauty for the lights of the Vegas strip. This four-mile stretch of road features neon-lit resorts and round-the-clock action. A 2-night stay offers up plenty of time to enjoy all the glitz and glamour of Las Vegas. Lounge by the pool sipping drinks, take in a one-of-a-kind show, browse the world-renowned shops, or try your luck in the casino. Simply visiting the different hotels can take you all over the world. Stop in at Mandalay Bay's Shark Reef aquarium; visit the Luxor to see the sphinxes and pyramid; take a bite out of the Big Apple at New York-New York; see the Eiffel Tower; "ooh" and "ahh" at the Mirage volcano; or take a gondola ride at the Venetian. Pricing: (Booking before 3/6/2018) Double: \$2,999pp; Single: \$3,749pp; Triple: \$2,969 Our Collette webpage for this trip is: <https://gateway.gocollette.com/link/792337>

Wonders of China & the Yangtze River Collette Tours October 10th – 28th

19 Days 40 Meals: (17 breakfasts, 14 lunches, 9 dinners) Experience China's marvels, ancient and modern, rural and cosmopolitan, on this fantastic 19-day tour that features a relaxing 4-night upstream cruise of the Yangtze River. Discover for yourself the mysterious Forbidden City and the immense Tiananmen Square. Great Wall of China is next, one of the world's most incredible wonders. Learn about the wall's history before taking a memorable walk on the Juyongguan section, one of the most famous passes along this epic structure. After this bucket list event, visit a jade museum to learn about the jade-making process. Then return to the city, driving past the Olympic Village. Float by the dramatic scenery of the Three Gorges and steep cliffs of the Qutang Gorge. Marvel at an acrobatic show. Then your guided tour allows you the rare opportunity to see the Giant Panda in its natural environment. Learn how China's national treasure is being brought back from the edge of extinction. The sanctuary is also home to the rare Red Panda. Enjoy an afternoon visit to the Du Fu Thatched Cottage, the former home to the poet known as the "Shakespeare of China." Try your hand at the art of Chinese calligraphy and take a tai chi lesson. Enjoy a full-day visit to the Longji Rice Terraces. Known as the Dragon's Backbone for its scaly appearance, the terraces are actually rows and rows of stunningly colorful rice paddies. Walk through the fields and the nearby villages, meeting local residents along the way.

Experience both old and ultra-modern China in Shanghai. Pricing: (Booking before 4/11/2018) Double: \$5,999pp; Single: \$7,399pp . Our Collette webpage for this trip is: <https://gateway.gocollette.com/link/821453>.

Menu

Please call to make your reservation for lunch by at least 12 Noon the day before you plan to attend (203) 245-5627 (call by Friday for a Monday reservation). Reservations for the following month begin on the 3rd Monday of the current month. If you cannot attend a reserved meal please let us know, as there is often a waitlist. Lunch is \$4 and is served at 11:30am. Thank you we appreciate your patronage.

Thursday, 2/1 New Year's Redux: Shrimp Bisque, Petite Filet and Stuffed Shrimp and Turtle Bomb \$12

Friday, 2/2 Seafood Chowder, Salmon, Peach Pie

Monday, 2/5 Cream of Spinach Soup, Fried Chicken, Angel Food Cake

Tuesday, 2/6 Navy Bean with Ham Soup, Shepherd's Pie, Sweet Potato Pie

Wednesday, 2/7 Chicken and Rice Soup, Crab Cakes, Red Velvet Cake

Thursday, 2/8 Cream of Cauliflower Soup, Pork Fried Rice, Chocolate Cream Pie

Friday, 2/9 Manhattan Clam Chowder, Swordfish Carrot Cake

Monday 2/12 Borscht, Lamb Stew, and Ice Cream

Tuesday, 2/13 Tomato Soup, Chicken Scampi, Tiramisu

Wednesday, 2/14, Valentines Lunch, \$12

Thursday, 2/15, White Bean and Sausage Soup, Quiche, and Sorbet

Friday, 2/16 New England Clam Chowder, Stuffed Flounder, Custard

Monday, 2/19 Closed for Presidents' Day

Tuesday, 2/20 Minestrone Soup, Pork Shank, Cookies

Wednesday, 2/21 Tortilla Soup, California Burger, Birthday Cake

Thursday, 2/22 Chicken Noodle Soup, Pork Schnitzel, Cheese Cake

Friday, 2/23 Rhode Island Clam Chowder, Seafood Newburg, Cherry Pie

Monday, 2/26 Butternut Squash Soup, Meatloaf, and Chocolate Pudding

Tuesday, 2/27 Cream of Asparagus Soup, Sausage and Peppers, Strawberry Shortcake

Wednesday, 2/28 Beef Minestrone Soup, Loaded Potato, and Pecan Pie

"People who love to eat are always the best people." Julia Child

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

AARP INCOME TAXES\$ - Get Free Help with Your Tax Return

AARP Certified Tax-Aide counselors provide free income tax preparation assistance for low-and-middle-income taxpayers of all ages, with special attention to those 60 & older.

Taxpayers MUST bring copies of their 2016 tax return and all 2017 tax documents.

Appointments will be on Tuesdays from 10am - 3pm

beginning Feb. 6th -Apr. 10th. Please book your appointment with consideration to the arrival of all of your financial documents. Taxes will be prepared by appointment only.

Please call (203) 245-5627 to make your appointment.