

# Trends & Traditions

March 2018

Madison Senior Center

Featured Events .....	1
General Information/Ongoing Activities.....	2
Messages from the Municipal Agent .....	3
Seminars, Series and Wellness Programs .....	4
General Information/Ongoing Activities.....	5
Exercise and Health Programs .....	6
Madison Senior Center Day Trips.....	7
Madison Senior Center Travel Adventures .....	8
Miscellaneous Notes.....	9

## FEATURED EVENTS

### HOW TO NAVIGATE PROBATE COURT

Our Probate Judge Peter Barrett will be visiting us once again to discuss what you can do on your own, what you need an attorney for, things you can do now rather than later to avoid probate or make the process smoother. Basically how to be less overwhelmed when you are dealing with a very emotional situation of losing a spouse or loved one. **Registration required.**

**Friday, March 23<sup>rd</sup> at 1pm** FREE

### SLAVERY IN AMERICA AND THE UNDERGROUND RAILROAD

From the perspective of someone with biracial family ties, Dr. Rankin will chronicle the development of slavery in America and the heroic efforts of those who championed its abolishment. The origin and development of the underground railroad will be discussed. The related roles of Harriet Beecher Stowe through her book, *Uncle Tom's Cabin*, Abolitionists John P. Parker, Rev John Rankin, William Lloyd Garrison and many others will be shared through a slide presentation. A forum will be provided for folks to share their thoughts about racism today. Dr. Rankin, a retired Yale trained physician and surgeon, is a member of the Madison Historical Society, the Friends of the Office of State Archaeology, Friends of Hammonasset. **Registration required.**

**Wednesday, March 7<sup>th</sup> at 1pm** FREE

### 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.**

Tuesdays from 9:30 - 3 through April 10<sup>th</sup>  
Taxes will be prepared by appointment only.  
Please call (203)245-5627 for an appointment.

### ST. PATRICK'S DAY LUNCHEON

Join us for a delicious celebratory St Patrick's Day lunch. We will serve

Braised Lamb Shank  
Smashed Fingerling Potatoes  
and a Bit 'O Irish Sweetness for dessert

The Mulkerin Dancers from the Mulkerin Dancing School will be here to brighten your day with some Irish Step dancing. Don't miss it!

**Registration required.**  
**Wednesday, March 14<sup>th</sup> at 11:30am** Fee: \$12

### BEAT PD TODAY

"Beat PD Today," classes encourage intense exercise through boxing and Functional Interval Training. This training is personalized for each individual. Classes also provide emotional and social support and give participants a sense of power over their destiny.

Please come and experience our complimentary Beat PD Today workout. Wear comfortable clothing and shoes and bring your questions for how *vigorous* exercise helps people with Parkinson's. Please register for this event.

**Registration required.**  
**Tuesday, March 20<sup>th</sup> at 2pm** FREE

### SHOPPING TRIP

Join us on a shopping trip to Orange to visit the Trader Joes, Talbots and LLBean stores with lunch at Bertucci's, all within walking distance of each other.

Sign up soon space is limited, we'll need a minimum of 8 to make the trip go.

**Monday, March 19<sup>th</sup> Depart MSC at 9:30am**  
**Returning by 2pm** FEE: \$5

# 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

**MUNICIPAL AGENT FOR**

**THE ELDERLY:**(203) 245-5687

## SENIOR COMMISSION

<b>Vice-Chairs</b>	Dr. Gerard Kerins Wendy Oberg
<b>Members</b>	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 **March 8<sup>th</sup>, 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

## PLAY OF THE HAND: THE DIAMOND SERIES

This bridge class for advancing players will be based on *Play of the Hand in the 21<sup>st</sup> Century: The Diamond Series* by Audrey Grant & Betty Starzec. This will be a series of 8, 1½ hour lessons. This class is for advancing players and will be part 1 of a 2 part class. It will cover Planning Declarer Play, Developing Tricks, and How to Eliminate Losers. In the class we will discuss the material in the book and have a set of pre-arranged hands prepared for the students to play illustrating the concepts taught in the book. Instructor: Don Brueggemann.

**Tuesdays, April 3<sup>rd</sup> - May 22<sup>nd</sup> 10-11:30am Fee: MM \$60 | NMM \$70**

## INTRO TO BRIDGE –PART II

An 8-week class that picks up after the first book, Bridge Basics 1, with the second book in the Audrey Grant series, *Bridge Basics 2, Competitive Bidding*. The focus is on competitive bidding, but will cover fundamentals of bidding, play, and defense. This class is for beginner bridge players who have read the first book or who know the bare essentials and want to improve their game. In addition to discussion, practice hands will be provided for actual play. Please purchase the book, *Bridge Basics 2, Competitive Bidding* by Audrey Grant. Read the first chapter and bring the book to the first class. 8 Sessions (Min. enrollment: 8) Instructor: Sarah Corning)

**Tuesdays, Mar. 27<sup>th</sup>– May 15<sup>th</sup> 10-11:30am Fee: MM60 | NMM\$70**

## 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, March 20<sup>th</sup>, 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. There are lots of opportunities to play at MSC. All are welcome!

Mon.: 11:30-3:30pm	Wed.: 9:30-3:30pm
Thursdays: 9:30-3:30pm	Fri.: 9:00-11:30am

## ONGOING ACTIVITIES AT THE SENIOR CENTER

<b>Bridge</b>	Thursdays & Fridays	1 – 4pm
<b>Canasta</b>	Tuesdays	1 – 3:45pm
<b>Coloring Club</b>	Wednesdays	1:30 – 2:30pm
<b>Hand &amp; Foot</b>	Fridays	1:30 – 3:45pm
<b>Cribbage</b>	Mondays	1 – 3pm
<b>Knitting</b>	2 <sup>nd</sup> & 4 <sup>th</sup> Mondays of the month	3:30 – 6pm
<b>Poker</b>	Mondays & Wednesdays	12:45 – 3pm
<b>Men's Poker</b>	Tuesdays	12:45 – 3:45pm
<b>Quilts of Joy</b>	Tuesdays	1:15 – 3:30pm
<b>Walking Club</b>	Mondays Tuesdays 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: \$65,679

## 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: \$65,679.

## MEDICARE SAVINGS PROGRAM

On January 3<sup>rd</sup>, 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.

## NEW MEDICARE CARDS

The Centers for Medicare & Medicaid Services (CMS) is required to remove Social Security Numbers (SSNs) from all Medicare cards by April 2019. A new, unique Medicare Number will replace the SSN-based Health Insurance Claim Number (HICN) on each new Medicare card. Starting April 2018, CMS will begin mailing new Medicare cards to all people with Medicare on a flow basis by geographic location and other factors. The new cards for Connecticut are scheduled to go out after June 2018. For more information regarding the new Medicare cards stop into the Madison Senior Center for a copy of "10 things to know about your new Medicare card."

## 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, March 20th, 11-12pm FREE

# SEMINARS, SERIES AND WELLNESS PROGRAMS

## 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 March we will meet at a member's house for a pot luck lunch. For more info, or to RSVP, please contact Jennie at newcomersclub15@gmail.com

**Thursday, March 8<sup>th</sup> at 12 noon, email Jennie for details.**

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

**Tuesday, March 13<sup>th</sup> 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**

## 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**

## 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, March 20<sup>th</sup> at 1pm** **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.

**Weds. in March starting on the 14<sup>th</sup> at 1:30pm**  
**Please register for this event. FREE**

## CONTEMPORARY CHINESE HISTORY

This course covers Mao era Communist China from 1949 to 1976. The instructor, Jennie Owens, will give a personal account of events happening during that period. She grew up in post-revolutionary China and spent most of those years in Beijing. Minimum number of students: 6

**Thursdays, March 29<sup>th</sup> - April 19<sup>th</sup>**  
**1:30 to 2:30 pm** **Fee: MM\$10 | NMM \$12**

## MOVIE MATINEE

Movies begin at 1pm  
3/2 Kramer vs. Kramer (1h 45m)  
3/9 12 Angry Men (1h 36m)  
3/16 Dear Zachary (1h 33m)  
3/23 Spotlight

## MSC ART GALLERY

View our next exhibit of photography by *Coastal Camera Club*. The show will run from March 5<sup>th</sup> through April 15<sup>th</sup> 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., Mar. 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 **2<sup>nd</sup>** 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, Mar. 13<sup>th</sup> & 27<sup>th</sup>**  
**at 12:30pm**

## 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. Please register for this event

**Tuesday, March 13<sup>th</sup> at 10:30am**

**Free**

**Grief Support with Lisa Navarra, LCSW.** Will provide education on the grieving process and ways to manage ones emotional and physical health at this time. Losses can include death of a loved one, losing abilities (loss of independence) and changes that occur in one's life as people age. I welcome questions and sharing of experiences. **Wednesday, March 28<sup>th</sup> at 10:30am**

**THE EIGHTEEN MOVEMENTS FOR HEALTH** Come learn The 18 Movements, an easy to learn sequence of exercises that will help increase flexibility and strength while promoting circulation, cultivating balance and reducing stress. Wear loose comfortable clothes. Maureen has years of experience teaching exercise. **(Min. 18 students needed) Thursdays, Apr. 5<sup>th</sup>-May 10<sup>th</sup> at 10am**  
**Fee: MM\$24 | NMM\$34**

## 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, Mar. 26<sup>th</sup> at 4pm**  
**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, Mar. 2<sup>nd</sup> and 16<sup>th</sup>**  
**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, Mar. 19<sup>th</sup>**

**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**

# EXERCISE AND HEALTH PROGRAMS

## EXERCISE WITH PATTY VELLECA SENIORS IN MOTION

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

**Mondays - 10:30–11:30am**

Mar. 5<sup>th</sup> - 26<sup>th</sup>

**MM\$24 | NMM\$34** 4 Classes

Minimum Needed: 7

**Wednesdays - 10:30–11:30am**

Mar. 7<sup>th</sup> - 28<sup>th</sup>

**MM\$24 | NMM\$34** 4 Classes

Minimum Needed: 7

**Fridays - 10:30–11:30am**

Mar. 2<sup>nd</sup> - 23<sup>rd</sup> (no class 3/30)

**MM\$24 | NMM\$34** 4 Classes

Minimum Needed: 7

## EXERCISE & RELAX YOGA

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

**Mondays - 9:30–10:30am**

Mar. 5<sup>th</sup> - 26<sup>th</sup>

**MM\$34 | NMM\$44** 4 Classes

Minimum Needed: 5

**Tuesdays 9:30–10:30am**

Mar. 6<sup>th</sup> - 27<sup>th</sup>

**MM\$34 | NMM\$44** 4 Classes

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**

Mar. 7<sup>th</sup> - 28<sup>th</sup>

**MM\$21 | NMM\$31** 4 Classes

Minimum Needed: 8

## ACTIVE STRENGTH & FITNESS CLASS DEMO

Come to the free demo of Patty's new class that will be held Friday. The class is designed for active seniors who want a great workout that includes Yoga stretching, working with weights and low impact aerobics. **Registration required**

**Friday, March 23<sup>rd</sup> at 9:30am**

## 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, April. 2<sup>nd</sup> - 30<sup>th</sup>**

9-10am Min. Needed: 9

**Fee: MM\$27 | NMM\$37**

## SEATED TAI CHI CLASS

Join us for this free demonstration of Seated Tai Chi. Classes are adapted to any level of ability.

Gentle rhythmic patterns of movement offers over all well-being, including increased strength and flexibility, as well as improved posture and circulation. Instructor: Kim Langley Registration required **Tuesday, March 13<sup>th</sup> at 1pm.**

## 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. 11:30am-12:30pm**

Tap shoes & registration required.

**Instructor Annette Smith will be**

**here on: Thurs., Mar. 8<sup>th</sup>**

**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 resume walking the Madison section of the Shoreline Greenway Trail on **Wednesdays at 10am in the spring.**

## New Session

**Registration Deadline:  
Friday, February 23<sup>rd</sup>.**

**Sadly, if minimums are  
not met, we will have  
to cancel classes.**

## 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)

**Mondays, Mar. 5<sup>th</sup>-Apr. 9<sup>th</sup>**

**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

**Tuesdays, Mar. 6<sup>th</sup> - 27<sup>th</sup>**

**at 10:30 am**

**Fee: MM\$35 | NMM\$45**

## MSC BOOK CLUB

The next meeting will be Thursday, March 29<sup>th</sup>, discussing *Anything Is Possible* Meetings begin at 1pm. Please Register.

# MADISON SENIOR CENTER DAY TRIPS

## Mohegan Sun

Friday, March 9<sup>th</sup>

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**

## Fine Arts & Flowers

Wadsworth Atheneum

Friday April 27<sup>th</sup>

Celebrate spring at the Wadsworth Atheneum's 37<sup>th</sup> Annual Fine Art & Flowers! Florists, garden clubs, and interior designers from across New England create floral arrangements and garden designs inspired by masterworks from the permanent collection to display during this museum fundraiser. More than 40 exceptional floral designs are expected this year, and will be showcased throughout the museum galleries beside the artworks that inspired them. Enjoy a lunch of a *sandwich (Turkey and cheddar, Vegetable Panini with Basil pesto, Ham and Swiss with Sweet Hot Mustard, and a mixed green salad and a choice of beverages provided right at the Atheneum.* Fee includes admission, lunch, and transportation. **Depart MSC at 10am** **Fee: \$32**

## The Will Rogers Follies

Goodspeed Opera

Wednesday, May 9<sup>th</sup>

Shake hands with the heartwarming humorist who spun a rope, poked fun at headlines and never met a man he didn't like. The rags-to-riches story of America's beloved stage, screen and radio star bursts to life as a Ziegfeld Follies-style extravaganza. Family, fame and fate are center stage in Will's rise from obscurity to stardom. Along the way he's arm-in-arm with vivacious showgirls and a slew of cowboys. Curtain up on the Tony Award-winning Best Musical that captures the American spirit at its up-tempo best. Center Orchestra seats.

**Depart MSC at 1pm, estimated return 5:15pm. Minimum of 6 required to send the trip**

**Fee: \$64**

## Fidelco Guide Dog Open House

Bloomfield, CT (Tours of Distinction)

Saturday, May 19<sup>th</sup>

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, est. return: 6:30pm.** **Fee: \$70**

## The Edwards Twins at the Aqua Turf Club

Friendship Tours

Monday, May 21<sup>st</sup>

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 - 13<sup>th</sup>

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**

## Wonders of China & the Yangtze River

### Collette Tours

October 10th – 28<sup>th</sup>

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:**

To see our menu please copy this link into your browser:  
<http://www.madisonct.org/775/Senior-Center-Lunch-Menu>

## MISCELLANEOUS NOTES

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

### **A NOTE FROM OUR DIRECTOR ABOUT ROBO CALLS**

When we have weather cancellations or need to keep you updated regarding changes or cancellations to programs and activities, I send out Robo Calls. A Robo Call is a recorded message and is sent out to you while simultaneously sending it to everyone else who needs to receive the message. This is an extremely valuable form of communication for the Madison Senior Center and for you as well. This allows us to get important messages to you and all of the other participants at once. For example: if the senior center is closed due to inclement weather, I can send out a Robo call to all of our members to let you know that the activities scheduled for the day are cancelled. I am sensitive to the fact you do not wish to answer phone calls from people you do not know, when I send out the Robo call, the phone number that will show up on your Caller ID will be a Waterbury phone number. If you are uncomfortable answering calls from numbers you do not recognize, my recommendation is that you let the call go to voicemail and then listen to the message.

To make this system as effective as possible, it is important that you give us the best number possible to reach you. It is also EXTREMELY important that you sign in for all of your classes or programs; even the ones that are free like card games, EVERY TIME you come to the Madison Senior Center. To sign in, please stop at the main desk and swipe your card at the My Senior Center kiosk. If you need assistance, a staff member would be more than happy to assist you. When you sign in we have a record of your attendance. This allows us to call you if that class is cancelled or allows us to contact you with specific information related to your activity. For example, if you play Mah Jongg and do not sign in, when we are closed for snow you will not receive a phone call. Recently the Madison Senior Center experienced a power outage that affected all of our programming. Some folks were not notified because they do not sign in. It only takes a few seconds to do and will help prevent future issues. Thank you in advance for your cooperation.