

Trends & Traditions

May 2018

Madison Senior Center

Featured Events	1
General Information/Ongoing Activities	3
Messages from the Municipal Agent	4
Seminars, Series and Wellness Programs.....	5
General Information/Ongoing Activities	6
Exercise & Health Program.....	7
Madison Senior Center Day Trips.....	8
Madison Senior Center Travel Adventures	9
Back Pages	10

FEATURED EVENTS

2018 Summer Hours & Happy Hours

May 1st through August 31st. Our hours will be as follows:

Monday thru Wednesday: 8:30am-4:00p and Thursday: 8:30am-6:00pm • Friday: 8:30am-2:00pm

Thursday “Happy Hour” events are planned as follows: Please register for these events!

1st Thurs. of the month: Bingo with Prizes • 2nd Thurs. of the month: Coffee House 3rd Thurs. of the month: Live Music
• 4th Thurs. of the month: Movie and Pizza • 5th Thurs. of the month: Coffee House (May & Aug.)

Health & Wealth Considerations for Seniors and Their Families

Please join **Madison Financial Planning** for a complimentary 3 part series. The first of these series, **Aging in Place**, will take place on Wednesday, May 23rd at the Madison Senior Center. This series is designed to assist you and your family in planning for situations impacting your health and wealth. Aging in Place can present challenges and need for thoughtful planning. Craig Bernard, CFP®, CHFC, CLU Founder and Managing Partner of **Madison Financial Planning** will serve as moderator for the panel and incorporate both financial and estate planning considerations. Guy Tomassi, the Executive Director of **Lifetime Care at Home**- an affiliate of VNA Community Healthcare will be there to discuss the advantages of “Aging in Place”, what resources are available, what you should know and what questions to ask. Tim Cosgrove from **TW Cosgrove Construction** a certified Aging in Place Specialist will be there to discuss how you can make accommodations to your house in order to stay steady and sturdy at home. Coffee, tea and light refreshments will be served. We look forward to seeing you there. **Registration Required. Wednesday, May 23rd 6– 7:30pm FREE**

Travel Presentation: Spain’s Costa del Sol & the Portuguese Riviera

Come learn about our great 13 day trip to sunny Spain! . Tracy O’Neil from Collette will share highlights of the trip as well as her terrific traveling tips Here are just some of the highlights: In Madrid, you choose your experience: a city tour and tour of the renowned Prado Museum with a local expert, or a walking tour of the city’s Hapsburg-era architectural treasures. Travel via high-speed train to the Moorish city of Cordoba. Relax in Malaga’s paradur on the Costa del Sol. Tour Granada’s Alhambra Palace. Marvel at the architecture of the Cathedral of Seville, third largest in the world. Visit Ronda, an architectural marvel in Andalucía. Enjoy a 4-night stay on Portugal’s Riviera. Visit the Mafra Palace and Monastery, one of the most impressive Baroque buildings in Portugal. Travel the Silver Coast and visit Fatima, the world-famous pilgrimage site. Enjoy leisure time for independent explorations. Registration required. Thursday, May, 17th at 10:30am FREE

Herbs for Health

Jamie and Maite Dickinson are family and community herbalists, gardeners and medicinal plant growers living in Woodstock, CT. Jamie studied at the *Twinstar School of Herbal and Energetic Studies* in New Milford, CT and Maite studied *Rosemary Gladstar’s Science and Art of Herbalism at the Alternatives for Health Herbal Apothecary* in Sturbridge, MA. They both have M.S. degrees in International Agricultural Development from UC Davis. For our program they will present a general overview of herbalism from the western tradition with a focus on specific herbs and their uses to help with sleep, skincare and healthy digestion. They will demonstrate how to mix and make a simple infusion with loose leaf tea and how to blend a basic salve for general

skincare. They also will cover the basics of the digestive system and the function of bitters in aiding digestion. This will be an interactive session with opportunities for Q&A and sharing experiences and ancestral knowledge of herbs. We'll need a minimum of 10 to run the program. **Wed., May 23rd, 1 - 2:30pm Fee: MM\$10 | NMM\$15**

GENERAL INFORMATION/ONGOING ACTIVITIES

MADISON SENIOR CENTER

29 Bradley Rd, Madison, CT 06443

PHONE: (203) 245-5627

TTY: 203.245.5638

FAX: (203) 318-0670

WEBSITE: www.madisonct.org/seniors

HOURS: Mon.-Wed. 8:30-4pm

Thurs.: 8:30 - 6; Fri.: 8:30 – 2pm

SENIOR CAFÉ: (203) 245-5627

DIAL-A-RIDE (203) 245-5695

Operates on Mondays, Wednesdays and Fridays only.

MUNICIPAL AGENT FOR

THE ELDERLY (203) 245-5687

SENIOR COMMISSION

Vice-Chairs Dr. Gerard Kerins

Wendy Oberg

Members James Ball

Sheri Puricelli

Dale Kach

Lori Murphy

John Dean

Jim Ryan

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

May 10th, 2018 at 5:30pm

SENIOR CENTER STAFF

Dir. 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

Fairy Gardens

Bring your imagination and step into the world of fairies and make a Fairy Garden with Sandy Wilhelm. She will provide everything you need to make a delightful little garden, live plants, fairies and add a little magic to your home. Space is limited, we can only take 10 people, so sign up soon!

Wednesday, May 16th at 1:30pm Fee: MM\$6 | NMM\$10

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 Parkinsons. Please register for this event. Registration required. Monday, May 14th at 1pm FREE

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, May 16th, 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 ★ Thurs: 9:30-3:30pm Fri.: 9:00-11:30am. All are welcome!

Ongoing Activities at the Senior Center

Bridge Thursdays & Fridays 10am – 2pm

Canasta Tuesdays 1 – 3:45pm

Coloring Club Wednesdays 1:30 – 2:30pm

Hand & Foot Thursdays 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

Application Deadline Is Approaching!

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.**

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 3rd Tuesday monthly at MSC. **Tuesday, May 15th, 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! Join us in May for an information session that will highlight the many services provided by the Senior Center. A cookies and coffee social will follow. For more info, or to RSVP, **please contact Jennie at newcomersclub15@gmail.com**
Thursday, May 3rd at 1:30pm, email Jennie for details.

CREATIVE WRITING

Words in Action Join a dynamic group of writers, mostly unpublished, actively working in all genres, fiction and non-fiction (or somewhere in between). Members are encouraged to write each week on their own; participate in a writing exercise in the group meeting; share their work; listen well to others; contribute to discussion; and gently critique members' work. **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. **Wednesday, May 2nd, 9th & 16th at 1:30pm.**
Please register for this event. FREE

Swedish Weaving

Swedish Weaving is a very relaxing and fun needlecraft that dates back centuries. The beauty of this needlecraft is that it only requires a few items, and the desire to create a unique, impressive handcraft. Start with a small project, instructor Dolores Sacrider will explain what is needed. New students welcome! **Tuesdays from 10am-12pm Please Register 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 Wednesday of the month. Please Note Day & Time Change.** It will be facilitated by Ellie Gillespie. **Please register. Wednesday, May 16th at 10am FREE**

Monday Movie Matinee *Movies begin at 1pm Please note new day*

5/7 The Verdict (2h 9m) **5/14** Animal Fear (2h 10m) **5/21** West of Memphis (2h 30m) **5/28** Closed for Memorial Day
Thanks to SSILL for providing these great movies!

MSC ART GALLERY

View our next exhibit of art by our own **Mary Noonan**. The show will run from April 23rd through June 1st and is open during normal Senior Center hours. *(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 looking for new exhibitors. If you would like to showcase your work, please contact us for information.**

GENERAL INFORMATION/ONGOING ACTIVITIES

LEGAL ASSISTANCE Thurs., May 3rd & 17th 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, May. 8th & 22nd 12:30pm**

DIAL-A-RIDE

Summer Hours: Mon: 8am – 4:30pm Wed.: 8am – 4pm & Fridays from 8am to 2pm (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 please 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, May. 21st 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*
Fridays beginning at 9am 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, May 21st 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, 10–1:30pm Fee: \$6/class**

Health Talks

Balance & Falls: What are the most common causes of balance problems and falls? The risk can be evaluated and evidence based exercise programs can be prescribed by a physical therapist. **Thursday, May 10th, at 10:30am FREE**

The Eighteen Movements Video Practice

While Maureen is away we are offering practice sessions. We have a video that demonstrates all the same *Chi Qigong Shibashi* movements that Maureen taught in her lessons. If you are interested in continuing your practice, as some of the students have expressed to us, come to the Senior Center Library and join in. Please register for this event. Please Register. **Thursdays, May 17th-31st at 10am Free**

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 May 7th - 21st (*No Class 5/28*) **MM\$18 | NMM\$28** 3 Classes Minimum Needed: 7

Wednesdays - 10:30–11:30am May 2nd - 30th **MM\$30 | NMM\$40** 5 Classes Minimum Needed: 7

Fridays - 10:30–11:30am May 4th - 25th **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 May 7th - 21st (*No Class 5/28*) **M\$26 | NMM\$36** 3 Classes Minimum Needed: 5

Tuesdays - 9:30–10:30am May 1st- 29th **MM\$42 | NMM\$52** 5 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 May 2nd - 30th **MM\$27 | NMM\$37** 5 Classes Minimum Needed: 8

Registration Required for All Classes

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, **May 7th - June 18th** No Classes on the 21st & 28th

9-10am Min. Needed: 9 Fee: MM\$27 | NMM\$37

SEATED TAI CHI CLASS

Join us for Seated Tai Chi. Classes are adapted to any level of ability. Gentle rhythmic patterns of movement offers over all well-being, including increased strength and flexibility, as well as improved posture and circulation. Instructor: Kim Langley

Min. Needed: 6 (5 classes) Tues., May 1st - May 29th at 1pm. Fee: MM\$40 | NMM\$50

No Excuses Tap Dance Club

Tap dancing is not only great exercise, it's also great for your memory, sequencing skills, large and small motor skills, balance, core muscle work, right and left brain work, a great workout, and fun too! Dancers get together to practice weekly without an instructor. **Thursdays 11am-12pm FREE Tap shoes & registration required.**

Instructor Annette Smith will be here on: Thurs., May 10th 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

Monday, April 23rd Sadly, if minimums are not met, we will have to cancel classes.

Ballroom Line Dancing will resume in September

Meditation with Beth - NEW DAY AND TIME

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. **(5 classes) Min. enrollment: 7 Thursdays, May 3rd—31st at 3pm**

Fee: MM\$26 | NMM\$36

MSC Book Club

The next meeting will be **Thursday, May 31st**, discussing **BEFORE WE WERE YOURS** Meetings begin at 1pm. Please Register.

MADISON SENIOR CENTER DAY TRIPS

Mohegan Sun Monday, May 14th

Every turn leads to a new adventure. Food vouchers & bet coupons included. To register for the Mohegan trips: From May through August The Mohegan trip take place on the second Monday of every month. Madison members may sign up starting on the Tuesday following the trip. Non Madison members may sign up on the Friday following the trip. You do not need to wait for the month in which the trip is taking place, to register. Depart MSC at 9am. Fee: \$7

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 10:45am, estimated return: 6pm. Fee: \$70

New York City Ballet Meet the Dancer/Balanchine Black & White Sunday, June 3rd

Get prepared to experience NYC through artistic dance! Spend some time at Chelsea Market for lunch on your own. While at Chelsea Market, feel free to go on the High Line. The High Line is a public park that was built from an historic elevated freight rail line that went above the streets of Manhattan's West Side. The High Line is complete with beautiful public gardens. Also today, take the opportunity to participate in a one-of-a-kind behind the scenes experience that will allow you to get to know a New York City Ballet dancer. The artist will immerse the group into the life of a Company member while sharing interesting moments from the history of both NYCB, and the David H. Koch Theater (which is their home). Once the Meet the Dancer experience has finished, settle into your seat for an exciting New York City Ballet show, ***Balanchine Black and White***. Three unequivocal masterpieces (Concerto Barocco, Agon, and The Four Temperaments) honor Balanchine's groundbreaking Black and White ballets. This modernly styled but classically grounded program displays a visual accompaniment to Bach's double violin concerto, which is an athletic contest to compliment Stravinsky's dissonant sounds, and an angular exploration of Hindemith's consuming moods.

Depart MSC at 7:15am, estimated return: 9:00 pm, Fee: \$162

The Glass House New Canaan, CT Monday, June 18th,

The Glass House, built between 1949 and 1955 by famed architect Philip Johnson, is one of the nation's greatest modern architectural landmarks. Inspired by Mies van der Rohe's Farnsworth House, the Glass House's exterior walls are made of glass with no interior walls, a radical departure from houses of the time. The pastoral 49-acre landscape comprises fourteen structures, including the Glass House (1949), and features a permanent collection of renowned 20th century painting and sculpture, along with temporary exhibitions. There will be some walking over grass and up an incline. After the tour you will have lunch on your own at The Gates Restaurant in New Canaan. **Registration Deadline is 5/14/18 (Min. number of travelers required is 10, max is 13).** Depart MSC at 9am for an 1¼ hour guided tour at 10:30. Fee: \$45

Lobsterfest & "No Tell Motel" Play Newport Playhouse Sunday, July 22, 2018

The "No Tell Motel" is a romantic comedy by Michael Wilmot. It's the story of Brandon and Sarah who plan a quick rendezvous at the Bird of Paradise Motel and discover getting what you want isn't always what you want! A meddling motel manager with issues, a roll-away cot, guilt and an inconvenient husband somehow combine for a happy ending. You will also enjoy the Lobsterfest menu featuring a Boiled Lobster (1 per person) Shrimp Cocktail, Clam Chowder, wide variety of Salads, Hot & Cold Entrees, Desserts, and Beverages. **Trip will depart MSC at 9 am and return approx.. 6:30pm. Fee: \$99**

MADISON SENIOR CENTER TRAVEL ADVENTURES

Escape to Acadia Portland, Bar Harbor, Boothbay Harbor, Acadia Nat. Park (ToD) July 16th - 18th,
3 days, 2 nights Meals: 3 breakfasts, and 2 dinners) Day one travel from the Senior Center to Portland for a narrated tour, and then on to Camden. You'll spend both nights at the Cedar Crest, a great place to unwind with a wine and cheese reception and of course lobster is one of the choices on the menu! In the morning you'll travel to Acadia. There will be free time for shopping in the beautiful seaside town that is on the way. You'll stop at the top of Cadillac Mountain, the National Park Nature Center at Sieur de Mont Springs and see the beautiful pounding surf at Thunder Hole. The next morning you'll head to Boothbay Harbor with time to walk around this picturesque spot before heading home. **Pricing: Double \$529.00pp, Triple \$485.00 pp, Single \$709.00** Depart Madison Senior Center at 7am. For more information see Ellie for a brochure.

Christmas Market Tour Austria, Switzerland and Germany (Collette Tours) December 1st-9th
(9 days, 11 Meals: 7 Breakfasts, 4 Dinners) Experience the 600-year-old holiday spirit of "Christkindlesmarkts" in Germany, Austria and France. Sip mulled wine and collect unique handicrafts, hand-made ornaments and toys at some of the largest and most famous Christmas markets in Europe. Spend three nights in the traditional Alpine village of Oberammergau and two nights in the heart of the Black Forest. Bask in holiday cheer as you stroll along the cobblestone streets of Innsbruck, capital of Tyrolean Austria. Explore historic Nuremberg, Würzburg and Rothenberg, some of the best preserved medieval towns in Europe. Visit the famous Nuremberg Christmas Market dating back to 1628, where you can sample sausages and gingerbread. In Innsbruck, embark on your choice of a cultural or architectural walking tour. Explore Strasbourg's Petit France and its quaint market stalls huddled around the imposing cathedral. Come hear all the details of this magical trip that will have you home for Christmas with the best presents ever! **Pricing: Double: \$2,899pp; Single: \$3,149** (Booking before 6/2/2018)

Spain's Costa del Sol & the Portuguese Riviera Collette Tours April 25th—May 7th, 2019
(13 days, 17 Meals: 11 Breakfasts, 6 Dinners) Relax on the Costa del Sol. Enjoy a true taste of the Iberian Peninsula. In Madrid, you choose your experience: a city tour and tour of the renowned Prado Museum with a local expert, or a walking tour of the city's Hapsburg-era architectural treasures. Travel via high-speed train to the Moorish city of Cordoba. Relax in Malaga's paradisor on the Costa del Sol. Tour Granada's Alhambra Palace. Marvel at the architecture of the Cathedral of Seville, third largest in the world. Visit Ronda, an architectural marvel in Andalucía. Choose from a panoramic tour of Lisbon with a visit to the coach museum or a walking tour of the Moorish Alfama Quarter with a visit to Sao Jorge castle. Enjoy a 4-night stay on Portugal's Riviera. Visit the Mafra Palace and Monastery, one of the most impressive Baroque buildings in Portugal. Travel the Silver Coast and visit Fatima, the world-famous pilgrimage site. Enjoy leisure time for independent explorations. Please register for a **special presentation is scheduled Thursday, May, 17th at 10:30am. Pricing: Double: \$3,999pp; Single: \$4,549pp; Triple \$3,949pp** (Booking before 10/26/2018)

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

BACK PAGES

Please Note:

Due to the shift to Summer Hours we would like to make sure everyone is aware of the schedule changes.

Thursday: 8:30am-6:00pm; Friday: 8:30am-2:00pm

Mohegan Sun: Moving from 2nd Friday of the Month to the 2nd Monday of the Month.

Connie Graham Bridge: Moving from Fridays at 12:15pm to Fridays at 10:00am

Movie Matinee: Moving from Fridays at 1pm to Mondays at 1pm

Mother's Day

Please join us to celebrate mothers. Come if you are a mother, come if you had a mother, or bring your mother with you to enjoy our special luncheon. We will be serving you:

Cream of Asparagus Soup, a Duet of Salmon and Filet
and Chocolate Lava Cake

Wednesday, May 16th \$12⁰⁰ -Please sign up at the front desk.