

# Trends & Traditions

August 2018

Madison Senior Center

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## FEATURED EVENTS

### Tour the Yale University Art Gallery

Enjoy a docent-led, hour-long tour designed to engage you with its encyclopedic collection. Led by Gallery teaching staff, these tours provide visitors with a range of ways to look at, engage with, and enjoy works of art. Tours focus on four to six key works in the permanent collection from across curatorial departments. The experience is discussion-based and encourages visitors to look closely, ask questions, and talk about what they see!

Wednesday, August 8<sup>th</sup>, depart MSC at 12:30pm Bus Fee: \$5

### The Lighthouses of Boston Harbor

Relax aboard the Provincetown III, a sleek catamaran, while enjoying a 90 minute, narrated, historical cruise highlighting the history of the 5 Boston Lighthouses (*Long Island Head Light, Deer Island Light, The Lovells Island Light, Boston Light and the Graves Light*). Prior to the cruise you'll have lunch at the Venezia Restaurant on the waterfront with breathtaking views of the Boston skyline. **Please choose Baked Haddock or Chicken Parmesan.** Also served with lunch will be Salad, Potato, Vegetables, Dessert and Coffee. Depart MSC at 7:15am, est. return 7:45pm. **Tues, Aug. 28<sup>th</sup> Fee: \$112**

### Block Island for a Day (TOD)

Block Island offer is an unspoiled rural setting where a visitor can feel like they have stepped back to a gentler, quieter time where there are no traffic lights or automobiles on the island. The Island offers a rich history, miles of sandy beaches, and over 200 freshwater ponds that dot the island. Your ferry departs from Point Judith, RI. The comfortably furnished boat with enclosed passenger area, cocktail bar, and galley will transport you to the island. Enjoy an elegant luncheon at the National Hotel. **Pre-select Crispy skin-on Pan Seared Chicken Breast with a Lemon Basil Sauce, Fresh Seafood Cake with a Lemon Basil Aioli or Pasta Pomodoro with Sautéed Plum Tomatoes, garlic and basil tossed with pasta, butter and parmesan cheese.** Your meal also includes Salad, Bread & Butter, Starch and Vegetable, Coffee and Dessert. **Meal choices needed upon reservation\***. There is time to discover Block Island's beauty on your own. There are many unique shops, a wonderful beach, and endless natural beauty to round out your special island experience. Depart MSC at 8am. Est. Rtn: 8:15pm. **Thurs., August 16<sup>th</sup> Fee: \$109**

### Thimble Island Cruise and Lobster Shack

Join us for a perfect summer outing cruising around the Thimble Islands on the famous "Sea Mist" boat. You can relax and enjoy a 45 minute, narrated tour of the Thimble Islands. These islands were used for everything from farming to quarrying granite, and bootlegging to hiding treasure! **(Please Note: You must be able to climb over large step into boat)** Then bus over to the *Lobster Shack* in Branford, where among many other things you can enjoy a delicious lobster roll! The Thimble Islands tour is \$15 (*cash only*) to be paid when you board and lunch at the Lobster Shack is on your own.

**Friday, August 24<sup>th</sup>, depart MSC at 10:15am Bus Fee: \$2**

### Out to Local Lunch

Depart MSC at 11:00 No Bus Fees Lunch on Your Own

Lenny & Joes Friday, July. 13<sup>th</sup> Madison Surf Club **Friday, August 10<sup>th</sup>**

## GENERAL INFORMATION/ONGOING ACTIVITIES

### MADISON SENIOR CENTER

29 Bradley Rd, Madison, CT 06443

PHONE: (203) 245-5627

TTY: 203.245.5638

FAX: (203) 318-0670

WEBSITE: [www.madisonct.org/seniors](http://www.madisonct.org/seniors)

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

Thurs.: 8:30 - 6; Fri.: 8:30 - 2pm

SENIOR CAFÉ: (203) 245-5627

DIAL-A-RIDE (203) 245-5695

Operates on Mondays, Wednesdays and Fridays only.

MUNICIPAL AGENT FOR

THE ELDERLY (203) 245-5687

### SENIOR COMMISSION

Vice-Chairs Dr. Gerard Kerins  
Wendy Oberg

#### Members

- James Ball
- Sheri Puricelli
- Dale Kach
- Lori Murphy
- John Dean
- Jim Ryan
- Ruth Diona

*The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be May 10<sup>th</sup>, 2018 at 5:30pm*

### SENIOR CENTER STAFF

|                         |                 |
|-------------------------|-----------------|
| Dir. of Senior Services | Austin Hall     |
| Asst. Director          | Heather Noblin  |
| Program Coordinator     | Ellie Gillespie |
| Receptionist            | Ari Potter      |
| Chef                    | Kevin Wolfe     |
| Server                  | Amy Butler      |
| Server                  | Laurie Bragg    |
| Dishwasher              | Dan Lux         |
| Bus Driver:             | Michael Rand    |
| Bus Driver:             | Helen Sneider   |
| Bus Driver:             | Dennis Marron   |
| Bus Driver              | Tom Lufsey      |

### Fort Trumbull and Capt. Scott's Lobster Dock

Fort Trumbull is a fort named for Governor Jonathan Trumbull which was first completed in 1777 near the mouth of the Thames River in New London. This fort has served as a big part of Connecticut's rich history and played an important role from the Revolutionary War to the Cold War. There are informative markers and displays, a touchable cannon and artillery crew display, and gun emplacements. The fort interior features 19<sup>th</sup> Century restored living quarters, a mock laboratory, and a 1950's era office furnished to resemble a research and development lab at the facility. There is also access to the ramparts for a spectacular view of the New London Harbor. The Visitor Center contains state of the art multimedia theaters, computer touch screen interactive exhibits, 3-D models, and extensive graphics and text panels. This one-of-a-kind center depicts over 225 years of military history and technological advances, and there is a \$6 fee to enter. After visiting Fort Trumbull we will head over to the season favorite *Captain Scott's Lobster Dock* for lunch on your own. **Wednesday, August 29<sup>th</sup> depart MSC at 9:15am return by 2:30pm Bus Fee:\$5**

### Lunch with Tom

Come enjoy lunch with our First Selectman, Tom Banisch. Tom joins us on the 3<sup>rd</sup> Tuesday of every month to have lunch and chat with Madison seniors. Bring your questions, concerns and compliments. **Tuesday, August 21<sup>st</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. 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** 2<sup>nd</sup> & 4<sup>th</sup> 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

### Rent Rebate - Application Intake begins May 16<sup>th</sup>

The Rent Rebate Program provides one time assistance to help offset rental expenses. This program is available for folks who rented an apartment in CT in 2016, whether it was in town or not. Please contact your electric company, landlord, the water company, and heating company to get proof of payments made in 2016 and income taxes or 1099 for all income sources.  
**2017 Maximum Income- Single: \$35,300 and Couple: \$43,000.**

## **FARMERS MARKET COUPONS**

Eligible participants enjoy CT Grown fruits, vegetables, fresh cut herbs, & honey from local Farmers' Markets. To be eligible: age 60 or older or are disabled and living in senior housing where a congregate meal is served, & also participating in another program that has means testing and meet income requirements. Eligible participants receive \$15 in coupons, good at the Madison Farmers' Market. Coupons are currently available and good until October 31<sup>st</sup>, 2018. The market is open on the town green on Fridays from 3 to 6pm until the end of October. Max Annual income: Single \$22,459 and Couples: \$30,451.

## **CELLPHONE**

Provides eligible low-income households a free cell phone, mobile access to emergency services, and 3 different plan choices with free minutes of airtime monthly for 1 year. A qualifying customer must participate in one of the following programs: state energy assistance, Federal Public Housing Assistance/Section 8, Food Stamps, Medicaid/ Title 19, Personal Care Assistance, Refugee Program, Rental Assistance, SAGA, State Supplement to the Aged, Blind, or Disabled, SSI, TFA.

## **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**

**<\$1,005/Month            4 meals/week maximum**

**\$1,006–\$1,257/Month   3 meals/week maximum**

## **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, August 21<sup>st</sup>, 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! For details please contact Jennie at [newcomersclub15@gmail.com](mailto:newcomersclub15@gmail.com). **No meetings in August, see you in September**

### 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**

### AARP DRIVER SAFETY CLASS

A refresher course aimed at the 60+ driver. Call your insurance company you may be eligible for a discount after completing this course! The class will be held on the second Wednesday of the month from 12:30pm to 4:30pm **Please make checks payable to AARP Aug. 8<sup>th</sup> • Sept. 12<sup>th</sup> • Oct. 10<sup>th</sup> • Nov. 7<sup>th</sup> • Fee: AARP Member \$15 Non-Member \$20**

### OUTINGS

**Bills Seafood** - Mon., Aug. 20<sup>th</sup> depart MSC at 11:30am  
Lunch on Your Own Bus Fee: \$2

**Van Wilgens Garden Center & Nellie Greens** - Friday, August 31<sup>st</sup> depart MSC at 10am Lunch on Your Own Bus Fee: \$2

### 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.. It will be facilitated by Ellie Gillespie. Please register. **Wednesday, August 15<sup>th</sup> at 10am FREE**

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

8/6 **Martian** (2h 24m)  
8/13 **Heartburn** (1h 48m)  
8/20 **Charade** (1h 53m)  
8/27 **Always** (2h 2m)

### MSC ART GALLERY

View our art exhibits by *Charlie Fischer* from August 27<sup>th</sup> — October 5<sup>th</sup>. *(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., August 2<sup>nd</sup> & 16<sup>st</sup> 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 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month, and can check your blood pressure, pulse and weight. She can also review your medications, help you to create a medication list, help you prepare for an appointment with your doctor. **PLEASE REGISTER. Closed for Activities on Aug. 14<sup>th</sup> Tuesday, August 28<sup>th</sup> 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, August 27<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*

**Thursdays with appointments at 10, 10:30 and 11 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, August 20<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: Joan Weingardt Fridays, 10–1:30pm Fee: \$6/class**

### Bridge, Bridge & More Bridge!!

**Introduction to Bridge 9:30-11am Fridays, 9/7-10/26**

A class that introduces the fundamentals of the game of bridge which will consist of bidding, play, and defense. This class is for anyone who wants to learn to play bridge. In addition to discussion, practice hands will be provided for actual play. Please purchase the book, *Bridge Basics 1, An Introduction* by Audrey Grant and bring to the first class. Minimum students required is 8, maximum is 16. (8 classes) **Instructor: Sarah Corning Fees: MM \$60 | NMM \$70**

### **Diamond Series Part 2 10-11:30am Tuesdays, 9/11-10/30**

This Bridge class for advancing players will be based on *Play of the Hand in the 21st Century: The Diamond Series*, by Audrey Grant & Betty Starzec. The class will be Part 2 of the classes using this book, and covers Entries, Knowing Your Opponents, Managing the Trump Suit, and Combining Techniques. We will discuss the material in the book and set of prepared hands based on the material covered. The minimum students required is 8, maximum is 16. (8 classes)

**Instructor: Don Brueggemann Fees: MM \$60 | NMM \$70**

### **Competitive Bidding: *An Intensive Review* Tuesdays, 9/25 – 10/16**

A follow-up class of Audrey Grant's *Bridge Basics 2 - Competitive Bidding*. This class is for bridge players that have taken the Basic Bridge II class and want to refine their understanding of the concepts that were covered. The minimum students required is 8, maximum is 16. (4 classes) **Instructor: Sarah Corning Fees: MM \$30 | NMM \$40**

## **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 August 6<sup>th</sup> - 27<sup>th</sup> MM\$24 | NMM\$34 4 Classes Minimum Needed: 7**

**Wednesdays - 10:30–11:30am August 1<sup>st</sup> - 29<sup>th</sup> MM\$30 | NMM\$40 5 Classes Minimum Needed: 7**

**Fridays - 10:30–11:30am August 3<sup>rd</sup> – 31<sup>st</sup> MM\$30 | NMM\$40 5 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 classes will resume in September**

**Tuesdays - 9:30–10: August 7<sup>th</sup> - 28<sup>th</sup> (no class 8/14) M\$26 | NMM\$36 3 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 August 1<sup>st</sup> - 29<sup>th</sup> MM\$35 | NMM\$45 5 Classes Minimum Needed: 6**

**Registration Required for All Classes at least one week prior to starting date of class.**

#### **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, August 13<sup>th</sup> - September 17<sup>th</sup> (No Class on 9/3) 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

**Tuesdays August 7<sup>th</sup> – 28<sup>th</sup> at 1pm. (no class 8/14) Fee: MM\$29 | NMM\$39 Min. Needed: 5 (3 classes)**

#### **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 back in September.**

#### **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**

**Please sign up for all programs the week before they start, so we can be sure minimums have been reached.**

## **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, Sept. 10<sup>th</sup> - Oct 22<sup>nd</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. (3 classes) Min. enrollment: 7 **Tues., August 7<sup>th</sup> – 28<sup>th</sup>** at 10:30am **(no class 8/14)**

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

## **The 18 Movements Video Practice**

We are offering practice *Chi Qigong Shibashi* sessions. We have a video that demonstrates all the movements. If you are interested in continuing your practice, as some of the students have expressed to us, come to the Senior Center Library and join in. Please register for this free event. **Thurs., Aug. 2<sup>nd</sup>-30<sup>th</sup> at 10am** **Free**

## **MSC Book Club**

The next meeting will be Thursday, July 26<sup>th</sup> *Once We Were Brothers* Meetings at 1pm. Please Register

## MADISON SENIOR CENTER DAY TRIPS

### **Mohegan Sun Monday, August 13th**

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**

### **Block Island for A Day Tours of Distinction Thursday, August 16th**

Welcome to Block Island offering an unspoiled rural setting where a visitor can feel like they have stepped back to a gentler, quieter time where there are no traffic lights or automobiles on the island. The Island offers a rich history, miles of sandy beaches, and over 200 fresh water ponds that dot the island. Your ferry departs from Point Judith, RI. The comfortably furnished boat with enclosed passenger area, cocktail bar, and galley will transport you to the island. Enjoy an elegant luncheon at the National Hotel. Pre-select Crispy skin-on Pan Seared Chicken Breast with a Lemon Basil Sauce, Fresh Seafood Cake with a Lemon Basil Aioli or Pasta Pomodoro with Sautéed plum tomatoes, garlic and basil tossed with pasta, butter and parmesan cheese. Your meal also includes Salad, Bread & butter, Starch and Vegetable, Coffee and Dessert. Meal choices needed upon reservation\*. There is time to discover Block Island's beauty on your own. There are many unique shops, a wonderful beach, and endless natural beauty to round out your special island experience. **Depart MSC at 8am. Est. Return: 8:15pm, Fee: \$109**

### **The Lighthouses of Boston Harbor Friendship Tours Tuesday, August 28<sup>th</sup>**

Relax aboard the Provincetown III, a sleek catamaran, while enjoying a 90 minute, narrated, historical cruise highlighting the history of the 5 Boston Lighthouses (Long Island Head Light, Deer Island Light, The Lovells Island Light, and the Graves Light). Prior to the cruise you'll have lunch at the Venezia Restaurant on the waterfront with breathtaking views of the Boston skyline. Please choose Baked Haddock or Chicken Parmesan. Also served with lunch will be Salad, Potato, Vegetables, Dessert and Coffee. Depart MSC at 7:15am, estimated return 7:45pm. Fee: \$112

### **Hard Times Tenement Museum Thursday, September 13<sup>th</sup>**

First we'll make a stop at Puglia's for lunch. In 1919 Gregorio Garofalo came over from Italy to begin working on his American dream. The name "Puglia" comes from a region in Southern Italy from which he emigrated. Three generations later, Gregorio's dream carries on. **Choice of entrée:** Spaghetti and Meatballs, Spaghetti Marinara, Baked Ziti, Lasagna, Eggplant Parmigiana, or Chicken Parmigiana. All entrées are served with: Garlic Bread, Mixed Green Salad, Coffee, Tea, Soda, and Dessert. **The Tenement Museum** is the main attraction for today! Take the *Hard Times* tour and discover how immigrants survived economic depressions at 97 Orchard Street between 1863 and 1935. Visit the restored homes of the German-Jewish Gumpertz family, whose patriarch disappeared during the Panic of 1873, and the Italian-Catholic Baldizzi family, who lived through the Great Depression. Stairs are in the museum, and it cannot be guaranteed that there's an elevator. **Depart MSC: 6:45am, Est. Return: 6:45pm Fee: \$103**

### **The Big E Fair on Connecticut Day Wednesday, September 19th**

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

### **Essex Steam Train & Riverboat Excursion Friday, September 21st**

Enjoy a 3-course lunch aboard a restored 1920's Pullman Diner car as part of a 3½-hour journey that begins at the historic Essex Train Station for a 12-mile, narrated trip. At Deep River Landing, passengers are escorted onto the Becky Thatcher riverboat for a 1¼-hour cruise along the Connecticut River. The visual serenity of the river valley is on full display from Becky's multiple decks. The deep water, coves, inlets, marshes, wildlife, and rocky shoreline are all at once, simply breathtaking! Just as impressive are the historic sights including Gillette Castle, Goodspeed Opera House, and the Haddam Swing Bridge. Upon Becky's return to Deep River Landing, the steam train welcomes passengers for the return trip back to Essex Station. **Depart MSC at 10:30am Fee: \$52**

### **United Nations New York City Monday, October 22nd**

Head to the Big Apple for a day of peace and justice! Today's lunch will be at Carmine's and served family style. Menu: Garlic Bread, Mixed Green Salad, Linguine with Clams (Red Sauce), Rigatoni & Broccoli (garlic and oil), Meatballs, Chicken (Lemon and Butter), Dessert, Coffee or Hot Tea. The day's main attraction is a guided tour at the United Nations. The tour will help you to explore behind the scenes. The United Nations was founded in 1945, by 51 countries who were committed to maintaining international peace and security, developing friendly relations among nations and promoting social progress, better



living standards and human rights. The United Nations Headquarters stands along the banks of New York City's East River as a symbol of peace and a beacon of hope. Delegates from 193 Member States gather at the United Nations to discuss issues of peace, justice, and the well-being of the world's people. **Depart MSC at 8:45am, Est. Return: 9pm. Fee:\$114**

## MADISON SENIOR CENTER TRAVEL ADVENTURES

### **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, 17<sup>th</sup> 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:

[Senior Center Lunch Menu link](#)

*Where do you want to go? Did you miss a trip we offered and wish you had taken it? Is there some magical place you've always wanted to go? Come see me at the Senior Center or call or email, I will talk to the tour companies I work with and see what we can do. The tour to Australia and New Zealand just returned and I was told it was a terrific trip and that we should offer it again. Maybe 2018 is your year! Best, *Ellie**

## BACK PAGES

### 2018 Happy Hours

through August 31<sup>st</sup>.

THURSDAY "HAPPY HOUR" EVENTS BEGIN AT 4PM:

1<sup>st</sup> Thurs. of the month: Bingo with Prizes

2<sup>nd</sup> Thurs. of the month: Coffee House

3<sup>rd</sup> Thurs. of the month: Live Music

4<sup>th</sup> Thurs. of the month: Movie and Pizza

5<sup>th</sup> Thurs. of the month: Coffee House (May & August)

Please Register for these events!

No transportation will be available after 4pm

### Connecticut Senior Wii Bowling League

We are interested in putting a team of 8 seniors together to play in the Connecticut Senior Wii Bowling League. The season runs from September to May with an Individual Tournament in December and a Team Tournament in May. Teams are grouped geographically so travel is kept to a reasonable level. There is a monthly match either home or away, from September to November. We could also arrange practices between matches so you can hone your skills. A match would last approximately 3 hours. **If you are interested please contact Ellie on or before August 10<sup>th</sup> at (203) 245-5695 or [gillespie@madisonct.org](mailto:gillespie@madisonct.org).**

### Oliver! - The Goodspeed Theater

Charles Dickens' beloved orphan makes his Goodspeed debut in the hope-filled musical set in the dark shadows of Victorian London. Bounced from workhouse to forced labor, Oliver Twist escapes to the streets where he meets Fagin, the Artful Dodger, and a band of child pickpockets. Will he find love, home and happiness before it's too late? Consider yourself part of the family, with the colorful international smash that gave the world "*Where is Love?*," "*Food, Glorious Food!*," and "*As Long As He Needs Me.*" **Wednesday, Aug. 15<sup>th</sup> Depart MSC at 1pm      Fee: \$64**