

# Trends & Traditions

September 2018

Madison Senior Center

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## FEATURED EVENTS

### MESSAGE FROM THE DIRECTOR

As we move into the end of summer and the beginning of fall, I want to take this opportunity to address a permanent change we are instituting. As you are aware, the past two summers we have stayed open late on Thursdays (6pm) and closed early on Fridays (2pm). This schedule allows us to provide services to the entire spectrum of the senior population. Staying open late on Thursdays allows us to serve the working senior, the senior that has child care duties for grandchildren and the adult children of seniors who need to access our staff outside of their own work schedule. **Our continuing and permanent schedule will be as follows:**

**Monday, Tuesday, Wednesday: 8:30am-4pm**  
**Thursday: 8:30am-6pm and Friday: 8:30am-2pm**

Additionally, we are adding hours to our **Dial-A-Ride** service. We are now scheduling rides on:  
**Thursdays from 12 noon to 6pm.**

We strive to serve the senior population of Madison with the best customer service possible. We hope this change will allow us to continue to meet this goal to an even greater degree.

*Austin*

Austin Hall, Director of Senior Services

### NEWSLETTER HIGHLIGHTS

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### MUSEUMS WITHOUT WALLS • THURS., OCT. 18<sup>TH</sup>

Start the day by heading to Newburgh, NY. Lunch will be served at *The River Grill* which is nestled on Newburgh's Historic Waterfront, has picturesque views of the Hudson Valley, and the magnificent Hudson River bank is just off its elegant main dining room. After a delicious lunch you'll head to **Storm King Art Center**. Widely celebrated as one of the world's leading sculpture parks, Storm King has welcomed visitors from across the globe for fifty years. It is located in the lower Hudson Valley, where its pristine 500-acre landscape of fields, hills, and woodlands provides the setting for a collection of more than 100 sculptures created by some of the most acclaimed artists of our time. Next up is the **Dia: Beacon Museum**. In May 2003,

Dia Art Foundation opened Dia:Beacon on the banks of the Hudson River in Beacon, NY, in a former printing factory. The museum presents Dia's collection of art from the 1960s to the present as well as special exhibitions and public programs.

**Depart MSC at 9am, estimated return: 9:15pm Fee: \$114**

### **STREET SAVVY SENIORS – SENIOR SELF DEFENSE**

Seniors are as street-savvy as 18-year-olds when it comes to determining whether a stranger poses a threat, according to a study carried out by forensic psychologists in the United Kingdom. How to use that awareness to avoid danger and how to defend oneself if actually attacked is the subject of a one-hour demonstration, "Street-Savvy Seniors," by Ed Ricciuti, president of Green Hill Martial Arts in Killingworth. Ricciuti understands the self-defense challenges faced by a body that has seen better years because he is 80.

Ricciuti's demonstration will cover how to maintain alertness to potentially dangerous situations and people, how to counter threats without resorting to violence and, if there is no choice, basic techniques and tactics older people can use to defend themselves and escape from harm. A highlight of the class will be an introduction to the cane as a self-defense weapon and the use of the MUNIO, a legal, self-defense keychain anyone can use. This demonstration will be followed later by a full class on all the techniques demonstrated in upcoming weeks. **Thursday, September 27<sup>th</sup>, at 2pm. FREE**

## 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*

**Sept. 13<sup>th</sup> 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

### FREE INTRODUCTION TO REIKI PRESENTATION

We will be offering a free presentation, "Introduction to Reiki." Reiki Master Teacher Kim Tallcouch will explain what Reiki is and how it can benefit an individual whether they are a Reiki practitioner or a Reiki recipient.

Reiki, a Japanese term which translates into "Universal Life Energy", is a safe, gentle, non-invasive healing technique. Reiki works on all levels of our life: physical, emotional, mental and spiritual. It's an energy-based healing modality that can be effective as its own treatment or as a compliment to conventional medical treatment. For those who already have presenting health issues, Reiki can enhance healing and recovery. In recent years Reiki has gained widespread credibility and popularity among medical professionals and is now offered in many medical facilities and hospitals. Reiki helps to stimulate the body's own natural healing process. It carries no side effects, aids in reducing stress and promotes deep relaxation, even helping with insomnia. All living beings can benefit from Reiki, from people and pets to plants. Kim Tallcouch holds a B.A. in Psychology and Anthropology and is a Reiki Master Teacher. Kim is an Affiliate Member of the International Center for Reiki Training. Kim will be teaching a Reiki Level 1 certification class at the Madison Senior Center later this fall. **Monday, September 17<sup>th</sup>, from 10:30 to 11:30am FREE**

### POLDARK

In the late 18<sup>th</sup> century, Ross Poldark returns from the American War of Independence to his home in Cornwall, England after three years in the army. Upon his return home, he discovers his father has died, his estate in ruins and in debt, and his childhood sweetheart Elizabeth is engaged to his cousin Francis. In town, he encounters a young woman named Demelza, dressed as a boy. After learning that her father beats her, Poldark offers her lodging and work as a kitchen maid. He then strives to help his father's tenants and the people of the village while attempting to run the copper mines he inherited, sought after by his rival, the greedy and arrogant George Warleggan. If you liked *Downton Abbey* you will *love Poldark*. If you haven't watched or heard of Poldark, here's your chance to see what all the fuss is about. It is a delightful tale full of twists and turns, characters to love, characters to hate and plenty of intrigue delivered in the way only Masterpiece Theater can. To start you off right we will have a Binge Night where we will watch two episodes with pizza during the intermission to keep up your strength. Then we will continue on Thursday afternoons to finish all 4 seasons. Please register for this event.

**Binge Night: Thur., Sept. 27<sup>th</sup> at 4pm Fee: \$4 for Pizza**  
**Regular weekly viewing: Thursdays at 4pm. FREE**

## MESSAGES FROM THE MUNICIPAL AGENT

### **RENT REBATE – DEADLINE: SEPTEMBER 30TH**

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 2017, 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 2017 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.

### **CONNECTICUT ENERGY ASSISTANCE PROGRAM**

**Early Application Intake begins Aug. 15<sup>th</sup>** 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. **Last year's Guidelines: Monthly Income: Single: \$2,863, Couple: \$3,745**

### **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, Sept. 18<sup>th</sup>, 11–12pm FREE**

## CLUBS, GROUPS AND BRIDGE

### 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). **September Meeting:** We will meet at *Hanami* restaurant in Clinton for a Japanese style lunch on your own. **Thursday, Sept. 20<sup>th</sup> at 12 noon.**

### MSC BOOK CLUB

The next meeting will be Tuesday, Sept. 25<sup>th</sup> at 1:30pm *Warmth of Other Suns* - Isabel Wilkerson. Meetings at 1pm. Please Register

### 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**

### MONDAY MOVIE MATINEE MOVIES BEGIN AT 1PM

9/10 City Lights (1h 27m) 9/17 Duck Soup (1h 8m) 9/24 Singin' in the Rain (1:43)

### 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!**

### 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 Sacridier will explain what is needed. New students welcome! **Tuesdays beginning Sept 11<sup>th</sup> 10am-12pm**

**PLEASE REGISTER FREE**

### COLORING TO CALM

Coloring Clubs for adults are popping up all over, and for great reasons! It is a wonderfully relaxing activity that improves focus and is just plain fun! Join our great group of artists, we will have coloring books and colored pencils, but you can always bring your own. **PLEASE REGISTER Wednesdays at 1:30pm 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 a friendly group of artists to work on a current project or start one here. **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, September 19<sup>th</sup> at 10am**

### 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. **Dir: Joan Weingardt**

**Fridays, 10-1:30pm Fee: \$6/class**

### **POPULAR CONVENTIONS: BRIDGE BASICS 3**

Popular Conventions, the third book in Audrey Grant's Bridge Basics series, covers everything from playing at a party table to a duplicate table. Popular Conventions teaches you the core conventions that will strengthen your game - it introduces you to the Stayman convention, Jacoby transfer bids, the strong artificial two club opening, Blackwood and Gerber. Other popular conventions will be covered as time permits. (*8 weeks*) Instr: **Sarah Corning**

**Tues., Sept. 25<sup>th</sup> 10 to 11:30am Fee: MM\$60 | NMM\$70**

## GENERAL INFORMATION/ONGOING ACTIVITIES

### LEGAL ASSISTANCE

THURS., SEPTEMBER 6<sup>TH</sup> & 20<sup>TH</sup> 9-10AM

Attorneys from Cronan and Shields offer private 15 min. counseling services **Call the MSC for an appointment.**

### SENIOR CENTER BINGO

Due to the popularity of bingo this summer, the Senior Center has decided to continue to have a game on the 2<sup>nd</sup> Wednesday of the month. *Please register for this free event. Wed., Sept. 12<sup>th</sup> at 1:pm Free*

### 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. **No Tech Support this month.** *Please register with **Kirsty Smith** at the Scranton Memorial Library (203) 245-7365, to receive updates regarding cancellations.*

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

**Mondays: 8am - 4pm Wednesdays: 8am - 4pm NEW Thursdays: 12 noon-6pm Fridays: 8am to 2pm**

The Senior Center provides 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.

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

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

### MEALS-ON-WHEELS BY MADISON SENIOR CENTER

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

### 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, September 18<sup>th</sup>, at 11:30am**

**PLEASE REGISTER Lunch Fee: \$4**

### 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

**Swedish Weaving** Tuesdays 10 – 11:30am

### HANDICAPPED PARKING PERMIT APPLICATION

Permit applications are available in the Senior Center office.

### 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. Tuesday, Sept. 11<sup>th</sup> & 25<sup>th</sup> 12:30pm**

### 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, September 17<sup>th</sup> By Appointment Only**

## **MSC ART GALLERY**

View our art exhibit by our own *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 show your work, please contact us for information.*

# 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 **Sept. 6<sup>th</sup> - 27<sup>th</sup>** **MM\$12 | NMM\$22** (*no classes 9/3 & 10*) 2 Classes Minimum Needed: 7

**Wednesdays** - 10:30–11:30am **Sept. 5<sup>th</sup> - 26<sup>th</sup>** **MM\$18 | NMM\$28** (*no classes 9/12*) 3 Classes Minimum Needed: 7

**Fridays** - 10:30–11:30am **Sept. 21<sup>st</sup> – 28<sup>th</sup>** **MM\$12 | NMM\$22** (*no classes 9/7 & 14*) 2 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.

**Tuesdays** - 9:30–10 **September 4<sup>th</sup> - 25<sup>th</sup>** (*no class 9/11*) **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 **September 5<sup>th</sup> - 26<sup>th</sup>** (*no class 9/12*) **MM\$21 | NMM\$31** 3 Classes Minimum Needed: 6

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

### 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.**

### 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, September 24<sup>th</sup> - October 29<sup>th</sup>** (*No Class on 10/8*) **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 September 4<sup>th</sup> – 25<sup>th</sup>** at 1pm. **Fee: MM\$29 | NMM\$39** Min. Needed: 5 (4 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.**

### HEALTH PROGRAMS

**Parkinson's Disease Thursday, September 13<sup>th</sup> at 10:30** How therapy can help with neurological problems and improve facial expressions, swallowing and vocal loudness and others requiring more intense exercise.

**Please register for this free event.**

**Flu Clinic Tuesday, Oct. 2<sup>nd</sup>, 12:30-2:30pm** *see back cover for details*

*Do you have any health concerns that you would like to have more information about? Contact Ellie and she will do her best to find someone to do a presentation covering it.*

### 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** (*no class 10/8*) **Minimum: 6 Fee: MM\$36 | NMM\$46**

## **MEDITATION WITH SARAH**

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)*

**Tues. Sept. 4<sup>th</sup> FREE** Demo class with Sarah **Tues., Sept. 11<sup>th</sup> - 25<sup>th</sup> at 10:30am Fee: MM\$26 | NMM\$36**

## **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., Sept. 6<sup>th</sup>-30<sup>th</sup> at 10am Free**

## MADISON SENIOR CENTER DAY TRIPS

### FOXWOODS MONDAYS (NEW LOCATION!)

MONDAY, SEPT. 10TH

Every turn leads to a new adventure. Food vouchers & bet coupons included. *To register for the Foxwoods trips: the trip takes 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

### 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

### MUSEUM WITHOUT WALLS HUDSON VALLEY THURSDAY, OCTOBER 18TH

Start the day off by heading to New York. Lunch will be served at The River Grill which is nestled on Newburgh's Historic Waterfront, has picturesque views of the Hudson Valley, and the magnificent Hudson River bank is just off its elegant main dining room. After over a decade of success as an exceptional fine-dining establishment located on Newburgh's historic waterfront, The River Grill's original chef-owner Mark Mallia continues to serve up a unique experience that is a step above his competitors. Menu choice of: Chicken Marsala, or Penne a la vodka, or Stuffed Sole. All entrees will come with: Salad (with Homemade Balsamic Vinaigrette), Starch (chef's choice), Melody of Mixed Vegetables, Coffee, Tea, and Dessert. First museum stop of the day is the Storm King Art Center. Widely celebrated as one of the world's leading sculpture parks, Storm King Art Center has welcomed visitors from across the globe for fifty years. It is located only one hour north of New York City, in the lower Hudson Valley, where its pristine 500-acre landscape of fields, hills, and woodlands provides the setting for a collection of more than 100 carefully sited sculptures created by some of the most acclaimed artists of our time. The initial gift of what is today the Museum Building and its surrounding property was made by the Ralph E. Ogden Foundation, Inc. Over time, Star Expansion Company donated 300 contiguous acres, as well as 2,100 acres of Schunnemunk Mountain that preserve Storm King Art Center's viewshed. Next up is the Dia: Beacon Museum. In May 2003, Dia Art Foundation opened Dia:Beacon on the banks of the Hudson River in Beacon, New York, in a former Nabisco box printing factory. The museum presents Dia's collection of art from the 1960s to the present as well as special exhibitions and public programs. Since its opening, Dia: Beacon has helped transform the city of Beacon into a vibrant arts destination for visitors from the region, New York City, and beyond. **Depart MSC at 9am, estimated Return: 9:15pm.**

Fee: \$114

### NEWPORT PLAYHOUSE

SYLVIA

THURSDAY, NOV. 8TH

Established in 1983, the Newport Playhouse, a family operated business, has been a favorite with locals and tourists ever since it opened. Enjoy a very unique experience where you will have a buffet lunch, then enter into their theatre to see "Sylvia," followed by a fun-filled Cabaret. Empty nesters, Greg and Kate, have moved back to Manhattan after twenty-two years in the suburbs. Greg brings home a dog he found in the park (or that has found him) bearing only the name "Sylvia" on her name tag. A street-smart Lab/Poodle mix, Sylvia becomes a major bone of contention between husband and wife. Sylvia thinks Kate just doesn't understand the relationship between man and dog. Their marriage is tested as they learn to compromise through a series of hilarious and touching complications.

Depart: MSC 8:30am Estimated Return: 7:15pm

Fee: \$106

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*

## 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**

**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)*

**WHEN DEPARTING ON A DAYTRIP, PLEASE PARK IN THE LOT ACROSS THE STREET FROM THE SENIOR**

To see our lunch menu please copy this link into your browser:  
[Senior Center Lunch Menu link](#)

## BACK PAGES

### **AARP SAFE DRIVING 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 2nd Wednesday of the month from 12pm to 4pm. Registration Required**  
Sept. 12th • Oct. 10th • Nov. 14th    Fee: AARP Member \$15 Non-Member \$20 Please make checks payable to AARP

### **GET YOUR FLU SHOTS AT THE SENIOR CENTER**

Sponsored by the VNA Community Healthcare and Madison Senior Services

Tuesday, October 2<sup>nd</sup> 12:30-2:30pm

Will be the only flu clinic at MSC this year.

All Vaccines Administered by Licensed and Experienced Nurses

CDC recommends a yearly flu shot for all ages

Pneumonia vaccine may be available • Participating insurance or private pay (cash, check or MC/VISA)

Bring all insurance cards with you.

#### **INSURANCES ACCEPTED:**

**65 Years or Older:** Medicare Part B, Aetna Medicare, Anthem BCBS Medicare

**All Ages:** \* Aetna, \* Anthem BCBS, \* ConnectiCare ConnectiCare V

### **THE MADISON BICYCLE AND PEDESTRIAN ADVISORY COMMITTEE (BPAC)**

wants your input!

We are charged with making Madison roads and pathways safer and more accessible for cyclists and walkers of all ages and abilities, from those using wheelchairs to those pushing a stroller.

Please visit Madison's **BPAC** website to **take our survey\*** and learn more at: [bikewalkmadisonct.org](http://bikewalkmadisonct.org) *\*your name will be entered into a drawing to win a Fitbit Versa Smartwatch!*