

Trends & Traditions

October 2018

Madison Senior Center

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FEATURED EVENTS

LEAF PEEPING ON A TRAIN AND A BOAT

Start your adventure at the Tea Kettle in Westbrook for a delicious, breakfast, lunch or brunch on your own, whatever you prefer. Food is prepared fresh at the time you order it and gets rave reviews. Then on to the Essex Steam Train & Riverboat's 2 ½-hour journey that begins at the historic 1892 Essex Station for a 12-mile, narrated trip into the heart of the unspoiled Connecticut River Valley. The steam locomotive pulls vintage coaches through the quintessential New England towns of Deep River and Chester. Essex Steam Train offers unique access to several coves and preserves, immersing passengers in an on-board eco-excursion, for superb leaf peeping. Then climb aboard the Becky Thatcher at Deep River Landing. Passengers are escorted onto the Becky Thatcher riverboat for a 1 ¼ 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! Wednesday Oct., 17th, depart at 9:45am Fee \$25

NEWSLETTER HIGHLIGHTS

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CONNECTICUT HISTORICAL SOCIETY

Established in 1825, the Connecticut Historical Society is the state's official historical society and one of the oldest in the nation. The CHS houses a museum, library, and the Edgar F. Waterman Research Center that are open to the public and funded by private contributions. The CHS's collection includes more than 4 million manuscripts, graphics, books, artifacts, and other historical materials accessible at our campus and on loan at other organizations. We will take the CHS Overview Guided Tour which will give us a general introduction, it includes background about the CHS, the collection, the building, and an overview of our permanent exhibitions. After our tour we will have time to visit the Museum Shop before going to lunch on your own at *First and Last Tavern.. Wed., October 31st, depart at 10am Fee \$ 12*

AMERICA'S STORY - A JOURNEY THROUGH AMERICA'S PAST

An interactive series of seminars about the history of the United States of America. America's story will be related in a series of hour-long seminars focused on the key events, as well as the persons whose life, work, and achievements shaped its destiny. The story will begin with the Age of Exploration and cover all important milestones in American history up to the election of 1860 (*Abraham Lincoln's first term.*) A particular focus will be placed upon the socio-political, philosophic, economic and religious movements, both internal and external, which contributed to the cultural development of the United States. The first semester will cover the time up to about 1700.

Convener: Philip D. Restifo. Mr. Restifo has had a life-long personal interest in and passion for both American and European history. In the storyteller's style, he brings to life historical events as part and parcel of a complex tapestry originated in the

past, but which continues to be woven in contemporary times. The discussion group will meet on the 2nd and 4th Fridays of the month and continue through June. **Friday, Oct. 26th at 10:30am** **Fee: \$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
Ruth Diona

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

Oct. 11th 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

COLLETTE TRAVEL PRESENTATION

Join us for an in-depth description of two tours we are offering in 2019. One to sunny Spain and one to the warm hospitality of the heart of the American South.

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 parador on the Costa del Sol. Tour Granada's Alhambra Palace. Marvel at the architecture of the Cathedral of Seville, third largest in the world. **FREE Southern Charm featuring Charleston, Jekyll Island & Savannah**

Experience the history, charm and singular hospitality of the Low Country in Georgia and South Carolina. Overnight at the exclusive Jekyll Island Club, once described as "the richest, most exclusive club in the world." Choose to explore one of America's oldest plantations, Boone Hall, or the Patriots Point Naval & Maritime Museum. Discover the history of Savannah and antebellum Charleston with 2-night stays in each city. You will uncover a magic that you can only find in America's friendly South.

Tuesday, Oct. 9th at 10:30am

FREE

POLDARK

In the late 18th 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, and are 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. Please register for this event. **Thursdays at 4pm FREE**

MESSAGES FROM THE MUNICIPAL AGENT

MEDICARE'S ANNUAL OPEN ENROLLMENT PERIOD

This is the time of year to look over your health insurance and prescription drug coverage and consider whether you would like to make changes for 2019. The open enrollment period is from October 15th through December 7th. The Senior Center has two CHOICES trained Medicare Counselors, Austin Hall, the Director and Heather Noblin, the Assistant Director. They are able to help you navigate through your options. Consultations are by appointment only.

FARMERS MARKET COUPONS – DEADLINE APPROACHING

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 31st, 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. 15th Helps to offset heating expenses during the winter. All fuel sources welcome to apply. An applicant must meet income & asset guidelines. Income and assets are counted for **ALL** members living in the home. Asset limit for homeowners is \$15,000 & for renters is \$12,000. Proof of all income, rent, & utility expenses, & bank statements for the month prior to the application date are required. **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 3rd Tuesday monthly at MSC. **Tuesday, Oct. 16th, 11–12pm FREE**

CLUBS, GROUPS AND BRIDGE

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!

MSC BOOK CLUB

The next meeting will be Tuesday, Oct. 23rd Karolina's Twins—Balson 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

10/1 Some Like it Hot(2h 2m) **10/15** Blazing Saddles (1h 33m) **10/22** Monty Python & the Holy Grail (1:31)

10/29 National Lampoon's Animal House (1:49)

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. For details please contact Jennie at newcomersclub15@gmail.com. In October: Meet at the Madison Winter Club (252 Boston Post Rd, Madison) for Happy Hour, after we'll enjoy East Haddam Stage Company's performance of "Sherlock Holmes Adventure of the Special Band" and have dinner. **Fee: \$35 per person.**

Saturday, the 13th at 5:30pm at the Madison Winter Club

SWEDISH WEAVING

Swedish Weaving is a very relaxing and fun needlecraft that dates back centuries. We are currently looking for someone to run this wonderful group, but until then weavers are welcome to use this time and space to work on their own projects.

Tuesdays 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. This month Mary Hotchkiss will bring her therapy dog and talk about the work she does with her dog. The group will meet on the third Wednesday of the month. Please register for this group. **Wed., October 17th at 10am**

FREE

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: Mike Hajosy Fri, 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., Oct. 23rd 10 to 11:30am Fee: **MM\$60 | NMM\$70**

GENERAL INFORMATION/ONGOING ACTIVITIES

LEGAL ASSISTANCE

Thurs., October 4th & 18th 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 2nd Wednesday of the month. *Please register for this free event.* **Wed., Oct. 10th 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. **Oct 15th and 22nd.** *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 3rd Tuesday of every month to have lunch and chat with Madison seniors. Bring your questions, concerns and compliments. **Tuesday, September 18th, 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 Tuesdays & 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

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 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, Sept. 11th & 25th 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 17th By Appointment Only**

MSC ART GALLERY

View our art exhibit by our own *Charlie Fischer* from August 27th — October 5th. *(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 **Oct. 1st - 29th** **MM\$24 | NMM\$34** (*no classes 10/8*) 4 Classes Minimum Needed: 7

Wednesdays - 10:30–11:30am **Oct. 3rd – 31st** **MM\$30 | NMM\$40** 5 Classes Minimum Needed: 7

Fridays - 10:30–11:30am **Oct. 5th – 26th** **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. **Tuesdays** - 9:30–10 **Oct 2nd - 30th** **M\$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 **Oct. 3rd – 31st** **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, 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, November 5th - December 10th (*No Class on 11/12*) **9-10am** Min. Needed: 9 **Fee: MM\$30 | NMM\$40**

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 October 2nd – 30th at 1pm. **Fee: MM\$40 | NMM\$50** Min. Needed: 5 (5 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 3-4pm FREE Tap shoes & registration required.**

HEALTH PROGRAMS

Stress Reduction - Thursday, October 25th at 10:30am Everyone feels stressed from time to time, but too much stress can be harmful to our well-being. Join Mary Jane Fegan, PT, DPT, GCS to learn about stress, how it affects our bodies and what we can do to help manage it. **Please register for this free event.**

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, Oct. 29th – Dec. 10th 2-3pm** (*no class 11/12*) **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. **(5 classes) Tues., Oct. 2nd - 30th at 10:30am Fee: MM\$38 | NMM\$48**

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. 6th-30th at 10am Free**

MADISON SENIOR CENTER DAY TRIPS

MOHEGAN MONDAYS

MONDAY, OCTOBER 15TH

Every turn leads to a new adventure. We will be alternating between Mohegan and Foxwoods on a monthly basis.. This month it's back to Mohegan. Food vouchers & bet coupons included. : 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

LEAF PEEPING ON TRAIN & BOAT

WEDNESDAY, OCTOBER 17TH

We will start out at the Tea Kettle in Westbrook for a delicious, breakfast, lunch or brunch on your own, whatever you prefer. All their food is prepared fresh at the time you order it and gets rave reviews. Then on to the Essex Steam Train & Riverboat's 2 1/2-hour journey that begins at the historic 1892 Essex Station for a 12-mile, narrated trip into the heart of the unspoiled Connecticut River Valley. The steam locomotive pulls vintage coaches through the quintessential New England towns of Deep River and Chester. Essex Steam Train offers unique access to several coves and preserves, immersing passengers in an on-board eco-excursion, for superb leaf peeping. Then climb aboard the Becky Thatcher at Deep River Landing. Passengers are escorted onto the Becky Thatcher riverboat for a 1 1/4- 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! Depart MSC at 9:45am

Fee \$25

MUSEUM WITHOUT WALLS

HUDSON VALLEY

THURSDAY, OCTOBER 18

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

Holiday Tea at Caramoor

Katonah, NY

Thursday, Dec. 6th

Caramoor Center for Music and the Arts, located in Katonah, NY, is a destination for exceptional music, captivating programs, spectacular gardens and grounds, and wonderful moments with friends and family. It enriches the lives of its audiences through innovative and diverse musical performances which are of the highest quality. Its mission also includes mentoring young professional musicians and providing them with educational programs that are centered around music. Caramoor looks to a distinguished and passionate Board of Trustees, Advisory Council, Staff, and Artistic Directors to protect the legacy and to nurture growth so Caramoor will continue to thrive as a vibrant cultural resource and source of inspiration for all. Your cultural exploration begins with a docent-led tour of the historic Rosen House (which will be decorated for the holidays). Learn the history of how Caramoor came into the hands of Walter and Lucie Rosen, and how it became open for the public to attend concerts and tours. Sit back and relax in the majestic Music Room for a concert of holiday music. The majestic Music Room includes Renaissance furniture and architectural elements that will enhance your musical experience. The holiday concert will include sing-alongs. Enjoy a relaxing holiday tea before heading home. The menu will consist of: a Variety of Tea Sandwiches, Scones with Clotted Cream and Preserves, Desserts, and a Selection of Teas.

Depart MSC at 9:45am, estimated return: 6:00 pm.

Fee: \$125

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)**

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**
Oct. 10th • Nov. 14th Fee: AARP Member \$15 Non-Member \$20 Please make checks payable to AARP

VNA EXERCISE CLASSES

Senior Bootcamp

All essential components of fitness including cardiovascular, muscular strength and endurance, flexibility, balance training, and wellness education will be included **Wed. 10/10–1/2 at 5:30-6:30pm. (No Classes on 12/26) Fee: MM\$23 | NMM\$33**

Exercises for Better Balance

An education and exercise program focusing on heart health and fall prevention. For all exercise levels.

Tues. & Thurs. 10/9-1/17 at 1:30-2:30pm. (No classes on 11/6, 11/22, 12/25) Fee: MM\$30 | NMM\$40

GET YOUR FLU SHOTS AT THE SENIOR CENTER

Sponsored by the VNA Community Healthcare and Madison Senior Services

Tuesday, October 2nd 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