

# Trends & Traditions

December 2018

Madison Senior Center

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## FEATURED EVENTS

### CONEY ISLAND CHRISTMAS AT THE IVORYTON PLAYHOUSE

*Coney Island Christmas* introduces us to Shirley Abramowitz, a young Jewish girl who (much to her immigrant parents' exasperation) is cast as Jesus in the school's Christmas pageant. As Shirley, now much older, recounts the memorable story to her great-granddaughter, the play captures a timeless and universal tale of what it means to be an American during the holidays. By Pulitzer Prize-winner Donald Margulies this is a holiday show for people of all ages and all faiths.

**Wednesday, Dec. 19<sup>th</sup> Depart MSC at 1pm Fee: \$32**

### CRÈCHES OF THE WORLD AT THE KNIGHTS OF COLUMBUS MUSEUM

Each December, Knights of Columbus Museum in New Haven presents an exhibit of crèches. This year the focus is on internationality, featuring at least one example from each of six continents. The dozens of nativities showcase the ways artisans from various countries present the story using available materials, regionally favored color schemes, traditional costumes and embellishments particular to various geographical and ethnic identities. **Wednesday, Dec. 5<sup>th</sup> Depart MSC at 1pm Fee: \$5**

### HOLIDAY CELEBRATIONS AT THE SENIOR CENTER

Deck the Halls with Boughs of Holly, fa la la la la la la la! Come help us decorate the Senior Center and boost your holiday spirit! We will start decorating after lunch. Enjoy hot cider and cookies to help you keep your energy up! Please register.

**Monday, Dec. 3<sup>rd</sup> at 1pm FREE**

### MUSIC, A COOKIE EXCHANGE AND CAROL SING

Join us for some Christmas fun. We will have a variety of singing groups. The CT Yuletide Carolers, The Daniel Hand High School Choral Singers and more. Enjoy everything from Wassail songs to Pop to Christmas Carols. After the last group we will have a cookie swap. Bring 2 dozen cookies to swap (*homemade or bought, we won't tell*). Sing some Christmas Carols, eat cookies and spend the afternoon together. **Registration is a must. Thursday, Dec. 20<sup>th</sup> at 1:30pm FREE**

### DECEMBER SHOPPING TRIPS

Come shopping with us and avoid the traffic and parking nightmares. Registration Required. Guilford Route We will be stopping at Walmart, Bishops Orchards, and the Fresh Market shopping areas. You will need to choose which one of the shopping venues at which you want to shop. **Monday, Dec. 17<sup>th</sup> at 9am Bus Fee \$3**

## 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*

**Oct. 11<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

### FROM THE DIRECTOR

Happy Holidays,

With the arrival of December, it is time to contemplate your New Year's Resolution. This year could be the year for you to try something new, take that exercise class you have been avoiding, or take that trip to the Portuguese Riviera in April. We will be there every step of the way to help you fulfil and keep your resolution in 2019. If you have a friend that could use a day out why not set up a date in our Café. Everyone gets a little cabin fever in the winter so avoid the blues by staying active and surrounding yourself with friends.

Take the time this month to enjoy your family and friends, maybe donate a gift for "Be a Santa to a Senior" and remember to shop local and support the many charming shops in the downtown area that can cater to your holiday shopping needs. Remember to *Love Your Local*.

From all of us at the Madison Senior Center, have a healthy and happy holiday season.

Best,  
Austin

### AARP INCOME TAXES

***Get Free Help with Your Tax Return***

AARP Certified Tax-Aide counselors provide free income tax preparation assistance for low-and-middle-income taxpayers of all ages, with special attention to those 60 & older. **Taxpayers MUST bring copies of their 2017 tax return. Taxes will be prepared by appointment only. Tuesdays from 9:30am - 3pm from Feb. 5<sup>th</sup> through April 9<sup>th</sup>**

**Please call (203)245-5627 for an appointment beginning 1/15/19**

## 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 ends December 7<sup>th</sup>.** 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.**

### HOLIDAY FOOD BASKETS

Each year Madison Community Services collects donations from area residents to help make the holidays a little extra special. Holiday Food Baskets are available for Thanksgiving, Christmas, and Easter. They are filled with all the fixings that make holiday meals great. Please let me know ASAP if you would be interested in receiving a delivery. Deliveries to seniors in town will be made on the afternoon of **Monday, December 17<sup>th</sup>, 2018.**

### CONNECTICUT ENERGY ASSISTANCE PROGRAM

**Early Application Intake began 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. **Updated Guidelines: Monthly Income: Single: \$2,926, Couple: \$3,826**

### 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. **The wave of New Medicare Cards for Connecticut has been completed.** The cards were mailed in a non-descript white envelope. If you did not receive your card, or inadvertently threw it out, please call **1-800-Medicare** and request another copy. For more information regarding the cards stop into the Madison Senior Center for a copy of “10 things to know about your new Medicare card.” **Lamination available at the Senior Center.**

### 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, Dec. 18<sup>th</sup>, 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, Dec 18<sup>th</sup> *The Other Einstein*—Benedict Meetings at 1pm. **Please Register.**

### A JOURNEY THROUGH AMERICA'S PAST

*An interactive series of seminars about the history of the US*

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.) events as part and parcel of a complex tapestry The discussion group will meet on the 2<sup>nd</sup> and 4<sup>th</sup> Fridays of the month and continue through June.

**Fridays at 10:30am Fee: \$15 Please Register**

### MONDAY MOVIE MATINEE MOVIES BEGIN AT 1PM

For movie details, please check with the Senior Center as the order of movies has been altered

### SENIORS NEWCOMERS' CLUB

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](mailto:newcomersclub15@gmail.com).

In December: Meet at MSC and carpool to the Griswold Inn for lunch on your own, followed by a 2pm matinee performance of "*A Coney Island Christmas*" at the Ivoryton Playhouse. **The tickets are \$32/person for seniors.** If you are interested in attending, please purchase your own ticket as soon as possible and let Jenny know, she will then make the necessary lunch reservations. (This is separate from the MSC event the same day)

**Wednesday, Dec. 19<sup>th</sup> at 11 am Fees as above**

### 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**

### 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**

### BRIDGE

New Bridge Class from Don Bruggemann is coming in January

### POLDARK

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**

## GENERAL INFORMATION/ONGOING ACTIVITIES

### LEGAL ASSISTANCE

**Thurs., December 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

We are offering Bingo on the 2<sup>nd</sup> Wednesday of the month. *Please register for this free event.* **Wed., Dec. 14<sup>th</sup> at 1pm** 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. **Dec. 12<sup>th</sup>** *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 - THURSDAY 9AM TO 3:30PM FRIDAYS 9AM TO 1:30PM

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, November 20<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

**Cribbage** Mondays 1 – 3pm

**Hand & Foot** Tuesdays & Thursdays 1:30 – 3:45pm

**Judy's Bags** Thursdays 1-2pm

**Knitting** 2<sup>nd</sup> & 4<sup>th</sup> Mondays of the month 3:30 – 6pm

**Men's Poker** Tuesdays 12:45 – 3:45pm

**Poker** Mondays & Wednesdays 12:45 – 3pm

**Quilts of Joy** Tuesdays 1:15 – 3:30pm

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

**Walking Club** Mondays Wednesdays 10am

### 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, Nov. 13<sup>th</sup> & 27<sup>th</sup> 12:30pm**

### MEMBERSHIP FEES

Just a reminder that on January 1st membership fees are due for all Senior's attending the Madison Senior Center. Membership is required to participate in any Senior Center program/activity/lunch. Thanks for your cooperation.

Madison Resident Membership Fee: \$15

Non-Madison Resident Membership Fee: \$20

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

### MSC ART GALLERY

View our art exhibit by **Tom Benicas** from Nov. 26<sup>th</sup> through January 18<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 **Dec. 3<sup>rd</sup> - 17<sup>th</sup>** (*no class 12/24 & 31*) 3 Classes **MM\$18 | NMM\$28** Minimum Needed: 7

**Wednesdays** - 10:30–11:30am **Dec. 5<sup>th</sup> – 19<sup>th</sup>** (*no class 12/26*) 3 Classes **MM\$18 | NMM\$28** Minimum Needed: 7

**Fridays** - 10:30–11:30am **Dec. 7<sup>th</sup> – 21<sup>st</sup>** (*no class 12/28*) 3 Classes **MM\$18 | NMM\$28** 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** - 9:30–10am **Dec. 4<sup>th</sup> - 18<sup>th</sup>** (*no class 12/25*) 3 Classes **M\$26 | NMM\$36** 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 **Dec. 5<sup>th</sup> – 28<sup>th</sup>** 4 Classes **MM\$28 | NMM\$38** 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. FREE**

#### 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. This special session will be sponsored by the *VNA Community Healthcare*, and will run for 12 weeks at a reduced price. Along with helping balance this session will have a special emphasis on arthritis. If you were thinking Tai Chi might be for you, now is a great time to check it out. Instructor: Suzanne Hanley

**Monday, Jan. 7<sup>th</sup> - April. 8<sup>th</sup> at 9am** *No Class on 1/21 & 2/18* **Min. Needed: 8 Fee: MM\$15 | NMM\$20**

#### 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** 1pm – 2pm **Dec. 4<sup>th</sup> - 18<sup>th</sup>** 3 Classes at 1pm. **Fee: MM\$24 | NMM\$34** Min. Needed: 5

#### 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 11-12pm FREE Tap shoes & registration required.**

#### 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. **Thursdays at 10am Free**

#### NEW SESSION REGISTRATION DEADLINE

Please sign up for all programs the week before they start, minimums have to be reached to run each class.

#### COUNTRY LINE DANCING

A great way to keep moving, good exercise, dancing with fun people! Karen Pfrommer is changing things up and keeping your feet tapping for a lively work out! (6 classes)

**Starting Monday, Jan. 14<sup>th</sup> at 2-3pm** **Minimum: 6** **No class 1/21 & 2/18** **Fee: MM\$44 | NMM \$54**

#### 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*) **Instructor is Sarah Johnson**

**Tues., Dec. 4 - 18th at 10:30am** **No Class on 12/25/18** **Fee: MM\$23 | NMM\$33**

## **EVENING MEDITATION CLASS**

Sarah will guide you through meditation, breath and body awareness, and mindfulness practices to help you manage stress and discover greater ease and well-being. Wear comfortable clothes and bring a yoga/exercise mat or blanket. Chairs are available. All ages and levels welcome. [sarahjohnsonwellness.com](http://sarahjohnsonwellness.com) (3 classes)

**Mon., Dec. 3<sup>rd</sup> - 17<sup>th</sup> at 10:30am No Class 12/24 & 31 Fee: MM\$23 | NMM\$33**

## **MADISON SENIOR CENTER DAY TRIPS**

### **MOHEGAN MONDAYS**

**MONDAY, DECEMBER 10TH**

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 (unless that falls on a holiday). 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**

### **CRÈCHES OF THE WORLD**

### **KNIGHTS OF COLUMBUS MUSEUM**

**WEDNESDAY, DEC. 5TH**

*Paix, paz, pacem, amani, Frieden, mir.* No matter which language you choose, they all mean peace, the hopeful wish for turbulent times and the theme of the annual Knights of Columbus "Crèches of the World" exhibit. Featuring more than 70 nativity scenes in a multitude of designs and materials, the exhibit largely features pieces in the permanent collection of the museum. In the museum's lobby is the massive Neapolitan, "Bottega D'Arte Presepiale," created in 2014, by Cantone & Costabile, which has designed works of art for the Vatican. The 15-foot diorama depicts a 17th century Neapolitan scene with 150 figures of people, animals and angels. It was manufactured for the museum's show, "Buon Natale: Crèches of Italy," three years ago and is part of its permanent collection, said Peter Sonski, education/outreach and visitors' services manager. In addition, there are three Shona sculptures from Zimbabwe. The statues depict the holy family in one, and the Madonna and baby Jesus in the others. Museum curator Bethany J. Sheffer said work on crèche planning begins each year almost as soon as the current exhibit ends after the holidays. With thousands of visitors coming through the museum for the crèche exhibit alone, she said it is a challenge to make each year different than the last. "The wonderful pieces we get from other museums help make the new year more interesting," she said. The featured crèches are laid out by continent and informational posters depict the spread of Christianity around the world. Sheffer said the crèche, or nativity scene, is more than art or a decoration; it is a visual depiction of the biblical event of the birth of Jesus more than 2,000 years ago. She said the layout helps people see the direct connection in each part of the world to each other. Perhaps the highlight for many are the crèche scenes of the Americas and how artists in the United States use various natural materials to carve the scene depicting the birth of Jesus, the holy family and the three wise men paying homage to the newborn king. **Depart MSC at 1pm Fee: \$5**

### **CONEY ISLAND CHRISTMAS**

### **IVORYTON PLAYHOUSE**

**WEDNESDAY, DEC. 19TH**

*Coney Island Christmas* introduces us to Shirley Abramowitz, a young Jewish girl who (much to her immigrant parents' exasperation) is cast as Jesus in the school's Christmas pageant. As Shirley, now much older, recounts the memorable story to her great-granddaughter, the play captures a timeless and universal tale of what it means to be an American during the holidays. By Pulitzer Prize-winner Donald Margulies this is a holiday show for people of all ages and all faiths.

**Depart MSC at 1pm.**

**Fee: \$32**

### **CT FLOWER AND GARDEN SHOW**

**THURSDAY, FEBRUARY 21ST**

Spring in February arrives annually at the Connecticut Convention Center. Explore over 300 booths overflowing with fresh flowers, plants, herbs, bulbs, seeds, gardening books, garden equipments & much more. View beautifully landscaped gardens. Visit the Federated Garden Clubs of Connecticut design & horticulture competition. Attend seminars and demonstrations.

**Depart MSC at 9am**

**Fee: \$20**

### **CORSETS & TOP HATS**

### **TOURS OF DISTINCTION**

**APRIL 16, 2019**

Meet Mrs. Caroline Astor, the Grande Dame of Newport and New York society in the late 1800s. Mrs. Astor is the step-on guide who will take us on a time-travel Gilded Age tour of Newport. Our tour route includes the famous Ten-Mile Ocean Drive, the "cottages" of the Gilded Age which are along Bellevue Avenue, and plenty of gossip! Be sure to bring a camera as there will be opportunities to get off the motor-coach to take photos. During the driving tour, there will be crystal ball moments where Mrs. Astor can peek into the future. She will tell us about such events as the sinking of the Titanic, on which her son perished, and the wedding of John Fitzgerald Kennedy and Jacqueline Bouvier in Newport. Lunch will be served at La Forge Casino Restaurant which is situated on the grounds of the International Tennis Hall of Fame and overlooks the first grass tennis courts in America. For your entrée, choose one of the following: Turkey Club, Open Faced Chicken Salad (sweet pickles and celery on grilled sourdough), Veggie Wrap (roasted eggplant, chickpea mash, feta and fennel on a pita) or the Casino Burger (American cheese, lettuce, tomato and mayo). All entrees will come with Soup, Coffee, Tea, Iced Tea, and Dessert. During dessert, Mrs. Astor will talk about Gilded Age dining etiquette, calling card customs, and how Newport is the American side of the Downton Abbey story. She will also give updates about the current owner of her former mansion and

tell about today's descendants of the Gilded Age Astor and Vanderbilt families. After lunch, we bid adieu to Mrs. Astor and have free-time to explore the wonders of Newport. **Depart MSC: 7:45am, Estimated Return: 7pm** **Fee:\$105**

## MADISON SENIOR CENTER TRAVEL ADVENTURES

### **SOUTHERN CHARM**      **FEATURING CHARLESTON, JEKYLL ISLAND & SAVANNAH**      **MAY 18-24<sup>TH</sup>, 2019**

**Day 1:** Arrive today in Jacksonville, where the St. John's River meets the Atlantic Ocean. **Day 2:** Travel to the exclusive Jekyll Island Club Hotel, grandly situated in the midst of the fabled Golden Isles. Jekyll Island was once the winter retreat of prominent Gilded Age families. A tram brings you on a tour of the Jekyll Island Historic Landmark District – one of the nation's largest restoration projects. The Rockefellers, Vanderbilts and J.P. Morgan once vacationed here along the 240-acre river edge. **Day 3:** Journey to another fabled Golden Isle, quaint St. Simons Island. See its striking 106' tall lighthouse and visit the Museum of Coastal History. Have leisure time to explore the quaint shops and restaurants in the village. Tonight, gather at a popular local restaurant on Savannah's famous River Street for a cooking demonstration and dinner showcasing regional culinary specialties. **Day 4:** Take in the ambiance of the "Old South" with a trolley tour highlighting Savannah's sprawling Historic District. Lively, informative commentary brings the city to life as you travel along the cobblestone-paved streets and beneath moss-draped oaks. The stately mansions, beautiful squares and romantic riverfront are sure to make you fall in love with this city. Next, the beautiful Andrew Low House and Gardens await. Learn about the driving force behind the Girl Scouts and its founder, Juliette Low. This afternoon, wander Savannah's tree-filled squares or explore Factors Walk and River Street, where old cotton warehouses house trendy shops, taverns and restaurants. **Day 5:** Traverse the picturesque coastline through South Carolina's Low Country on your way to historic Charleston. Known as the Holy City, Charleston has survived the Civil War, major fires, an earthquake and hurricanes – and still exudes elegance, charm and grace. A local guide will show you the city. See its cobblestone streets, historic homes and restored buildings, some with origins prior to the Revolution. Continue on to City Market, one of the oldest public markets in America and the epicenter of Gullah sweetgrass basketry, one of the most beautiful handicrafts of African origin in the United States. The remainder of your day is free to enjoy this very walkable city. **Day 6:** Choose to explore Boone Hall Plantation where you'll experience southern plantation living as you visit one of America's oldest working plantations -OR- opt to explore Patriots Point Naval & Maritime Museum where you'll board the impressive USS *Yorktown* aircraft carrier ; you'll also have time at the Congressional Medal of Honor Museum and see the largest collection of military aircraft in the United States. This evening, join your fellow travelers for a farewell dinner at a local restaurant. **Pricing: Double: \$2,799pp; Single: \$3,599pp; Triple \$2,769pp (Booking before 11/19/2018)** **Includes:** Group Transportation to/from Airport, Round Trip Air from New York, Air Taxes and Fees/Surcharges, Hotel Transfers **Not included:** Cancellation Waiver and Insurance of \$275 pp and any Airline Baggage Fee

### **BRITISH LANDSCAPES (ENGLAND, SCOTLAND & WALES) COLLETTE**      **THURSDAY, SEPT. 26<sup>TH</sup> - OCT.5<sup>TH</sup>**

**Day 2:** Your tour opens in London, the cosmopolitan and historic capital of England. This evening, join your fellow travelers for an ale and pie tasting at a traditional English pub. **Day 3:** London's quintessential sights await you this morning. Alongside a local guide, view the Tower of London, Big Ben, the Houses of Parliament, Westminster Abbey and Buckingham Palace. You'll have free time to explore in the afternoon. **Day 4:** Travel to the medieval city of York, stopping in the 800-year-old university town of Cambridge along the way. Upon arriving in York, join your Tour Manager for a brief orientation tour. Or, choose to arrive in York earlier by way of an optional high speed rail, to go on a walking tour of the city seeing its famous Minster and walk quaint, narrow, streets preserved from the Middle Ages. **Day 5:** Enjoy a leisurely morning in York before traveling north to Bonnie Scotland, where you'll see Hadrian's Wall, once the mark of the northern border of the Roman Empire. Next, drive through Scotland's Borders region before arriving in Edinburgh, the "Athens of the North." Tonight, enjoy dinner at a local restaurant. **Day 6:** Today it's your choice! Get acquainted with this city on a guided all-encompassing tour of the city via coach -OR- join a local expert and explore the city on foot. Both tours include visits to Edinburgh Castle, home to the Scottish Crown Jewels, and the Palace of Holyroodhouse, the Queen's residence in Edinburgh and the former home of Mary, Queen of Scots. The rest of today is yours to explore the city independently. **Day 7:** Our final stop in Scotland comes at the border town of Gretna Green, where generations of runaway couples came to get married. Later, visit England's Lake District, and the charming village of Grasmere, home of the poet William Wordsworth. End your day with an overnight stay in beautiful Ruthin Castle, situated in the north of Wales. **Day 8:** Step back in time to the birthplace of the bard, William Shakespeare, on a journey to Stratford-upon-Avon – your home for the next two nights. You will have a choice of Touring Anne Hathaway's thatch-roofed cottage, the childhood home of the author's wife -OR- choose to enjoy a leisurely cruise along the picturesque Avon River. **Day 9:** Complete your visit to Britain with a journey to mystical Stonehenge – an incredible entrée to some of England's most gorgeous countryside. Explore the arrestingly beautiful villages of the Cotswolds region. Tonight, join your fellow travelers for a private farewell dinner at Hall's Croft, a 400-year-old Shakespeare family home. Toast the end of a wonderful journey while actors in traditional costume perform some of Shakespeare's most renowned scenes.

**Pricing: Double: \$3,349,pp; Single: \$4,249pp; Triple \$3,319pp (Booking before 3/27/2019)**

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

## DECEMBER MENU

**Mon. 3** Split Pea Soup, Stuffed Peppers and Chocolate Cream Pie

**Tues. 4** Tomato Soup, Meat Loaf, Carrot Cake

**Wed. 5** Vegetable Lentil Soup, Baked Ziti, Chocolate Mousse

**Thurs. 6** Chicken Noodle Soup, Beef Stew and Cookies

**Fri. 7** Manhattan Clam Chowder, Grilled Swordfish, Coconut Custard

**Mon. 10** Corn Chowder, Swedish Meatballs, Apple Raspberry Pie

**Tues. 11** Chicken and Rice Soup, Loaded Baked Potato and Cannoli

**Wed. 12** **Happy Birthday** Pasta Fagioli, Chicken and Waffles, and Birthday Cake

**Thurs. 13** Beef Barley Soup, Chicken Pot Pie, and Ice Cream Sundae

**Fri. 14** Cream of Asparagus Soup, Mussels Fra Diavolo, Tiramisu

**Mon. 17** Minestrone Soup, Pork Chop with Apples, Cookies

**Tues. 18** Potato Leek, Beef Bourguignon, and Brownies

**Wed. 19** Carrot Soup, Grilled Chicken, Greens with Cranberry and Goat Cheese, Belgian Waffles

**Thurs. 20** French Onion Soup, Salmon and Cheesecake

**Fri. 21** Rhode Island Chowder, Fish and Chips, Chocolate Cake

**Mon. 24 & Tues. 25** Merry Christmas!

**Wed. 26** Chicken Lentil Soup, Roast Pork and Sauerkraut, Pecan Pie

**Thurs. 27** Ham and Navy Bean Soup, Chicken Cacciatore, Sweet Potato Pie

**Fri. 28** New England Clam Chowder, Stuffed Sole, Lemon Meringue Pie

**Mon. 31** Lentil Soup, Pork Shank, and Cookies

Due to the increased popularity of our lunch program we are going to make a change to the reservation process beginning for January lunch reservations. Madison residents will be able to sign up for lunches on the 3<sup>rd</sup> Monday of the month for the following month (*Dec. 17<sup>th</sup> Madison residents can sign up for January lunches*). Non-Madison residents may sign up for lunches on the 3<sup>rd</sup> Wednesday of the month for the following month (*Dec. 19<sup>th</sup> Non-Madison residents may sign up for January lunches*.) Please prepay your lunches - \$4 each. If you cannot attend, please call us (203-245-5627) no later than 9am the day of the reserva

## BACK PAGES

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

### **“SAFETY CHECK LIST”**

Are you concerned for your safety in the event of a Hurricane or other weather event, or do you have someone you would worry about in the aftermath of an emergency weather event? The “safety check list” will be utilized in the case of an emergency. In the days following an emergency weather event, a representative from Madison Senior Services will contact those on the list. To add your name to the list, call **(203) 245-5627**. **Always plan and be prepared for at least 3 days following a weather emergency.**

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

Students will learn how to defend themselves against predators who view them as targets from a self-defense instructor who knows their physical limitations because he is one of them. “Many self-defense classes for seniors are taught by young instructors who do not understand what seniors can and cannot do when it comes to physical activity, says Ed Ricciuti, 80, president of non-profit Green Hill Martial Arts in Killingworth. Classes will cover how to be alert to potentially dangerous situations, how not to look like a victim, and basic techniques and tactics older people can use to defend themselves and escape from harm. Chon-Tu Kwan Hapkido is a method of self-defense that uses the opponent’s force to counter attacks. It is a practical style that is useable by people of varying ages and ability in a variety of real-life situations. Ed will give instruction on how to use the cane as a self-defense weapon and the use of the MUNIO, a legal, self-defense keychain anyone can use. **(4 classes) Thursday, January 10<sup>th</sup>, at 3:30pm. Fee:\$40**

### **SCHILLER SHORELINE INSTITUTE FOR LIFELONG LEARNING**

The Madison Senior Center is happy to host many programs provided by the Schiller Shoreline Institute for Lifelong Learning. SSILL provides many interesting educational programs for adults living in the Shoreline area. If you are interested in becoming a member call the Guilford Community Center (203) 453-8086. You can also visit the SSILL website at [www.ssill.org](http://www.ssill.org).