

Trends & Traditions

January 2019

Madison Senior Center

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FEATURED EVENTS

TOURS OF DISTINCTION PRESENTS CHILE & ARGENTINA JOURNEY TO THE SOUTHERN CONE

The Southern Cone, Chile & Argentina are seeing a rebirth and are calling. Come hear Tyler Zajacz, president of Tours of Distinction, describe all the wonderful details of this bucket list trip. The tour incorporates the best historical sites and awe-inspiring natural attractions which combine with the Tango to bring South America to life. **Please register for this free event. Thursday, Jan. 24th at 1 pm**

TIME TO RENEW YOUR MEMBERSHIP FEES

Just a reminder that on January 1st membership fees are due for all Seniors 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

A YEAR OF GIVING

In 2019, the Madison Senior Center is organizing a Year of Giving. Each month, we will shine a spotlight on a local organization that is providing services and support to our community. It is through generous donations from the public that they are able to offer such wonderful support. We have selected 12 different organizations that you might be interested in supporting. We will tell you who they are, what they do and how you can help!

The January Organization: Madison/Clinton/Westbrook Animal Shelter

Our Regional Animal Shelter (Clinton, Westbrook, and Madison) is located at 117 Nod Road, Clinton CT. They assist with locating and caring for lost pets, as well as pet adoptions & assisting orphaned wildlife. Pet food is supplied by the participating towns at the shelter, however they are always grateful to receive the following donations: American made rawhide/bully sticks, small polar fleece blankets (new or used) & hand warmer packets. Donations for the Madison Animal shelter can be dropped off throughout the month of January, here at the Madison Senior Center.

JANUARY SHOPPING TRIPS

Come shopping with us and avoid the traffic and parking nightmares. Registration Required.

BOSCOVS Great new store at the **CT Post Mall in Milford** comes highly recommended. You will have lunch on your own at one of the many eateries in the Mall. **Monday, Jan. 7th at 10am Bus Fee \$7**

CLINTON SHOPPING: Job Lot, TJ Max or JoAnn Fabrics, You can choose which shopping venue you'd like to visit. **Monday, Jan 28th at 1pm 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

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

ZUMBA GOLD WITH CASSIE MORRISON

Zumba Gold is perfect for the active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! For your safety we ask you only wear sneakers. If you come in dress shoes, sandals, slippers or bare feet will be asked not to participate for your own good. (6 classes)

Thursdays, Feb. 7th- Mar. 16th 5:30 to 6:30pm Fee: \$42

BILLARDS TOURNAMENT

The tournament starts January 14th. Sign up at Front Desk by January 9th. The schedules will be available on January 11th after 12 noon. The tournament will be a round-Robin style and the number of sign-ups will dictate the length of the tournament. Players will have a week to play their matches, and best record wins. If there is a tie, we will look at the head to head match up. Please call us at (203) 245-5627 if you are interested!

LEARN UKULELE WITH PETER IS BACK BY POPULAR DEMAND!

Classes for beginners and up at the Madison Senior Center. Ukulele performer and teacher Peter Magrane. Peter grew up in New York and as a young musician was exposed to Greenwich Village's folk, blues, rock 'n' roll and jazz scenes. He has spent extensive hours performing at numerous hospitals, nursing homes, coffee houses and bars throughout the United States. He is a well-rounded musician who loves working with children and adults. As a performer and teacher Peter believes the ukulele holds an important place in music and music education for all ages. Come join Peter and other seniors to learn to play this wonderful versatile instrument. If you have a ukulele, bring it along!

Wednesdays, Jan. 9th-30th at 10am Fee: \$34

MESSAGES FROM THE MUNICIPAL AGENT

BE ON THE LOOKOUT

Please be on the lookout for the 2018 income tax documents. You may need these whether you are planning to file income taxes or not. Be sure to save them. New benefit letters for Social Security are usually mailed in the middle of December. Be sure to keep these as well. This will act as your current proof of income.

CONNECTICUT ENERGY ASSISTANCE PROGRAM

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

MEDICARE SAVINGS PROGRAM

Helps to pay the monthly Medicare Part B premiums. Depending on income level this program may also lower co-pays for prescriptions to between \$3.30 and \$8.80 and may cover doctor's co-pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program. Monthly Max. Income: Single: \$2,489.52 & Couple: \$3,375.12

SNAP PROGRAM (FORMERLY FOOD STAMPS)

Helps offset food expenses. Money is given monthly to eligible participants, on an EBT debit card to use at local grocery stores. **Monthly Max. Income: Single: \$1,860, Couple: \$2,504. An asset test may apply.**

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 3rd Tuesday monthly at MSC. **Tuesday, Jan. 15th, 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, **Tuesday, Jan. 22nd *The Lying Game*—R. Ware** 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 on Fridays, please check with the front desk for the exact dates.

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

MONDAY MOVIE MATINEE MOVIES BEGIN AT 1PM

1/7 *The Post* – Meryl Streep & Tom Hanks 1hr 56m

1/17 *I, Tonya* – Margot Robbie & Allison Janney 2hrs

1/28 *Lion* – Dev Patel & Nicole Kidman 1hr 58m

SENIORS NEWCOMERS' CLUB

We welcome you to join our Newcomers' Club designed to acquaint new residents with the community. For event details please contact Jennie at newcomersclub15@gmail.com.

In January: Meet at the Madison Senior Center to enjoy their lunch. Please sign up with the Senior Center by Jan. 11th, and **make sure to let say you are with the Senior Newcomer's Club, when you register.**

Friday, Jan. 18th at 11:30 am Lunch Fee: \$4

SWEDISH WEAVING & JUDY'S FABULOUS BAGS

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.

Judy Wayland is teaching the wonderful craft of crocheting with plastic bags. You can make amazing things from beach bags to sandals to lovely purses

Both are on 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 2nd Wednesday of the month at a local restaurant. **Call Adele Campanelli for details (203) 245-1651**

MIXED BAG OF BRIDGE STRATEGIES

An 8-week Intermediate class that that concentrates on leads, defense and play of the hand with practice hands and discussion. Minimum number of students required is 8, maximum is 16. (8 classes) **Instructor: Sarah Corning**

Tuesday, Jan. 8th-Feb. 26th 9:30 - 11am Fees: MM \$60 | NMM \$7

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., Jan. 3rd & 17th 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 2nd Wednesday of the month. *Please register for this free event.* **Wed., Jan. 9th 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. **Monday, Jan. 28th at 4pm**

*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 3rd Tuesday of every month to have lunch and chat with Madison seniors. Bring your questions, concerns and compliments. **Tuesday, January 15th, 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 2nd & 4th 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 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, Jan. 8th & 22nd 12:30pm**

SAFETY CHECK LIST

Are you concerned for your safety in the event of a Hurricane or other 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.**

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, January 7th By Appointment Only**

MSC ART GALLERY

View our art exhibit by Lester Grace from Jan. 21st through Feb 28th. (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 **Jan. 7th - 28th** (*no class 1/21*) 3 Classes **MM\$18 | NMM\$28** Minimum Needed: 7

Wednesdays - 10:30–11:30am **Jan. 9th - 30th** 4 Classes **MM\$24 | NMM\$34** Minimum Needed: 7

Fridays - 10:30–11:30am **Jan. 4th - 25th** 4 Classes **MM\$24 | NMM\$34** 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 **Jan. 8th - 29th** 4 Classes **M\$34 | NMM\$44** 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 **Jan. 9th - 30th** 4 Classes **MM\$28 | NMM\$38** Minimum Needed: 6

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

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**

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. 7th - April. 8th 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 Jan. 8th - 29th 4 Classes **at 1pm. Fee: MM\$32 | NMM\$42** 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.**

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. 14th 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. (4 classes) **Instructor is Sarah Johnson Tues., Jan. 4th - 29th at 10:30am Fee: MM\$30 | NMM\$40**

STREET SAVVY SENIORS

Senior Self Defense classes will cover how to be alert to potentially dangerous situations, how not to look like a victim, and basic techniques and tactics seniors can use to defend themselves and escape from harm. Ed Ricutti, a senior himself, will teach you 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) **Thurs., January 10th - 31st at 3:30pm. Fee: \$40**

MADISON SENIOR CENTER DAY TRIPS

FOXWOODS Mondays

Monday, January 14th

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 Foxwoods. 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**

Pequot Museum & Foxwoods

Wednesday, January 23rd

Take a guided tour through the museum exploring the highlights of the permanent collection with a tour guide who is very knowledgeable and able to answer any questions you might have. Each tour is an hour long. After the tour you will have time to visit the gift shop and then off you'll go to Foxwoods for lunch on your own at one of many fabulous restaurants and eateries, leaving at 2:45pm to return home. **Depart MSC at 9:15am Fee: \$25**

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. Wonderful and informative seminars and demonstrations will be available to attend there. **Depart MSC at 9am Fee: \$20**

Corsets & Top Hats

Tours of Distinction

April 16th

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 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**

Escape to Acadia

Tours of Distinction

September 16th - 18th

Escape to Maine's beautiful coastline and enjoy the beauty of the Acadia National Park and the bustle of Portland and Bar Harbor on this 3 day, 2 night experience. Leaving bright and early on Monday morning we'll travel to Portland where we'll meet our guide who will take us on a narrated tour of Maine's largest city, then on to Camden. We will stay at the *Cedar Crest Hotel* for the next 2 nights. Enjoy a wine and cheese reception upon arrival to help unwind, followed by our first included dinner where lobster will be on the menu. The next day we'll head to Acadia National Park. Our guided tour will take us to *Cadillac Mountain* (the highest point on the North Atlantic seaboard), the national Park Nature Center at *Sieur de Mont Springs* and the pounding surf at Thunder Hole. For dinner will go to a local restaurant for a lobster bake. The next morning we'll travel to picturesque Boothbay Harbor. There are a myriad of quaint shops and places to choose from for lunch before heading back to Madison for an approximate return by 9:30pm. **Depart MSC at 7 am. Pricing: Double \$599pp; Triple \$569 pp; Single \$785pp**

Keep a Look Out for These Upcoming Trips

8 Days on Mackinaw Island ★ Botanical Gardens ★ Sail Away Argia ★ Brooklyn and the Bridge

MADISON SENIOR CENTER TRAVEL ADVENTURES

SOUTHERN CHARM

CHARLESTON, JEKYLL ISLAND & SAVANNAH

MAY 18TH -24TH, 2019

Day 2: Travel to the exclusive Jekyll Island Club Hotel, situated in the midst of the fabled Golden Isles. Jekyll Island was once the winter retreat of prominent Gilded Age families. **Day 3:** Journey to another fabled Golden Isle, St. Simons Island.

Explore the quaint shops and restaurants in the village. 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 "Old South" with a trolley tour highlighting Savannah's sprawling Historic District. In the afternoon, visit Savannah's lovely squares or explore River Street, where old cotton warehouses house trendy shops, taverns and restaurants. **Day 5:** Tour the coastline through South Carolina's Low Country on your way to historic Charleston, which still exudes elegance, charm and grace. A local guide will show you the historic homes and restored buildings. Continue on to City Market, one of the oldest public markets in America and the epicenter of Gullah sweetgrass basketry. 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 -OR- opt to explore Patriots Point Naval & Maritime Museum. This evening, join your fellow travelers for a farewell dinner at a local restaurant.

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 per person and any Airline Baggage Fee.

Pricing: Call for current pricing

CHILE & ARGENTINA

JOURNEY TO THE SOUTHERN CONE THURSDAY, SEPT. 25TH - OCT. 8TH

This remarkable 14 day trip includes so many wonderful events it is hard to list them all here let alone describe them. You will spend 11 nights in 4 star hotels with 17 meals included (11 breakfasts, 2 lunches and 4 Dinners, guided visits to both side of the spectacular Iguazu Falls. Enjoy city tours of Santiago, Valparaiso and Viña del Mar, Mendoza and Buenos Aires. Take in a Mendoza Winery Tour and visit a Buenos Aires Guacho Ranch and a Tango show! For all the delightful details come to the presentation on January 24th at 1pm at the Senior Center. **Pricing: Double: \$4,959 pp ; Single \$5799pp.**

BRITISH LANDSCAPES

(ENGLAND, SCOTLAND & WALES) THURSDAY, SEPT. 26TH - OCT. 5TH

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, and take 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

JANUARY MENU

Wed. 2 Chicken Noodle Soup, Sausage and Peppers, Chocolate Mint Pie

Thurs. 3 New Year's Fête! Shrimp Bisque, Stuffed Shrimp and Petite Fillet, Turtle Bomb **\$12.00**

Fri. 4 Seafood Chowder, Seafood Newburg, and Pecan Pie

Mon. 7 Cream of Spinach Soup, Fried Chicken, Angel Food Cake

Tues. 8 Navy Bean with Ham Soup, Shepard's Pie and Lemon Meringue Pie

Wed. 9 Happy Birthday Broccoli Soup, Chicken Cacciatore, and Birthday Cake

Thurs. 10 Cream of Cauliflower Soup, Pork Chops and Apples, Pumpkin Pie

Fri. 11 Manhattan Clam Chowder, Swordfish, and Carrot Cake

Mon. 14 Borscht, Lamb Stew, Ice Cream

Tues. 15 Tomato Soup, Chicken Scampi, and Tiramisu

Wed. 16 White Bean and Sausage Soup, Crab Cakes, Coconut Cake

Thurs. 17 Chicken & Rice Soup, Quiche and Apple Pie

Fri. 18 Rhode Island Clam Chowder, Salmon, Peanut Butter Pie

Mon. 21 Martin Luther King Day

Tues. 22 Minestrone Soup, Pork Shank, and Cookies

Wed. 23 Tortilla Soup, Chili, Chocolate Cream Pie

Thurs. 24 Italian Wedding Soup, Chicken Kiev, Apple Crisp

Fri. 25 New England Clam Chowder, Stuffed Sole, Cheesecake

Mon. 28 Butternut Squash Soup, Stuffed Cabbage, and Apple Fritters

Tues. 29 Cream of Asparagus Soup, Loaded Potato, German Chocolate Cake

Wed. 30 Beef Minestrone Soup, Roast Pork Loin, Chocolate Mousse

Thurs. 31 Carrot Soup, Roasted Chicken, Blueberry Pie

NEW SIGN-UP GUIDELINES

Beginning January 1st, the first sign-up day for the following month **Madison residents:** 3rd Monday of the month for the following month **Non-Madison residents:** 3rd Wednesday of the month for the following month. All participants must be active members of the Madison Senior Center or a guest. **Reservations or Cancellations (203) 245-5627 by 9am the day of the reservation – at the latest. Lunch is \$4 and served at 11:30am. Pre-payment is required.**

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.

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.

Tuesdays from 9:30am - 3pm from Feb. 5th through Apr. 9th. Taxes will be prepared by appointment only.

You may call for an appointment beginning 1/15/19 at (203) 245-5627

STREET SAVVY SENIORS SENIOR SELF DEFENSE

REIKI SHARE

A Reiki Share is a gathering of Reiki practitioners who participate in group Reiki treatments on each other. The main purpose for the Reiki share is to practice giving and receiving Reiki in a casual atmosphere of friendship, honor, and positive energy.

For this Reiki share we are asking that you have at least a Level I Reiki certification. *Kim Tallcouch*, who taught our Reiki class this fall will lead the event. Please register for this event. **Monday, Jan. 14th at 10-11:30am** Fee: \$5

SENSIBLE WEIGHT LOSS WITH MARY JANE FEGAN OF REHAB CONCEPTS

We are all interested in weight loss this time of the year. Gyms are full of newly motivated folks trying to work off the pounds they put on during the holidays. But if you race into it too hard you could hurt yourself and ruin your plan of action. Mary Jane will tell us how to sensibly combine diet and exercise to achieve our goals and be ready for spring and summer. *Please register for this event.* **Thursday, January 24th at 10:30am** **FREE**