

Trends & Traditions

February 2019

Madison Senior Center

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FEATURED EVENTS

AARP FRAUD WATCH NETWORK: THE CON ARTIST PLAYBOOK - THE PSYCHOLOGY BEHIND ID THEFT, FRAUD & SCAMS

Take a look at the psychology behind ID Theft, Fraud & Scams through actual footage of scammers, insights and advice. Participants will walk away armed with the tools they need to keep themselves and their families safe. Join us for the Con Artist Playbook offered by AARP CT Fraud Watch Network Peer Educators. Vigilance against scammers is our number one weapon. By being informed about the latest scams and taking a few practical steps, you have the power to protect yourself and your family. The more people who get involved, the more power we all have to prevent fraud in the future. Please register for this event. **Thursday, Feb. 28th at 1pm FREE Snow date: Thursday, March 7th at 1pm**

KNIGHTS OF COLUMBUS WORLD WAR I: BEYOND THE FRONT LINES

The Knights of Columbus Museum commemorates the 100th anniversary of the United States' participation in World War I with a not to be missed exhibition. The exhibit provides an historical retrospective of the war and includes interactives, images and artifacts from the Knights of Columbus Museum, Supreme Council Archives and Multimedia Archives, along with borrowed materials from private lenders and organizations. We will enjoy a guided tour of the highlights of the exhibit with time to look around on your own. **Wed., Feb. 27th depart MSC at 12:30pm Bus Fee: \$7**

TRAVEL PRESENTATION BRITISH LANDSCAPES SEPTEMBER 2019

Join Tracy O'Neill, from Collette Tours to learn all about this fabulous 10 day tour featuring England, Scotland and Wales. Some of the highlights include London (Tower of London, Big Ben, the Houses of Parliament and Buckingham Palace), York, Edinburgh Castle and much more. **Wednesday, Feb. 6th at 10:30am FREE Registration Required**

MEET DECKER

Come meet Decker and Det. Neal Mulhern and learn about their work together fighting crime in Madison! Decker, a male, yellow Labrador retriever, is training to be a narcotics dog, replacing the department's long-service narcotics dog Gwen. **Registration Required Space is limited Wednesday, Feb. 20th at 1pm FREE**

CT FLOWER & GARDEN SHOW

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 equipment & 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. **Thursday, February 21st depart MSC at 9am Fee: \$20**

FEBRUARY SHOPPING TRIPS

Come shopping with us and avoid the traffic and parking headaches. Registration Required.
HOMEGOODS AND THE LITTLE PUB FOR LUNCH . Monday, Feb. 4th depart at 10am Bus Fee: \$5

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

A YEAR OF GIVING THE LIONS CLUB

The Madison Lions Club was chartered in 1956 by Lions Clubs International, a worldwide service and charitable organization. Some of the Madison Club's major fund raising activities include: 1. A Flea Market on the Madison Green; 2. Conducts a town wide mail campaign to raise funds for eye research and the treatment of vision problems; 3. Work with a local restaurant, Lenny & Joe's Fish Tale, which operates a carousel with proceeds going to area charities designated by the club. Members participate in as many of these activities as possible. Proceeds of our fund raising activities are used to support the following:

- ◆ 6 four year scholarships at Daniel Hand High School in Madison. Since 1971, 92 Hand graduates have received \$242,350 in scholarships.
- ◆ Donations to local youth programs. (Boy Scouts, Girl Scouts, Little League Baseball, etc.)
- ◆ Vision related programs including Connecticut Lions Eye Research Foundation; free eye care and free eyeglasses to needy residents of Madison; Lions Low Vision Centers; FIDELCO Guide Dog Foundation; and the collection and sending of over 40,000 pairs of eyeglasses to third world countries.
- ◆ Community projects including "Lifeline" button alarm units for needy seniors, Habitat for Humanity, food baskets for the needy at holidays, and the large print books at the Scranton library.
- ◆ Local, National, and International benevolent and humanitarian projects such as disaster relief, mission clinics and hospitals in Zambia, Ecuador, Uganda, and Santo Domingo. Donations may be sent to:

**The Madison Lions Foundation
P.O. Box 99, Madison, CT 0644**

BE OUR VALENTINE MOVIE MATINEE

We'll start with the classic *An Affair to Remember* with Cary Grant and Deborah Kerr, tissues will be provided! A classic love story, Nickie Ferrante's return to New York to marry a rich heiress is well publicized as are his many antics and affairs. He meets a nightclub singer Terry McKay who is also on her way home to her longtime boyfriend. She sees him as just another playboy and he sees her as stand-offish but over several days they soon find they've fallen in love. Nickie has never really worked in his life so they agree that they will meet again in 6 months time atop the Empire State building. But do their plans hold? Next we'll take a break to pull ourselves together and have some valentine treats. Then onto *Sleepless in Seattle* with another dynamic duo, Meg Ryan and Tom Hanks, which is not only a fun favorite but also has several references to *An Affair To Remember*. In a nutshell it's about a recently widowed man's son who calls a radio talk-show in an attempt to find his father a partner. **Please Register Thursday, Feb. 14th *An Affair To Remember* 1 – 2:55pm (1hr 55m) Intermission 3 – 3:30pm *Sleepless in Seattle* 3:30 – 5:15-pm (1h 45m) FREE**

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

Last Day for deliverable fuel deliveries: March 15th Helps to offset heating expenses during the winter. All fuel sources welcome to apply. Income and assets are counted for **ALL** members living in the home. Asset limit for homeowners is \$15,000 & for renters is \$12,000. Please contact Heather for a list of required documentation. **Guidelines: Monthly Income: Single: \$2,926, Couple: \$3,826**

PROPERTY TAX SAVINGS PROGRAMS

The Town of Madison as well as the State of Connecticut have programs to assist residents with tax savings. The following programs are available to eligible residents: **Local Tax Relief, Local Tax Deferral, Local Tax Freeze**, as well as the State of Connecticut Tax Relief/Circuit Breaker Program. There is also a Veteran's and a Disability exemption that may be available. There are eligibility and income guidelines for each program. Please contact us for more information or to schedule an appointment. If you intend on filing income taxes for 2018, they must be filed first. **Filing time period: February 1st — May 15th, 2019**

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:

Single Income	Number of Possible Meals Subsidized Per Week
<\$1,012/Month	4 meals/week maximum
\$1,013–\$1,265/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 following programs Energy Assistance, CT Tax Relief, or CT 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. **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 threw it out, please call **1-800-Medicare** and request another copy. For more information stop in to Center for a copy of "10 things to know about your new Medicare card." **Lamination available.**

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, Feb. 19th, 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, Feb. 26th *Pay It Forward - Catherine Ryan Hyde*** 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 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 conclude with the election of 1860 (Abraham Lincoln's first term) events as part and parcel of a complex tapestry (This class began 10/26/18 and will meet monthly through June 2019) Friday, February 8th & 15th at 10:30am **Fee: \$15**

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 February: Meet in the Senior Center parking lot to carpool to New Haven and have lunch at Pad Thai Restaurant on Chapel Street. Then on to a guided tour of the Yale Art Gallery. Sunday, February 17th at 12:00 noon.

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**

MONDAY MOVIE MATINEE MOVIES BEGIN AT 1PM

2/4 *City of Angels* – Meg Ryan & Nicholas Cage 1hr 54m

2/11 *Princess Bride* – Cary Elwes, Mandy Patinkin, Robin Wright 1hr 38m

2/25 *La La Land* – Ryan Gosling, Emma Stone 2hr 8m

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**

HEALTH PROGRAMS

Presented by Mary Jane Fegan, of Rehab Concepts

Cognitive and Memory Solutions:

This is an issue we all worry about, and Mary Jane will help to let you know if you need to be concerned or if it is just the symptoms of a busy lifestyle. She will also cover what you can do to increase your cognitive and memory functions. **Please Register for this event. Thurs., March 28th at 10:30am**

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., Feb. 7th & 21st 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.*

Wednesday, Feb. 13th 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, Feb. 25th 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 Wednesdays 9:30 – 11:30am

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, Feb. 12th & 26th 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, February 4th 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 **Feb. 4th - 25th** (*no class 2/18*) 3 Classes **MM\$18 | NMM\$28** Minimum Needed: 7

Wednesdays - 10:30–11:30am **Feb. 6th - 27th** 4 Classes **MM\$24 | NMM\$34** Minimum Needed: 7

Fridays - 10:30–11:30am **Feb. 1st - 22nd** 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 **Feb. 5th - 26th** 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 **Feb. 6th - 27th** 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 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 Feb. 5th - 26th 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.**

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 - Mar. 4th at 2-3pm Minimum: 6 No class 2/18 Fee: MM\$44 | NMM \$54

MEDITATION WITH SARAH

Prioritize your wellbeing this year and join our meditation group where Sarah Johnson will share guided meditations, breath and body awareness, and mindfulness to help you relax, learn to manage stress, and find greater ease and wellbeing in your life. All levels welcome!(4 classes) **Instructor: Sarah Johnson Tues., Feb. 5th - 26th at 10:30am Fee: MM\$30 | NMM\$40**

ZUMBA GOLD® WITH CASSIE MORRISSON

Zumba Gold® is perfect for the active older adults who are looking for a modified Zumba® class that recreates 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, increased cardiovascular fitness and muscular conditioning! For your safety we ask you only wear sneakers. If you come in dress shoes, sandals, slippers or bare feet you will be asked not to participate for your own safety. (6 classes) **Thursdays, Feb. 7th - Mar. 16th 5:30 - 6:30pm** **Fee:MM\$42|NMM\$52**

MADISON SENIOR CENTER DAY TRIPS

MOHEGAN *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 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**

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**

Burt & Me

Ivoryton Playhouse

Wednesday, March 27th

If you fell in love to the music of Burt Bacharach, then you won't want to miss this nostalgic romantic musical comedy. Joe and Lacey were high school sweethearts who drifted apart when they attended different colleges after graduation. Years later, their paths cross again as Joe devises a clever plan to win Lacey back... with the help of one Burt Bacharach. Featuring the classics: "*What the World Needs Now*," "*Walk On By*," "*I Say A Little Prayer*," and many more. **Depart MSC at 1pm** **Fee: \$37**

Corsets & Top Hats

Tours of Distinction

Tuesday, 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**

My Name is Ben

Goodspeed Terris Theater, Chester

Wednesday, May 22

The true story of an ordinary man and his extraordinary life. From his tiny room in New York City, Bernhardt Wichmann III changed the lives of those around him without saying a word. Using just his notepad and pen and open heart, Ben turned a neighborhood of strangers into a community of friends. Featuring a joyful, folk-inflected score by an award-winning Scottish writing team in collaboration with Dundee Rep, one of Scotland's leading theatres, this is the story of how one man with nothing somehow changed everything. **Depart MSC at 1pm** **Fee: \$44**

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

MONTRÉAL FIREWORKS AND FESTIVALS

FRIDAY, JULY 5TH - 8TH

Day 1: This morning, we have a 7am departure for our journey north to Montréal. Summer is filled with the excitement of the city's extravagant festivals! Upon arrival, check into the Delta Montréal hotel, where we will be staying for the next three nights. The hotel is located just steps away from the entertainment district, underground shopping, and Mount Royal. **Day 2:** Following breakfast, our day is free to explore Montréal which is home to 120 distinct ethnic communities, making it a mosaic of cultures and traditions. The Montreal Jazz Festival is the world's largest, and today is the final day, so make the most of this fantastic opportunity to see the festivities! This evening, the group will reconvene for dinner at the Restaurant du Vieux Port, before heading off to reserved seats at the final concert of the Montreal Jazz Festival! **Day 3:** After breakfast, the group will be joined by a local guide. Our city tour will take us through time in Old Montreal, as we visit Place d'Armes, the Old Port, and the Bonsecours Market before visiting the new Quartier International. We will also visit the Mount Royal Park, the Saint-Joseph Oratory, and the incredible Notre-Dame Basilica. The Notre-Dame Basilica, originally built in 1672, was actually demolished and rebuilt in 1824. Traces of the original site are visible at Place d'Armes. In 1982, Pope John Paul II recognized the significance of Notre-Dame, and raised it to the rank of a Minor Basilica. Today, the Notre-Dame Basilica continues to play a role in the artistic community as the home to the evening Aura experience. Following our tour, enjoy a few hours on your own for lunch, your own explorations of Montréal, and time to freshen up before we head to the evening's festivities. Tonight, we enjoy a 5-course dinner cruise on the St. Laurent River, which will put us in the perfect place to view the first performance of the Fireworks Festival, the world's largest and most prestigious fireworks competition, drawing the biggest pyrotechnics firms to produce 30-minute pyro-musical extravaganzas. **Day 4:** Following breakfast today, we say 'adieu' to Montréal as we make our way home with memories of the magnificent music and fantastic fireworks that were enjoyed by all!
Pricing: \$1285pp Double | \$1159pp Triple | \$1739pp Single

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

FEBRUARY MENU

Fri. 1 Seafood Chowder, Slow Roasted Salmon, and Peach Pie

Mon. 4 Cream of Spinach Soup, Spaghetti & Meatballs, Angel Food Cake

Tues. 5 Minestrone Soup, Beef Chili, and Brownie & Ice Cream

Wed. 6 White Bean & Sausage Soup, Chicken Marsala, and Chocolate Mint Pie

Thurs. 7 Chicken Vegetable Soup, Pork Chops, Jello

Fri. 8 Manhattan Clam Chowder, Shrimp Scampi, and Carrot Cake

Mon. 11 Mushroom Lentil Soup, Loaded Potato, Ice Cream

Tues. 12 Chicken & Rice Soup, Lasagna, and Peach Shortcake

Wed. 13 Happy Birthday Luncheon - Tortilla Soup, Tacos, and Birthday Cake

Thurs. 14 Special Valentines Day Luncheon Valentine Luncheon Shrimp Bisque, Duet of Beef and Salmon
Chocolate Lava Cake **\$12**

Fri. 15 New England Clam Chowder, Roasted Cod, Peanut Butter Pie

Mon. 18 Closed in Observation of Presidents Day

Tues. 19 Tomato Soup, Braised Beef Short Ribs & Polenta, and Chocolate Cake

Wed. 20 Corn Chowder, Stuffed Cabbage, Apple Fritter

Thurs. 21 Beef Barley Soup, Chicken Cacciatore, Cookies

Fri. 22 Rhode Island Clam Chowder, Seafood Newberg, Lemon Meringue Pie

Mon. 25 Butternut Squash Soup, Meatloaf, and German Chocolate Cake

Tues. 26 Carrot Soup, Fig and Goat Cheese Pizza, Cheese Cake

Wed. 28 Cream of Asparagus Soup, Sausage & Peppers, Banana Cream Pie

Thurs. 28 Chicken Noodle Soup, Pork Shanks, Pumpkin Pie

NEW SIGN-UP GUIDELINES

❖ **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.**

To cancel a lunch reservation, call us (203-245-5627) no later than 9am the day of the reservation, and we will credit your account. *Thank you for your cooperation.* **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 at (203) 245-5627

LEARN UKULELE WITH PETER

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! **Wed., Feb. 6th-27th at 10am Fee: MM\$34 | NMM\$43**