

Trends & Traditions

May 2019

Madison Senior Center

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FEATURED EVENTS

MOTHER'S DAY LUNCHEON

Tuesday, May 14th

Come celebrate mothers with us and enjoy a delicious meal of:

Cream of Asparagus Soup, Duet of Salmon and Filet, Chocolate Lava Cake — \$12

ESSEX STEAM TRAIN & RIVERBOAT EXCURSION

Enjoy a 3-course lunch aboard a restored 1920's Pullman Diner car as part of a 3½-hour journey that begins at the historic Essex Train Station for a 12-mile, narrated trip. Passengers may choose one of three menu options: Beef Tips and Gravy or Baked Chicken or Eggplant Parmesan. At Deep River Landing, passengers are escorted onto the Becky Thatcher riverboat for a 1¼- hour cruise along the Connecticut River. The visual serenity of the river valley is on full display from Becky's multiple decks. The deep water, coves, inlets, marshes, wildlife, and rocky shoreline are all at once, simply breathtaking! Just as impressive are the historic sights including Gillette Castle, Goodspeed Opera House, and the Haddam Swing Bridge. Upon Becky's return to Deep River Landing, the steam train welcomes passengers for the return trip back to Essex Station. This is the first of two of these trips this summer. **Wed., June 19th Depart MSC at 10:30am Fee: \$53**

COLLETTE TRAVEL PRESENTATION: VIETNAM

Set out on a journey that reveals the best of Vietnam. Inside the lush valleys and verdant fields of a rural paradise, discover a beautiful country with a long and rich history. Tracey O'Neill will detail all the reasons that Vietnam is a country you should see. **Please register Wednesday, May 8th, at 10:30am FREE**

THE CONNECTICUT SCIENCE CENTER ADULT COFFEE CLUB

We are excited to offer a trip to the CT Science Center's Adult Coffee Club where Sonia Plumb, the artistic director of Sonia Plumb Dance Studios will discuss the topic of movement of the body. Following the event, enjoy access to the newest anatomy exhibit, *Real Bodies*, and then enjoy our beautiful Butterfly Encounter. Coffee and Tea are included. Lunch on your own before the talk at *Vivo* restaurant. *Choose your lunch from the menu Ari has at the front desk.* **Wednesday, May 8th depart at 11am Fee: \$22 (Fee includes admission and bus fee)**

BEGINNING BRIDGE WITH SARAH CORNING

An 8-week class that introduces the fundamentals of the game of bridge which will consist of bidding, play, and defense. This class is for anyone who wants to learn to play bridge. In addition to discussion, practice hands will be provided for actual play. Please purchase the book, *Bridge Basics 1, An Introduction* by Audrey Grant and bring to the first class. Minimum number of students required are 8, maximum is 16. **Fridays beginning on May 10th 10-11:30am \$60**

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 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

May 9th 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

FLASH FICTION WRITING GROUP

What is flash fiction? It's a story you make up in 1,000 words or less with a beginning, a middle, and an end. Participants will write works of flash fiction each week and bring them to share with the group. The group is open to all who are interested. No professional writing experience necessary, just a desire to write fiction. Come and try it out.

Mondays 1 - 2:30pm. FREE

FREE FINANCIAL COUNSELING FOR SENIORS AT THE MADISON SENIOR CENTER

Madison Financial Planning will be offering general advice on financial matters for Seniors on subjects such as reverse mortgages, retirement planning, credit card debt, debt consolidation, and estate planning. These appointments will be scheduled in 15-minute increments twice a month on the 2nd and 4th Thursdays of the month **by appointment only.**

Thurs., May 9th & 23rd from 9:15 - 10:15am FREE

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! (4 classes)

Wednesdays, May 1st-29th at 10am Fee: \$34

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. We also invite anyone who is curious about Reiki and would like to experience receiving Reiki. *Kim Tallcouch*, who taught our Reiki class last fall, will lead the event. **Monday, May 13th at 10-11:30am Fee: \$5**

MESSAGES FROM THE MUNICIPAL AGENT

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. **Deadline: May 15th, 2019**

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. **Maximum Monthly Income: Single: \$2,560 and Couple: \$3,466**

RENT REBATE – APPLICATION INTAKE BEGINS MAY 16TH

One time assistance that helps to offset rental expenses. Documentation of 2018 income, payments made for rent, heating, water bills, and electric are required to apply. Application intake begins after May 15th, 2019. In preparation for an appointment, call your utility/rental companies **now** and request a statement of your payments made in 2018. **2018 Maximum Annual Income Single: \$36,000 and Couple: \$43,900**

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, May. 21st, 11–12pm FREE**

CLUBS, GROUPS AND BRIDGE

MSC BOOK CLUB

The next meeting will be Tuesday, May 28th *The Glass Ocean*—*Beatriz Williams*. 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, May 17th & 24th at 10:30am Fee: \$15**

SENIORS NEWCOMERS' CLUB

Have you just relocated or recently retired to the Shoreline? We welcome you to join our newcomers' club designed to acquaint new residents with the community. We look forward to meeting you for fun, friendship and great conversation! For more info, or to RSVP, contact Jennie at newcomersclub15@gmail.com **In May:** We will meet at the Madison Senior Center parking lot and carpool to Ivoryton Tavern for lunch at 12 noon. After lunch we will go to Playhouse to enjoy the play "*Guess Who's Coming to Dinner.*" The play is about a progressive white couple whose sensibilities are put to the test when their daughter brings her black fiancé home to meet them in this fresh and relevant stage adaptation of the iconic film, of the same name. **Sunday, May 5th 11:30am meet at the Senior Center**

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**

MAY MOVIE MATINEE _ MOVIES BEGIN AT 1PM

5/13 *Vertigo* – James Stewart & Kim Novak - 2hrs 8m

5/20 *Some Like It Hot* – Marilyn Monroe, Tony Curtis, Jack Lemon 2hr 1m

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.

Tuesdays, 1:30-3:30pm Please Register 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**

THE NEWSLETTER BRIGADE NEEDS HELP!

We are looking for folks who would like to help us preparing our newsletter for mailing. This entails folding them, putting on the mailing labels and applying 3 wafer seals to each newsletter. We generally do this the third week of the month and it takes, depending on the number of volunteers, about 4-5 hours. We start around 9am. If this is something you think you be interested in doing, please give Ellie a call at **(203) 245-5627**.

HEALTH PROGRAMS

How to Get Up Off the Floor - Safe ways to keep from hurting yourself when you find yourself on the floor, and how to keep from making it yourself if you have fallen. **Thurs., May 16th at 10:30am**

Are You Sleeping? - Discover why you are having trouble sleeping, what to do about it and when it's time to get help.

Thurs., May 23rd at 10:30am Please Register for these Free Events

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 1pm FREE**

GENERAL INFORMATION/ONGOING ACTIVITIES

LEGAL ASSISTANCE

Thurs., May. 2nd & 16th 9-10am Attorneys from Cronan and Shields offer private 15 min. counseling services **Call the MSC for an appointment.**

SENIOR CENTER BINGO

We offer Bingo on the 2nd Wednesday of the month. *Please register for this free event.* **Wednesday, May 8th 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, May 20th 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 and 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, May. 21st, 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 & Swedish Weaving Thursdays 1-2pm

Knitting 2nd & 4th Mondays of the month 3:30 – 6pm

Poker Mondays & Wednesdays: 9:30 – 11:30am, 12:45 – 3pm

Mah Jongg: Mondays, Wednesdays & Thursdays 9:30-3:30pm

Quilts of Joy Tuesdays 1:15 – 3:30pm

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, May 14th & 28th 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, May 20th By Appointment Only**

MSC ART GALLERY

View our art exhibit by **Mark Evan Segal** from Jun. 3rd through July 31st *(Please call the Senior Center for alternate times.)*

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 **May 6th - 20th (No Class 5/27)** 3 Classes **MM\$18 | NMM\$28** Minimum Needed: 7

Wednesdays - 10:30–11:30am **May 1st – 29th** 5 Classes **MM\$30 | NMM\$40** Minimum Needed: 7

Fridays - 10:30–11:30am **May 3rd – 31st (No Class 5/24)** 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 **May 7th - 28th** 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 **May 1st – 29th** 5 Classes **MM\$35 | NMM\$45** 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. Instructor: Suzanne Hanley **Mon., May 20th – June 24th at 9am Min. Needed: 8 Fee: MM\$30 | NMM\$40**

SEATED TAI CHI CLASS

Join us for Seated Tai Chi. Classes are adapted to any level of ability. Gentle rhythmic patterns of movement offers over all well-being, including increased strength and flexibility, as well as improved posture and circulation. Instructor: Kim Langley **Tues., May. 7th-28th at 1pm Fee: MM\$32 | NMM\$42**

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) **Monday, May 20th - July 1st at 2-3pm Min: 6 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!(5 classes) **Instructor: Sarah Johnson Tues., May 7th - 28th at 10:30am Fee: MM\$38 | NMM\$48**

ZUMBA GOLD®WITH MOLLY CLARK

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, May 2nd - Jun. 6th 5:30 - 6:30pm Fee:MM\$42 | NMM\$52**

TAKE A HIKE...WITH BOB!

Bob Kuchta, naturalist and veteran hiker, will take you for a hike in parks in Madison and surrounding towns. They will be geared for senior hikers and will last for 1 hour. This is a great way to discover the wealth of natural beauty we have on the shoreline. This month we're hiking at Hammonasset. **Monday, May 20th depart MSC at 1pm FREE**

MADISON SENIOR CENTER DAY TRIPS

Foxwoods Mondays

Monday, May 13th

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

Godspell

Ivoryton Theater

Wednesday, May 29th

Godspell is the first major musical theater hit from three-time Grammy and Academy Award winner Stephen Schwartz (*Wicked*, *Pippin*, and *Children of Eden*). Loosely based around the Gospel of St. Matthew, the show follows a company of characters who unite to become a community through teachings of love, kindness, and acceptance. Led by the international hit, "Day by Day," Godspell features a parade of beloved songs, including, "Prepare Ye the Way of the Lord," "Learn Your Lessons Well," "All for the Best," "All Good Gifts," "Turn Back, O Man" and "By My Side." Depart MSC at 1 pm Fee: \$44

Because of Winn Dixie

Goodspeed Opera House

Wednesday, July 17th

Not since Annie has a stray dog inspired such joyful noise! In a Southern town filled with lost souls, a new leash on life is just around the corner when a preacher and his daughter take in a mutt named Winn Dixie. The beloved, award-winning novel about a quirky community learning to get along now sings for the first time in this uplifting new musical. Let Grammy and Tony winner Duncan Sheik (*Spring Awakening*) and Tony nominee Nell Benjamin (*Legally Blonde*, *Mean Girls*) take you on a heartwarming adventure for all ages. Depart MSC at 1pm Fee: \$64

Essex Steam Train

Essex CT

Wednesday, August 7th

Enjoy a 3-course lunch aboard a restored 1920's Pullman Diner car as part of a 3½-hour journey that begins at the historic Essex Train Station for a 12-mile, narrated trip. Passengers may choose one of three menu options: Beef Tips and Gravy or Baked Chicken or Eggplant Parmesan. At Deep River Landing, passengers are escorted onto the Becky Thatcher riverboat for a 1¼- hour cruise along the Connecticut River. The deep water, coves, inlets, marshes, wildlife, and rocky shoreline are all at once, simply breathtaking! Just as impressive are the historic sights including Gillette Castle, Goodspeed Opera House, and the Haddam Swing Bridge. Upon Becky's return to Deep River Landing, the steam train awaits to return passengers to Essex Station. This is the second trip of the season. Depart MSC at 10:30am Fee: \$53

Sail Away Argia

Tours of Distinction

Monday, August 12th

This morning will be one of beauty and history. You will board the 81-foot Schooner Argia for a 2 ½ hour narrated sightseeing cruise. From the wooden deck, you will see the Captains' homes along the river and hear about this area that is so rich in maritime history. Sit back and relax as you sail by scenic coastlines, islands, and lighthouses. You might even feel up to helping the crew hoist and trim the sails. After your cruise, enjoy lunch at Steak Loft. Choose one of the following entrees: Chicken Teriyaki, or Baked Salmon (with Citrus Butter), or Sliced Steak (on Toast with Garlic-Parsley Butter). All entrees include a Baked Stuffed Potato and dessert. After lunch, spend some free-time in Olde Mistick Village. You will have time to explore the unique shops and stroll the village. Depart MSC at 7:30am, Est. Return: 5pm. Fee: \$110

Holiday Hill Senior Outing

Cheshire

Monday, August 19th

A fun outing for Seniors only at Holiday Hill in Cheshire, CT. The theme for the day is "Sock Hop" and there will be music from the Big Bands as well as the popular music of the 50's. There will be raffle prizes, bingo and bocce and horseshoes, you can bring a swim suit and swim in their heated pools. There will be food all day long! The unlimited buffet is too long to list here but some of the things they will offer are: Assorted Donuts and Pastries, New England Clam Chowder, Assorted Cheeses and Crackers, Veggie Trays, Hot Dogs, Hamburgers, Fried Chicken, Italian Sausage, Mac & Cheese, lots of desserts and much more. Fee: \$35

Brooklyn Bridge

Brooklyn, New York

Saturday, September 14th

Highlights include: A walking tour of Brooklyn with a local guide (*must be able to walk a mile*), Cheesecake at Junior's and a walk across the Brooklyn Bridge. More details to follow. Fee: \$109

Big E

Springfield, MA

Wednesday, September 18th

More details to come

Fee: \$55

Billy Elliot

Goodspeed Opera House

Wednesday, September 25th

A young boy from a coal mining family discovers his passion is dance. Fee: \$64

Shear Madness

Ivoryton Playhouse

Wednesday, October 2nd

A comedy-whodunit is set today in the Shear Madness hair salon and is loaded with spontaneous humor.

Details to come. Fee: \$37

MADISON SENIOR CENTER TRAVEL ADVENTURES

Montréal Fireworks and Festivals Tours of Distinction Friday, July 5th - 8th

We start our adventure with a 7am departure for our journey north to Montréal. Upon arrival, check into the Delta Montréal hotel, where we will be staying. The hotel is located just steps away from the entertainment district, underground shopping, and Mount Royal. During our visit we will explore Montréal, attend the Montreal Jazz Festival, tour Old Montreal, 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., and 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

Pricing: \$1285pp Double | \$1159pp Triple | \$1739pp Single.

Escape to Acadia Tours of Distinction Monday, 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 7am. Pricing: Double \$599pp | Triple \$569pp | Single \$785pp.**

British Landscapes (England, Scotland & Wales) Thursday, Sept. 26th - Oct. 5th

Sleepy villages where sheep wander the grassy hillsides, lakes set amidst mountains that inspired centuries of literature, and cities thriving with arts and culture – these are the landscapes of Britain. Discover them on this memorable journey through England, Scotland and Wales. Sleep in a historic castle. Enjoy medieval York and its historic Minster. Soak up the pastoral landscapes of the Cotswolds. Walk in the footsteps of William Shakespeare and enjoy dinner at Hall's Croft, a 400-year-old Shakespearean family home. Explore London and Edinburgh. Personalize your tour with a choice of included excursions in Stratford and Edinburgh. Experience the wonder of Stonehenge. **Pricing: Double: \$3,349pp | Single: \$4,249pp | Triple \$3,319pp**

Italy's Treasure Art, Food & Wine Saturday, November 2nd-13th

The details of this trip are too numerous to list here so pick up a brochure at MSC. Some of the highlights include: exploring Lake Orta, one of Italy's hidden treasures, discovering magical Cinque Terre, a UNESCO World Heritage Site and experience medieval life at the Palazzo Davanzati. You will spend two nights in romantic Venice, delight in Florence's myriad treasures while on a tour of the city; uncover the prismatic landscape of the Tuscan countryside. Journey via watercraft to Isola dei Pescatori for a lovely welcome dinner. Learn the art behind Tuscan cuisine during a cooking lesson with an expert chef. Indulge in local delicacies during a cocktail party in Stresa. **Pricing: Double: \$4,599pp | Single: \$4,999pp | Triple \$4,499pp (Booking before 3/27/2019)**

Taste of Vietnam Collette Friday, March 6th-19th, 2020

Delve into an ancient and mysterious world as you explore Vietnam's rich culture and complex history. At the Vietnam War Memorial park, tour the Cu Chi Tunnels – underground hideouts used during the war. Experience life on the Mekong Delta. Learn about the country's unique culinary traditions during a cooking demonstration in rural Ky Son; at a local market followed by a cooking class in Hoi An; and while visiting the Tra Que Herb Village. Try your hand at lantern making at a famous lantern workshop. Stay aboard a luxury junk boat on brilliant Halong Bay. Behold the nation's imperial past at the Thien Mu Pagoda and marvel at the haunting ruins of My Son. A new colorful mosaic unfolds everyday as you make your way through this fascinating land. **Pricing: Double: \$3,999pp | Single: \$4,999pp | (Booking before 8/7/2019) Come to a special travel presentational about this trip Wednesday, May 8th.**

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

MAY MENU

Wed. 1 Tomato Soup, Steak Quesadilla, Peach Pie

Thurs. 2 French Onion Soup, Roast Pork Piccata, Coconut Cream Pie

Fri. 3 Mexican Corn and Poblano Soup, Tequila & Lime Salmon, Vanilla Ice Cream

Mon. 6 Mushroom Barley Soup, Kielbasa and Pierogis, Cheesecake

Tues. 7 Cream of Cauliflower Soup, Tuna Club Sandwich, Vanilla Pudding

Wed. 8 Happy Birthday Day Split Pea Soup, Curried Chicken Salad, Birthday Cake

Thurs. 9 Chicken and Rice Soup, Fresh Mozzarella and Tomato Basil Pizza, Sorbet

Fri. 10 Rhode Island Chowder, Stuffed Flounder, Angel Food Cake

Mon. 13 Fruit Kabobs, French Toast and Sausage, Danish

Tue. 14 Mothers Day Cream of Asparagus Soup, Duet of Salmon and Filet, Chocolate Lava Cake **\$12**

Wed. 15 Lentil Soup, Buffalo Ricotta Ravioli, Strawberry Rhubarb Pie

Thurs. 16 Pasta Fagioli, Chicken Marsala, Banana Cream Pie

Fri. 17 Manhattan Clam Chowder, Mussels Fra Diavolo, Key Lime Pie

Mon. 20 White Bean and Sausage Soup, Pork Medallions and Boston Cream Pie

Tues. 21 Chicken Noodle Soup, Balsamic Marinated Lamb, Lemon Meringue Pie

Wed. 22 Beef Minestrone Soup, Cavatelli with Broccoli & Sausage, Lemon Cake

Thurs. 23 Florentine Soup, Coconut Chicken with Pineapple Salsa, Apple Pie

Fri. 24 Seafood Chowder, Grilled Swordfish with Melon Barbeque, Chocolate Cake

Mon. 27 Closed in Observance of Memorial Day

Tues. 28 Italian Wedding Soup, Fried Chicken, Carrot Cake

Wed. 29 Carrot Soup, Fish and Chips, Lemon Poppy Pound Cake

Thurs. 30 Vegetable Soup, Roast Pork Tenderloin, Blueberry Pie

Fri. 31 New England Clam Chowder, Roasted Cod and Tiramisu

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

FAIRY GARDENS

Bring your imagination and step into the world of fairies and make a Fairy Garden with Sandy Wilhelm. She will provide everything you need to make a delightful little garden, live plants, fairies and add a little magic to your home. Space is limited, we can only take 5 people, so sign up soon! **Wednesday, May 15th at 1:30pm Fee: MM\$10 | NMM\$12**

MAH JONGG LESSONS

You asked and we listened. Learn to play this popular game from our own Dale Kach. Dale will give you handouts and teach the fundamentals to get you up and running with this challenging and addicting game of strategy. Sign up early as there are only 12 spots available! (8 classes) **Tuesdays, June 11th — July 30th at 1pm Fee: MM\$25 | NMM\$35**

A YEAR OF GIVING

American Legion Griswold Post 79 • 43 Bradley Road, PO Box 504 Madison, CT 06443

The American Legion was chartered and incorporated by Congress on Sept. 16th 1919 as a patriotic veteran's organization devoted to mutual helpfulness. It's the nation's largest veterans service organization, committed to mentoring and sponsorship of youth programs in our communities, advocating patriotism and honor, promoting a strong national security, and continued devotion to our fellow service members and veterans. This year we celebrate our Centennial.

The Four Pillars of The American Legion are: Veterans Affairs & Rehabilitation, National Security, Americanism, Children & Youth. We have a Service Officer who assists members of the Post or veterans who need assistance and handles the Soldier, Sailors, and Marine Fund which recently helped Coast Guard members during the Government shutdown. We sponsor youth representatives to Boys/Girls State where participants learn the rights, privileges, and responsibilities of franchised citizens. The training is objective and centers on the structure of city, county, and state governments. Operated by elected students, Boys/Girl State activities include legislative sessions, court proceedings, law-enforcement presentations, music and recreational programs.

Our main fundraiser occurs during the Memorial Day weekend, as a remembrance of those who lost their lives while serving this country, we offer poppies and sell flags. All funds from sales and donations go to our Outreach Programs and Scholarships. Some of our Outreach programs. We have a team of members who cut, collect, and deliver wood all year long, sell it, and hold a Holiday party for Veterans in December.

We have a large Honor Guard available for military funerals. They are out almost every day. Our Legion is very proud to support the men and women handling this honorable service.

This year we also chartered the Griswold Post 79 Women's Auxiliary. Their mission is to support the American Legion and to honor the sacrifice of those who served. They advocate for veterans, educate our citizens, mentor youth, promote patriotism, good citizenship, peace and security. We are adding more members every day and look forward to the active participation of the Women's Auxiliary in the many important programs of Griswold Post 79.