

Trends & Traditions

June 2019

Madison Senior Center

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FEATURED EVENTS

TAKE A CRUISE WITH US

ESSEX STEAM TRAIN & RIVERBOAT EXCURSION

Enjoy a 3-course lunch aboard a restored Pullman Diner car as part of a 3½-hour journey that begins at the Essex Train Station for a relaxing, 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. **Depart MSC at 10:30am Wed., June 19th & Aug 7th Fee: \$53**

THIMBLE ISLAND CRUISE AND THE LOBSTER POUND

A perfect summer outing cruising around the Thimble Islands on the famous “Sea Mist” boat. You can relax and enjoy a 45-minute, narrated tour of the Thimble Islands. **(Please Note: You must be able to climb over large step into boat)** Then bus over to the *Lobster Pound* in Guilford, for lunch. The Thimble Islands tour is \$15 (cash only) to be paid when you board, and lunch at the *Lobster Pound* is on your own. **Friday, June 14th, depart MSC at 10:15am Bus Fee: \$2**

DISTINCT REALMS: THE ART OF MARK SEGAL

Mark Segal is an artist and lecturer of art history. He earned his masters in painting from the Academy of Fine Arts Perugia, Italy. His artistic journey has brought him to become deeply engaged with Chinese art and culture. He will provide an overview of his ink landscape paintings, including his artistic process. He will also introduce the history of traditional Chinese paintings and their relationship to his own work. At the end of the talk, the artist will give a small demonstration of ink painting. **Wednesday, June 12th at 1pm Please register FREE**

STRAWBERRY SHORTCAKE SOCIAL

June is strawberry month! So to celebrate this delectable fruit we are pairing it with shortcake and whipped cream and music from *Anything Goes*. Join us at the MSC Café for this fun event. *This event is FREE for Members Only*

Thursday, June 20th at 3:30pm REGISTRATION REQUIRED

A PLACE CALLED HOPE

The springtime is such a great time to visit a wildlife sanctuary, because of the likelihood of seeing babies! Join us for a wonderful tour of the rehabilitation and education center for birds of prey, *A Place Called Hope*. You will see how injured and orphaned birds are cared for and when possible released back into the wild. They take in eagles, hawks, owls, falcons, harriers, vultures and osprey. *Please bring a cash donations in lieu of an admission fee.*

Wednesday, June 5th Depart MSC at 1pm Bus Fee: \$3

WORLD ELDER ABUSE AWARENESS DAY SATURDAY, JUNE 15TH

Join us by wearing purple as a sign of our commitment to end elder abuse. Supportive communities and resources are essential to engaging older people and preventing abuse.

JUNE SHOPPING

Come shopping with us, avoid the traffic & parking headaches. Registration Required.

Lavender Pond depart MSC at 1pm Mon., Jun 24th \$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 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

June 13th, 2019 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

BECAUSE OF WINN DIXIE - GOODSPEED OPERA HOUSE

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.

Wednesday, July 17th Depart MSC at 1pm Fee: \$64

IMPORTANT NOTICE: Beginning July 1st, the fee for meeting room rentals will increase to \$15.00 per meeting. The process to reserve a room remains the same: contact Senior Services to check on availability, fill out Facility Request Form, make out check payable to The Town of Madison. We will do the best we can to accommodate all requests. The Senior Center is a lovely location to hold a meeting and we hope you choose us for your room rental needs. For further information please contact us at **(203) 245-5627**.

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., June 13th & 27th from 9:15 - 10:15am FREE**

UKULELE WITH PETER

Ukulele performer and teacher Peter Magrane will teach you how to play the ukulele. Peter 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 enjoys sharing his love of music. 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! (3 classes) **Wednesdays, June 5th-26th at 10am (no class 6/19) Fee: \$26**

MESSAGES FROM THE MUNICIPAL AGENT

APPLICATION INTAKE UNTIL OCT. 1ST, 2019

RENT REBATE

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

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 Income Guidelines: Single:\$2,560 & Couple: \$3,466**

FARMERS MARKET COUPONS

Eligible participants enjoy CT Grown fruits, vegetables, fresh cut herbs, & honey from local Farmers' Markets. To be eligible: age 60 or older or are disabled and living in senior housing, & participating in another program that has means testing and meet income requirements. Eligible participants receive \$15 in coupons, good at the Madison Farmers' Market. Coupons **should** be available beginning July 1, 2019. The market is open on the town green on Fridays from 3 to 6pm until the end of October. *****Guidelines not available at time of printing*****

NEW EXPANDED GUIDELINES MADISON SENIOR CENTER DINING ASSISTANCE PROGRAM

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

Single: <\$1,012/Mo. & Couple:<\$1,372/Mo.

Single: \$1,013–\$1,265/Mo. & Couple: \$1,373–\$1,715/Mo.

Single: \$1,266–\$1,518/Mo. & Couple: \$1,716–\$2,058/Mo.

Number of Possible Meals Subsidized Per Week

5 meals/week maximum

4 meals/week maximum

3 meals/week maximum

*Please note: Funds are available on a first come first serve basis and are limited. We reserve the right to waitlist you if the funding cap for the program is reached.

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.

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, June. 18th, 11 - 12pm FREE**

CLUBS, GROUPS AND BRIDGE

MSC BOOK CLUB

The next meeting will be **Tuesday, June 25th *War Light—M. Ondaatje***. Meetings at 1pm. Please Register.

A JOURNEY THROUGH AMERICA'S PAST

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 began with the Age of Exploration and will conclude with the election of 1860. This is the last class of this series. It will resume in the fall. **Friday, June 7th at 10:30am 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

Beat the Heat: How to stay safe and active in the hot, summer weather. Presented by the VNA Community Healthcare Thurs., June 6th at 10:30am

Pain Management: Presented by Middlesex Health Outpatient Center. How to deal with everyday aches and pains without resorting to medications. Thurs., June 13th at 10:30am. **Please register for these free events.**

SWEDISH WEAVING

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

Tuesdays 10am-12pm PLEASE REGISTER FREE

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

SENIORS NEWCOMERS' CLUB

Have you just relocated or recently retired to the Shoreline? We welcome you to join our newcomers' club designed to acquaint new residents with the community. ! For more info, or to RSVP, contact Jennie at newcomersclub15@gmail.com

In June: We will meet at the Madison Senior Center for lunch at 11:30am. Senior Center registration required

Friday, June 21st at 11:30am Lunch Fee: \$4

THE STORY OF ENGLISH

The Story of English is the Emmy Award winning nine-part television series, produced in 1986, detailing the development of the English language, a little bit old but very good. The book and series have also been used in university courses. *The Story of English* encompasses history, geography, sociology, drama, language, arts, and more, it takes viewers on an unforgettable journey through the history of the English language. Host Robert MacNeil travels the world to illustrate the language's global influence. Part travelogue, part linguistics, part history, and all fascinating, the series is a unique blend of solid scholarship and engrossing entertainment. **Please Register Thursday, Jun. 6th - Aug. 1st at 1pm FREE**

ALFRED HITCHCOCK SUMMER MOVIE SERIES

(begin at 1pm on Mondays)

6/10 *To Catch a Thief* - C. Grant, G. Kelly (1h 46m) **6/24 *Rebecca*** - L. Olivier, J. Fontaine (2h 10m)

7/8 *The Birds* - T. Hedren, R. Taylor (1h 59m) **7/22 *Marnie*** - T. Hedren, S Connery (2h 10 m)

8/12 *Psycho* - A. Perkins, J. Leigh (1h 49m) **8/26 *Family Plot*** - K. Black, B. Dern (2h) **Free but Please Register**

MADISON SHREDDING EVENT

When: Tuesday, June 11th 9am-12pm - Where: Madison Senior Center—29 Bradley Rd.

The town of Madison is hosting a free shredding event to help residents securely dispose of confidential documents. There is a 5-box maximum per car, and the mobile shredding truck will be on-site at the Senior Center until it's full. No hanging folders, metal objects, cardboard or wet material will be accepted, and you *must* stay with your boxes until they are shredded.

GENERAL INFORMATION/ONGOING ACTIVITIES

LEGAL ASSISTANCE

Thurs., June. 6th & 20th 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, June 12th 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, June 24th 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, June. 18th, at 11:30am**

PLEASE REGISTER Lunch Fee: \$4

ONGOING ACTIVITIES AT THE SENIOR CENTER

Bridge Thursdays & Fridays 10am – 2pm

Canasta Tuesdays 1 – 3:45pm

Coloring Club Wednesdays 1:30 – 2:30pm

Cribbage Mondays 1 – 3pm

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

Swedish Weaving Thursdays 1-2pm

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

Poker Mondays & Wednesdays: 12:45 – 3pm

Mah Jongg: Daily 9-3pm

Quilts of Joy Tuesdays 1:15 – 3:30pm

Walking Club Mondays Wednesdays 10am

Set Back Wednesdays 1-3:30pm

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, June 11th & 25th 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, June 17th 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 **June 3rd - 24th** 4 Classes **MM\$19 | NMM\$29** Minimum Needed: 9

Wednesdays - 10:30–11:30am **June 5th - 26th** 4 Classes **MM\$19 | NMM\$29** Minimum Needed: 9

Fridays - 10:30–11:30am **June 3rd - 31st (No Class 5/24)** 4 Classes **MM\$19 | NMM\$29** Minimum Needed: 9

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 **June 4th - 25th** 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 **June 5th - 26th** 4 Classes **MM\$28 | NMM\$38** Minimum Needed: 6

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., July 8th - Aug. 19th at 9am (no Class on 7/15 & 22) 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., June. 4th-25th 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.**

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., June 4th - 25th at 10:30am Fee: MM\$30 | NMM\$40**

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. (4 classes) **Thursdays, June 6th - 27th 5:30 - 6:30pm Fee: MM\$35 | NMM\$45**

NEW! NEW!! NEW!!! Daytime ZUMBA!

Molly Clark will be teaching Zumba on Tuesday mornings. Drop by and take a class, if you like it, sign up for the series, you'll never have so much fun exercising!! (3 classes) **Tues., June 11th - 25th 10:30 - 11:30am Fee: \$26**

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, June 20th depart MSC at 1pm FREE**

MADISON SENIOR CENTER DAY TRIPS

Casino Mondays

Monday, June 10th

Every turn leads to a new adventure. We will be alternating between Mohegan and Foxwoods on a monthly basis. This month we're off 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**

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, June 19th and 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 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 awaits to return passengers to Essex Station. **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: \$42**

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: \$53**

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

JUNE MENU

Mon. 3 Chicken & Lentil Soup, Smoked Pork Shank with Maple Glaze, Apple Pie

Tues. 4 Chicken & Lentil Soup, Chicken Caprice, Peach Pie

Wed. 5 Broccoli & Cheese Soup, BBQ Brisket, Blueberry Coffee Cake

Thurs. 6 French Onion Soup, Crab Avocado & Melon Salad, Ice Cream

Fri. 7 Shrimp Bisque, Fish & Chips, Angel Food Cake

Mon. 10 Pizza Party Good Humor Ice Cream Bars

Tues. 11 Cream of Cauliflower, BBQ Flank and Bleu Cheese Wedge Salad, Coconut Cream

Wed. 12 **Happy Birthday!!** Split Pea Soup, Quiche Lorraine, Birthday Cake

Thurs. 13 Chicken Noodle Soup, Chicken Avocado BLT, Lemon Cake

Fri. 14 Rhode Island Chowder, Lemon & Herb Roasted Sword Fish, Apple Raspberry Pie

Mon. 17 Barley Soup, Roast Pork Loin and Carrot Cake

Tues. 18 Garden Salad, Spaghetti Bolognese, Tiramisu

Wed. 19 Cream of Asparagus Soup, Grilled Bourbon Chicken, Strawberry Cream Pie

Thurs. 20 Tomato Bisque, Cilantro Lime Flank Steak, Chocolate Pudding

Fri. 21 Manhattan Clam Chowder, Broiled Flounder, Chocolate Cake

Mon. 24 Leek Soup, Shrimp Scampi Strawberry Shortcake

Tues. 25 Cream of Spinach Soup, Chicken Salad Stuffed Tomato, Cookies

Wed. 26 Beef Minestrone, Crispy Chicken with Maple Soy and Capers, Key Lime Pie Blintz

Thurs. 27 Chicken Rice Soup, Taco, Churro with Rainbow Sherbet

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

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.