

# Trends & Traditions

September 2019

Madison Senior Center

Featured Events.....	1
General Information/Ongoing Activities.....	2
Messages from the Municipal Agent.....	3
Clubs, Groups and Bridge.....	4
General Information/Ongoing Activities.....	5
Exercise & Wellness Program.....	5
Madison Senior Center Day Trips.....	7
Madison Senior Center Travel Adventures.....	7
Cafe Menu .....	9
Back Pages .....	9

## FEATURED EVENTS

### OPEN HOUSE THURSDAY SEPTEMBER 12<sup>TH</sup> 5:30-7PM

Join the Madison Senior Center and the Madison Senior Services Commission for an Open House on Thursday, September 12<sup>th</sup> from 5:30 - 7pm. Learn about program offerings, social service assistance, take a tour and enjoy light dinner fare. If you have never been to the Senior Center, are interested in learning more about us or are a family member of a senior, this is the perfect occasion for you to dip your toe into what we offer. We encourage you to bring a friend, or two, to this casual event. We look forward to seeing you on Thursday, September 12<sup>th</sup>. If you have questions please feel free to call the Senior Center at (203)245-5627

### A NATION REFLECTED: STORIES IN AMERICAN GLASS YALE UNIVERSITY ART GALLERY

For generations, glass - in its natural as well as manmade form - has been fashioned into objects of both beauty and utility. Featuring more than 100 objects drawn from the Yale University Art Gallery's collection with select loans from the Yale Peabody Museum of Natural History, this exhibit explores the myriad ways in which glass expresses the cultural, technological, and artistic aspirations of those who live and work in the U.S. After touring the exhibit, we will go to Lo Monoco's in Branford for lunch on your own. **Wed., September 18<sup>th</sup> depart MSC at 9:15am Bus Fee: \$5**

### BLAIR'S COIN AND CURRENCY PRESENTATION

Blair Soucy has been collecting coins for over 40 years and is a professional coin dealer. He is also the President of the Bristol, CT Coin Club and Vice-President of the Litchfield County Coin Club, an American Numismatic Association life member. Blair's program talks about the state of the hobby today, the U.S. Mint and its products, the gold and silver bullion market, and provides a general overview of coin and currency collecting. You are encouraged to bring in any coins or currency for Blair to look at to give you an idea of value and rarity. There will also be plenty of time for questions and answers. The program is designed for everyone, whether you are an experienced collector or if you just want to know what some old coins that are lying around the house are worth. **Monday, September 9<sup>th</sup> at 1pm FREE Please register for this Free Event.**

### DAYTIME ZUMBA

Molly Clark will be teaching Zumba on Tuesday mornings starting in September. **Zumba Gold** is perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination, increased cardiovascular fitness and muscular conditioning! Drop by and take a class. If you like it, sign up for the series, you'll never have so much fun exercising!! (4 classes) **Tues., Sept. 3<sup>rd</sup> - 24<sup>th</sup> 10:30 - 11:30am Fee: MM\$30 | NMM\$40**

### SEPTEMBER SHOPPING

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

**Clinton (TJ Maxx) Lunch at Lenny & Joe's - Wednesday, Sept. 4<sup>th</sup> Depart at 10:30am Bus Fee: \$2**

**Guilford Fresh Market Ctr & Lunch at Panera - Monday, Sept. 23<sup>rd</sup> Depart at 10:30am Bus Fee: \$2**

## GENERAL INFORMATION/ONGOING ACTIVITIES

### MADISON SENIOR CENTER

29 Bradley Rd, Madison, CT 06443

PHONE: (203) 245-5627

TTY: 203.245.5638

FAX: (203) 318-0670

WEBSITE: [www.madisonct.org/seniors](http://www.madisonct.org/seniors)

HOURS: Mon.-Wed. 8:30-4pm

Thurs.: 8:30 - 6; Fri.: 8:30 - 2pm

SENIOR CAFÉ: (203) 245-5627

DIAL-A-RIDE (203) 245-5695

Operates on Mondays, Wednesdays and Fridays only.

MUNICIPAL AGENT FOR

THE ELDERLY (203) 245-5687

### SENIOR COMMISSION

Vice-Chairs Dr. Gerard Kerins  
Wendy Oberg

Members Sheri Puricelli  
Dale Kach  
Lori Murphy  
Jim Ryan  
Ruth Diona  
Rosalyn Fahey

*The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be **September 12<sup>th</sup>, 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:	Helen Sneider
Bus Driver:	Dennis Marron
Bus Driver	Tom Lufsey

### AMERICAN HISTORY CLASSES

**Charlie Fischer's History Lectures** Charlie Fischer will return this fall to resume his popular *History Lectures*. The topics include: *The Revolutionary War; Manifest Destiny; An Overview of the Civil War; The Transcontinental Railroad; and The Captains of Industry*. (5 lectures) **Thurs., Sept. 5<sup>th</sup> at 10-11:30am Fee: MM\$20 | NMM\$30**

**Phillip Restifo's Journey Through America's Past 2.0** Phillip will start the narrative at the early years of the Colonial period, and will explore the intellectual movement known as the Enlightenment; the causes and consequences of The Seven Years' War; the movement toward American independence; the War of Independence; and the establishment of the new nation. Please try to attend as many sessions as possible to receive the full benefit of this hour long class. **Fridays, Sept. 13<sup>th</sup>-Dec. 6<sup>th</sup> at 10:30am Fee: MM\$15 | NMM\$25**

### CHINESE BRUSH PAINTING

This course introduces the theory and practice of Chinese painting. Classes familiarize you with the use of brush, ink, water, and rice paper to paint various subjects from expressive bamboo to vast landscapes. You explore this rich artistic tradition through hands-on instruction. This course is open to all levels of experience. The first lesson includes a brief introduction to the history of Chinese painting and a demonstration of materials.

Mark Segal is an artist and lecturer of art history. He earned his masters in painting from the Academy of Fine Arts Perugia, Italy. He studied with Fang Zhanqian, professor of Chinese painting at the Guangxi Normal University. Mark currently teaches printmaking and art history at Paier College of Art. **(7 weeks - No Class Nov. 27<sup>th</sup>)**

**Wed., October 16<sup>th</sup>-Dec. 4<sup>th</sup> 1:30-3:30pm Fee: \$118.00**  
**Materials for class will be purchased by the Sr. Center**  
**Fee: \$30.24 Total Fees for class: \$148.24**

### FREE FINANCIAL COUNSELING FOR SENIORS

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 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month **by appointment only**.  
**Thurs., Sept. 12<sup>th</sup> & 26<sup>th</sup> 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 venues throughout the United States. Come join Peter and other seniors to learn to play this wonderful versatile instrument. If you have a ukulele bring it along! (4 classes)  
**Weds., Sept. 4<sup>th</sup>- 25<sup>th</sup> at 10-11am Fee: MM\$34 | NMM\$44**

## MESSAGES FROM THE MUNICIPAL AGENT

### RENT REBATE APPLICATION INTAKE UNTIL OCT. 1ST, 2019

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 15<sup>th</sup>, 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**

### CONNECTICUT ENERGY ASSISTANCE PROGRAM

Early Application Intake begins Aug. 19<sup>th</sup> Helps to offset heating expenses during the winter. All fuel sources welcome to apply. An applicant must meet income & asset guidelines. Income and assets are counted for ALL members living in the home. Asset limit for homeowners is \$15,000 & for renters is \$12,000. Proof of all income, rent, & utility expenses, & bank statements for the month prior to the application date are required. Last year's Guidelines: Monthly Income: Single: \$2,926, Couple: \$3,826

### 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 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 served 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 3<sup>rd</sup> Tuesday monthly at MSC. **Tuesday, September 17<sup>th</sup>, 11-12pm FREE**

## CLUBS, GROUPS AND BRIDGE

### MSC BOOK CLUB

The next meeting will be Tuesday, September 24<sup>th</sup> *The 13<sup>th</sup> Tale – Setterfield* Meetings at 1pm. Please Register.

### MEET, MINGLE & MUNCH SOCIAL GROUP

Do you like to do things, but not alone? At the 3M's social group you can join others for fun activities and events. Meet us at 5pm on the 2<sup>nd</sup> Wednesday of the month at a local restaurant. *Call Adele Campanelli for details (203) 245-1651*

### 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**

### KEN BURNS' THE CIVIL WAR

*The Civil War*, an epic nine-episode series by the award-winning documentary filmmaker Ken Burns first aired in 1990 to an audience of 40 million viewers. The film is a comprehensive and definitive history of the American Civil War, and the recipient of 40 major film and television awards, including two Emmys and two Grammys. Heralded as an unforgettable introduction to a four-year conflict fought in 10,000 places, the film vividly embraces the entire sweep of the war: the complex causes and lasting effects of America's greatest and most moving calamity, the battles and the home-fronts, the generals and the private soldiers, the anguish of death in battle and the grief of families at home. **Thursdays, August 15<sup>th</sup> - Oct. 10<sup>th</sup> at 1pm FREE**

### 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 for beginners as well as offering a place for more seasoned needle workers to complete their unfinished projects. **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**

### BRIDGE BASICS 2: COMPETITIVE BIDDING WITH SARAH CORNING

This class introduces preemptive bids, overcalls and takeout doubles. In addition to discussion, practice hands will be provided for actual play. Please purchase the book, *Bridge Basics 2, Competitive Bidding* by Audrey Grant and bring to the first class. Min. number of students required is 8, maximum is 16. (8 classes) **Fri., Sept. 6<sup>th</sup>-Oct. 25<sup>th</sup> at 10-11:30am Fee: MM\$60 | NMM\$70**

### BID BETTER, PLAY BETTER BRIDGE WITH DON BRUEGGEMANN

This class will be using *Opening the Bidding* (Bk. 1 in Audrey Grant's *Improving Your Judgment* Series) and will also provide handouts based on *Bridge Maxims* by Grant and Rodwell; as well as handouts based on *Bid Better, Play Better* by Dorothy Hayden Truscott. The lessons will consist of a discussion of opening the bidding, arriving at the best contract, (Bid Better) planning the play on offense and defense, and using the Bridge "maxims" to best advantage (Play Better). There will be a set of pre-arranged hands prepared for the students to play prepared in advance. Min. number students 8/maximum is 16. (8 classes)

**Fridays, Sept. 10<sup>th</sup>-Oct. 29<sup>th</sup> at 10-11:30am Fees: MM\$60 | NMM\$70**

### HEALTH PROGRAMS: INCONTINENCE

Best practices for dealing with incontinence Thurs., September 12<sup>th</sup> at 10:30am Presented by Rehab Concepts

PLEASE REGISTER FOR THIS FREE EVENT

### CHINESE PHILOSOPHY AND CULTURE

An introduction to Chinese philosophy and culture by Jennie Owens with a focus on Confucianism and Taoism. Their influence on Chinese society can be felt even today. Major Chinese holidays will be discussed. **(2 classes) Minimum 5 students needed**

**Thursday, October 17<sup>th</sup> & 24<sup>th</sup> 1:30-3pm Fee:\$10**

### AARP DRIVER SAFETY CLASSES

A refresher course aimed at the 60+ driver. Call your insurance company you may be eligible for a discount after completing this course! **The class will be held on the second Wednesday of the month from 12:30pm to 4:30pm Sept. 11<sup>th</sup> • Oct. 9<sup>th</sup> • Nov. 13<sup>th</sup> Fee: AARP Member \$15 Non-Member \$20 Please make checks payable to AARP Call (203) 245-5627 to register.**

## GENERAL INFORMATION/ONGOING ACTIVITIES

### LEGAL ASSISTANCE - Thurs., Sept. 5<sup>th</sup> & 19<sup>th</sup> 9-10am

Attorneys from Cronan and Shields offer private 15 min. counseling services **Call the MSC for an appointment.**

### SENIOR CENTER BINGO

We offer Bingo on the 2<sup>nd</sup> Wednesday of the month. *Please register for this free event.* **Wednesday, September 11<sup>th</sup> at 1pm Free**

### TECH SUPPORT

***Have an iPad or a smart phone and don't know how to use it?*** Get your questions answered for free. The Scranton Library Teen Advisory Group offers free learning sessions with a Teen Volunteer. ***This program has been temporarily suspended due to lack of staffing. As soon as this is remedied we will get the program going again***

### 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

Enjoy lunch with our First Selectman, Tom Banisch. Tom joins us once a month to have lunch and chat with Madison seniors. Bring your questions, concerns and compliments. **Wednesday, Sept. 18<sup>th</sup>, at 11:30am PLEASE REGISTER Lunch Fee: \$4**

### ONGOING ACTIVITIES AT THE SENIOR CENTER

**Bridge** Thursdays & Fridays 10am – 2pm

**Canasta** Tuesdays 1 – 3:45pm

**Coloring Club** Wednesdays 1:30 – 2:30pm

**Cribbage** Mondays 1 – 3pm

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

**Swedish Weaving & Judy's Bags** Thursdays 1-2pm

**Knitting** 2<sup>nd</sup> & 4<sup>th</sup> Monday of the month

**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 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month, and can check your blood pressure, pulse and weight. She can also review your medications, help you to create a medication list, help you prepare for an appointment with your doctor.

**Please Register Tuesday, September 10<sup>th</sup> & 24<sup>th</sup> 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, September 16<sup>th</sup> By Appointment Only**

### MSC ART GALLERY

View our art exhibit by **College Collections** on display beginning August 5<sup>th</sup> *(Please call the Senior Center for alternate times.)*

## EXERCISE & WELLNESS PROGRAM

### EXERCISE WITH PATTY VELLECA

#### SENIORS IN MOTION

Seated and standing exercise. Increase muscle tone, joint flexibility, & cardiovascular strength.

**Mondays - 10:30–11:30am September 16<sup>th</sup> - 30<sup>th</sup> 3 Classes *No class 9/2, 9* MM\$14 | NMM\$24 Minimum Needed: 9**

**Wednesdays - 10:30–11:30am September 4<sup>th</sup> - 25<sup>th</sup> (No class 9/11) MM\$14 | NMM\$24 3 Classes Minimum Needed: 9**

**Fridays - 10:30–11:30am Sept. 20<sup>th</sup> - 27<sup>th</sup> (No class 9/6, 13) MM\$10 | NMM\$20 2 Classes 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 - 9:30–10:30am Sept. 3<sup>rd</sup> - 24<sup>th</sup> (No class 9/10) MM\$26 | NMM\$36 3 Classes Min. Needed: 5**

### **CHAIR YOGA**

A gentle form of yoga that is practiced sitting on a chair intermingled with mindfulness and meditation.

**Wednesdays - 1–2pm September 4<sup>th</sup> - 25<sup>th</sup> (No class 9/11) MM\$21 | NMM\$31 3 Classes 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

**Mondays, Oct. 7<sup>th</sup> - Nov. 18<sup>th</sup> at 9am (No class 10/14 & 11/11) 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 offer over all well-being, including increased strength and flexibility, as well as improved posture and circulation. **Instructor: Kim Langley (4 classes) Min.: 6 Tues., September 3<sup>rd</sup> - 24<sup>th</sup> 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 and learn to manage stress, and find greater ease and wellbeing in your life. All levels welcome! **(4 classes) Instructor: Sarah Johnson Tues., Sept. 3<sup>rd</sup> - 24<sup>th</sup> at 10:30am Fee: MM\$30 | NMM\$40**

### **ZUMBA GOLD@WITH MOLLY CLARK PLEASE NOTE DAY CHANGE**

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) Please note the class has moved from Thursdays to Mondays. Mon., Sept. 9<sup>th</sup> - 30<sup>th</sup> 5:30-6:30pm Fee: MM\$34 | NMM\$4**

### **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!! **(4 classes) Tues., Sept. 3<sup>rd</sup> - 24<sup>th</sup> 10:30 - 11:30am Fee: MM\$30 | NMM\$40**

### **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'll go inland to the Indian Caves **Monday, September 30<sup>th</sup> depart MSC at 1pm FREE**

## MADISON SENIOR CENTER DAY TRIPS

### **CASINO Monday Foxwoods Monday, September 9<sup>th</sup>**

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 Foxwoods. Food vouchers & bet coupons included. The trip takes place on the second Monday of every month (unless that falls on a holiday). Madison members may sign up starting on the Tuesday following the trip. Non-Madison members may sign up on the Friday following the trip. You do not need to wait for the month in which the trip is taking place to register. Depart MSC at 9am. Fee: \$7

### **BIG E SPRINGFIELD, MA WEDNESDAY, SEPTEMBER 18<sup>TH</sup>**

The Big E, New England's greatest fair, is the premier event each fall with nearly one million guests. Located in West Springfield, MA., it's ranked among the top fairs in the country. The Big E encompasses a wide variety of events including: The Storowton Village Museum, shopping, The Avenue of States, agricultural and livestock events, rides, a horseshow, and lots of food! Price includes transportation, admission and driver's gratuity. Depart time TBA. Fee: \$53

### **SUNSET CRUISE CONNECTICUT RIVER MUSEUM THURSDAY, SEPTEMBER 19<sup>TH</sup>**

Join us for a delightful, two hour, sunset cruise up the Connecticut River on the Onrust, a replica of Adriaen Block's vessel, one of the first built in the new world and the first to sail up the Connecticut River. You can bring your own picnic dinner if you like or just some hors d'oeuvres and drinks. **Departure from MSC will be between 4:30 and 5pm due to shifting time of sunset, we'll know well in advance, and will let you know as soon as we do. Remember, it could be chilly on the water, so bring a sweater or jacket to keep warm.** Fee: \$32

### **BILLY ELLIOT GOODSPEED OPERA HOUSE WEDNESDAY, SEPTEMBER 25<sup>TH</sup>**

Young Billy Elliot is pulled between his family's coal-mining roots and his newly discovered passion to dance. Is his future boxing gloves or ballet shoes? In the hardscrabble world of a changing England, reaching high becomes a leap of faith. Following your dream—and overcoming obstacles—has never been more electric than in the 10-time Tony winning Broadway phenomenon with songs by the legendary Elton John. Celebrate the idea of being yourself in the Goodspeed premiere of this powerful dance-filled story! **Depart MSC at 1pm. Fee: \$64**

### **SHEAR MADNESS IVORYTON PLAYHOUSE WEDNESDAY, OCTOBER 2<sup>ND</sup>**

Shear Madness is one of the most popular productions in the world, delighting audiences night after night with its unique blend of madcap improvisation and spine-tickling mystery. This unique comedy-whodunit takes place today in the Shear Madness hairstyling salon and is chock full of up-to-the-minute spontaneous humor. During the course of the action, a murder is committed and the audience gets to spot the clues, question the suspects, and solve the funniest mystery in the annals of crime. The outcome is never the same, which is why many audience members return again and again to the scene of the mayhem. Voted "Best Comedy of the Year" seven times by the Boston Globe and recipient of the title "Best Play of the Year" by both the Chicago Sun-Times and the Philadelphia Enquirer, Shear Madness has also received the Raven Award from the Mystery Writers of America and has been inducted into the Comedy Hall of Fame, the first play ever to receive that accolade.

**Depart MSC at 1pm Fee: \$42**

### **MGM SPRINGFIELD CASINO & FOREVER PLAID MUSICAL THE MAJESTIC THEATER SATURDAY, OCTOBER 26<sup>TH</sup>**

A spectacular opportunity to visit the new MGM Casino in Springfield *and* go to the off-Broadway production of *Forever Plaid*. The MGM Springfield is a hotel casino complex in the heart of Springfield. It boasts 120 gaming tables, 2550 slot machines and a poker room! Includes: Transportation, 4 hours at the casino, \$20 for slot play, \$10 food credit on your card, and admission to *Forever Plaid*. In the 1950s, guys across the country banded together to sing in the basement for fun. If things worked out, they might be hired to sing at weddings, conventions, proms and country club socials. Inspired by the success of recording stars, they made plans to zoom into careers of fame and fortune. But the musical taste of America was changing, and the country would not stop to listen to their dreams. *Forever Plaid* is the story of such a group. Don't miss this fun day! **Departure time is not yet determined but it will be between 8 - 8:30am. Return home will be around 8pm. Fee: \$60**

## MADISON SENIOR CENTER TRAVEL ADVENTURES

### BLISS TO BEACHES

### TOURS OF DISTINCTION

SUNDAY, FEBRUARY 2<sup>ND</sup> - 16<sup>TH</sup>, 2020

This cruise introduces Norwegian Cruise Line's newest ship, the *Bliss*, which will be your new home for 15 days as you cruise the western Caribbean. This fully directed tour experiences a multitude of cultures, ancient sites, idyllic beaches and all meals and nightly entertainment. Some of the places you'll visit are Orlando Beaches/Port Canaveral; Great Stirrup Cay; Ocho Rios, Jamaica; Georgetown, Cayman Islands; Roatan/Bay Islands, Honduras; Harvest Caye, Belize; Costa Maya and Cozumel.

**Pricing: Inside Staterooms are sold out; Balcony Stateroom: Double: \$2,789, Single: \$4,859 (Passports are required)**

### TASTE OF VIETNAM

### COLLETTE

FRIDAY, MARCH 6<sup>TH</sup> - 19<sup>TH</sup>, 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 after 8/7/2019 prices will depend on current rates.**

### CALIFORNIA COAST

### COLLETTE

APRIL 26<sup>TH</sup> - MAY 3<sup>RD</sup>, 2020

From San Francisco to San Diego, you'll see the sights and landmarks that make California so unforgettable. Witness the majestic Golden Gate Bridge. Tour glorious Hearst Castle and explore some of its 165 rooms and 127 acres. Travel along the breathtaking Big Sur Coast and Monterey's famed 17-Mile Drive. Marvel at the unique and creative culture of the locals at Carmel-by-the-Sea. Stay in Santa Barbara, a city gleaming with Spanish colonial architecture, nestled between the San Ynez Mountains and the Pacific Ocean. Visit Old Mission Santa Barbara established in 1786, and enjoy the spectacular view of the city. Get to know the best of San Diego with views and visits to Old Town, the Harbor, Gaslamp and more. Discover California's treasure trove of beauty and excitement. This tour will take you away for eight days and seven nights, includes nine meals, 6 breakfasts and 3 dinners. **Join us for a Special Travel Presentation Tuesday, September 24<sup>th</sup> at 10:30am to hear all the delightful details and get any questions answered. Please register for this free event. Pricing: Double: \$3,249pp | Single: \$4,249pp | Triple: \$3,199pp (Booking before 10/26/2019)**

### AMERICA'S COWBOY COUNTRY

### COLLETTE

AUGUST 16<sup>TH</sup>-23<sup>RD</sup>, 2020

Visit Yellowstone, Grand Teton National Park, Mt. Rushmore and the Crazy Horse Memorial on this great American adventure. Spend two nights in the cowboy town of Jackson Hole, Wyoming, the crown jewel of the Northern Rockies. Experience the Wild West as it once was at Yellowstone National Park, home to an incredible array of wildlife and Old Faithful. Search for free-ranging herds of buffalo in Custer State Park. Check off one of life's must-dos with the thrill of seeing Old Faithful erupt. Marvel at Grand Teton National Park's towering peaks, marked with mountain glaciers. Soak in stunning views of Mt. Rushmore and the Crazy Horse Memorials. **Join us for a Special Travel Presentation Wednesday, November 6<sup>th</sup> at 10:30 am to get all the details and get any questions you may have answered. Please register for this free event. Pricing: Double: \$3,899pp | Single: \$5,299pp | Triple: \$3,849pp (Booking before 2/17/2020)**

### EXPLORING GREECE AND ITS ISLANDS

### COLLETTE

OCTOBER 4<sup>TH</sup>—18<sup>TH</sup>, 2020

Discover the magnificent ruins of ancient Greece in their tranquil Mediterranean settings. This comprehensive journey explores Greece's most important ancient monuments, like the famed Temple of Zeus, archeological site of Olympia and ancient artifacts of Delphi. Explore Athens your way – choose a tour of the incredible Acropolis, or embark on a walking tour of some of the city's hidden gems. Visit a local farm in the countryside to see how olive oil and wine are produced. Learn how to cook traditional Mediterranean cuisine during a cooking demonstration. Wander the winding streets, vineyards, marketplaces and beaches of Mykonos and Santorini. Explore the excavations of the ancient city at Akrotiri, the most important prehistoric settlement found anywhere in the Eastern Mediterranean. In Athens, enjoy traditional cuisine, wine and entertainment at a family-owned taverna in the lively Plaka district. Learn the history of this fascinating country from local experts on guided tours of Athens, Meteora, Delphi, and Olympia. The tour lasts 15 days and 14 nights and includes 22 meals (13 breakfasts, 1 lunch and 8 dinners).

**Pricing: Double: \$4,999pp | Single: \$5,849pp | Triple: \$4,949pp (Booking before 4/6/2020)**

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



# SEPTEMBER MENU

- Mon. 2** Happy Labor Day!
- Tues. 3** French Onion Soup, Chicken Alfredo, Ice Cream
- Wed. 4** Florentine Soup, Stuffed Shells, and Angel Food Cake
- Thurs. 5** Vegetable Soup, Pork Piccata, and Tiramisu
- Fri. 6** Manhattan Clam Chowder, Potato Encrusted Salmon, and Peach Pie
- Mon. 9** Borscht Soup, Chicken Cacciatore, Apple Raspberry Pie
- Tues. 10** Corn Chowder, Mushroom, Onion and Bacon Quiche, German Chocolate Cake
- Wed. 11** **Happy Birthday!!** Italian Meatball Soup, BBQ Chicken, Potato Salad, Birthday Cake
- Thurs. 12** Black Bean Soup, Short Ribs Chocolate Cream Pie
- Fri. 13** New England Clam Chowder, Ahi Tuna and Blondies
- Mon. 16** Minestrone Soup, Caramelized Onion, Fig and Goat Cheese Pizza, Cannoli
- Tues. 17** Chicken Vegetable Soup, Pork Chops with Peaches, and Dutch Apple Pie
- Wed. 18** Tomato Soup, Crab Cakes, Strawberry Cream Pie
- Thurs. 19** Mushroom Lentil Soup, Chicken Scampi, Cherry Pie
- Fri. 20** Rhode Island Clam Chowder, Grilled Lemon Dill Swordfish, Coconut Cake
- Mon. 23** Cauliflower Soup, Meatloaf, Chocolate Pudding
- Tues. 24** Split Pea Soup, Chicken Caesar, Salad, Brownie
- Wed. 25** Beef Barley Soup, Stuffed Pepper, Cookies
- Thurs. 26** Carrot Soup, Chicken Fajita, Rice Pudding
- Fri. 27** Seafood Chowder, Mussels in Coconut Thai Peanut Broth, Chocolate Cake
- Mon. 30** Italian Wedding Soup, Rigatoni Bolognese, Cheesecake

## SIGN-UP GUIDELINES

- ❖ **Madison Residents:** 3<sup>rd</sup> Monday of the month **Sept. 16<sup>th</sup>**, for the following month
- ❖ **Non-Madison Residents:** The Wednesday following the 3<sup>rd</sup> Monday of the month **.Sept 18<sup>th</sup>**
- ❖ **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

### GET YOUR FLU SHOT AT THE SENIOR CENTER

Tuesday, October 8<sup>th</sup> 9:30-11:30am

Sponsored by CVS

All insurance EXCEPT Tricare accepted.

and

Thursday, October 17<sup>th</sup> 12:30-2:30pm

Sponsored by VNA Community Healthcare

All Vaccines Administered by Licensed and Experienced Nurses • CDC recommends a yearly flu shot for all ages

- Pneumonia vaccine may be available
- Participating insurance or private pay (cash, check or MC/VISA)
- Bring all insurance cards with you.

#### INSURANCES ACCEPTED:

**65 Years or Older:** Medicare Part B, Aetna Medicare, Anthem BCBS Medicare\*

**All Ages:** \* Aetna, \* Anthem BCBS, ConnectiCare, ConnectiCare VIP

## A YEAR OF GIVING

### ALZHEIMER'S ASSOCIATION

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Their mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

The 2019 Walk to End Alzheimer's, New Haven is on Sunday, September 29<sup>th</sup>, 2019. For more information on how to participate please go to [www.alz.org/ct](http://www.alz.org/ct) or stop into the Senior Center. To make a general donation: Donors can mail their checks to: Alzheimer's Association CT Chapter, 200 Executive Blvd., Suite 4B, Southington, CT 06489. If you have any questions about Alzheimer's or another form of dementia, please call their free 24-7 helpline 1-800-272-3900 or go to [www.alz.org](http://www.alz.org)

The Madison Senior Center will have a team walking in the New Haven walk on Sunday, September 29<sup>th</sup>, 2019, if you would like to make a donation and sponsor our team just follow this link

<http://act.alz.org/goto/madisonseniorcenter>