

Trends & Traditions

October 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	Error! Bookmark not defined.
Back Pages	9

FEATURED EVENTS

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 11/27) Wednesdays, Oct.16th-Dec. 4th 1:30-3:30pm Fees: \$148.24 This covers all materials needed for the class**

BASIC ITALIAN

Explore this melodic language through Italy's rich culture, learning phrases and expressions. This stress-free, six-part class offers an appreciation of all things Italian. *Benvenuti a tutti!!* Instructor Elaine Jackson has been teaching languages including Italian for decades, come see what she can teach you! **Wednesdays, Oct. 16th – Nov. 20th 1-2pm Fee: \$51**

ALIGN STABILIZE LONGATE WITH SEATED TAI CHI

Letting go of our old patterns, and becoming aware of ways we can make adjustments to make our bodies healthy and safe by learning the importance of our alignment and creating space. Join us for 1 hour and check out the Seated Tai Chi class, with lots of helpful information to walk away with and put into place. Presenter Kim Langley teaches Seated Tai Chi on Tuesdays at the Senior Center. **Monday, October 21st. 1-2 pm FREE**

JUSTICE WITH MICHAEL SANDAL

What is the right thing to do? What is morality? This lecture series will get you thinking and stimulate your brain. *Justice*, one of the most famous courses taught at Harvard College, is an introduction to moral and political philosophy, offering an opportunity to discuss contemporary dilemmas and controversies. **What you'll learn: *The fundamentals of political philosophy • An understanding of social justice and criminal justice, and the roles they play in the modern justice system • A deeper sense of the philosophy that underlies modern issues such as affirmative action, same-sex marriage, and equality • The ability to better articulate and evaluate philosophical arguments and ask philosophical questions.*** Each taped lecture is 1 hour in length and will be followed by a 15 minute group discussion. Michael J. Sandel is an American political philosopher. He is a Professor of Government Theory at Harvard University Law School, where his course *Justice* was the university's first course to be made freely available online and on TV. It has been viewed by tens of millions of people around the world, including in China, where Sandel was named the "most influential foreign figure of the year" (*China Newsweek*). 24 sessions. **Wednesdays, Oct. 2nd-Mar. 25th 1-2:15pm FREE**

OCTOBER SHOPPING

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

Lyman Orchards Friday, Oct. 4th Depart at 9:30am Bus Fee: \$3

Old Saybrook Shopping & Little Pub Monday, Oct. 21st Depart at 10:30am Bus Fee: \$3

GENERAL INFORMATION/ONGOING ACTIVITIES

MADISON SENIOR CENTER

29 Bradley Rd, Madison, CT 06443

PHONE: (203) 245-5627

TTY: 203.245.5638

FAX: (203) 318-0670

WEBSITE: www.madisonct.org/seniors

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

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

SENIOR CAFÉ: (203) 245-5627

DIAL-A-RIDE (203) 245-5695

Operates on Mondays, Wednesdays and Fridays only.

MUNICIPAL AGENT FOR

THE ELDERLY (203) 245-5687

SENIOR COMMISSION

Vice-Chairs Dr. Gerard Kerins
Wendy Oberg

Members 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 **October 10th, 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

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. 13th-Dec. 6th at 10:30am

Fee: MM\$15 | NMM\$25

THE FLU AND YOU

- ◆ Learn how the flu vaccine works and why we need it yearly
- ◆ Learn about the senior strength vaccine
- ◆ Learn what the symptoms are of the flu and how to prevent getting it

Wednesday, October 2,nd 10:00 a.m. FREE

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. 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. We will also discuss the possibility of a Reiki 2 class.

Monday, October 28th 10-11:30am Fee: \$5

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., Beginning again in November

MESSAGES FROM THE MUNICIPAL AGENT

MEDICARE'S ANNUAL OPEN ENROLLMENT PERIOD

This is the time of year to look over your health insurance and prescription drug coverage and consider whether you would like to make changes for 2019. The open enrollment period is from October 15th through December 7th. The Senior Center has two CHOICES trained Medicare Counselors, Austin Hall, the Director and Heather Noblin, the Assistant Director. They are able to help you navigate through your options. Consultations are by appointment only.

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Early Application Intake begins Aug. 19th 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. Guidelines: Monthly Income: Single: \$3,014, Couple: \$3,941

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**

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 Number of Possible Meals Subsidized Per Week

Single: <\$1,012/Mo. & Couple: <\$1,372/Mo. 5 meals/week maximum

Single: \$1,013–\$1,265/Mo. & Couple: \$1,373–\$1,715/Mo. 4 meals/week maximum

Single: \$1,266–\$1,518/Mo. & Couple: \$1,716–\$2,058/Mo. 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 3rd Tuesday monthly at MSC. **Tuesday, October 15th, 11–12pm FREE**

CLUBS, GROUPS AND BRIDGE

MSC BOOK CLUB

The next meeting will be Tuesday, October 22nd *Where the Crawdads Sing* – Owens 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 2nd 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**

CALLING ALL CRIBBAGE PLAYERS

We are looking for folks who like to play Cribbage or would like to learn to play Cribbage. This game of strategy is addicting! Come join us and increase your brainpower!! **Mondays, 1-3 pm 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 Classes MORE Bid Better, Play Better Don Brueggemann

A continuation of the Fall, 2019, Bid Better, Play Better. This will cover a continuing 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*). I will be using *Opening the Bidding* (Book 1 in Audrey Grant's *Improving Your Judgment Series*) and will also provide handouts based on *Bridge Maxims* by Audrey Grant and Eric Rodwell; as well as handouts based on *Bid Better, Play Better* by Dorothy Hayden Truscott. There will be a set of hands for the students to play, prepared in advance. Maximum class size limited to 16 participants. **Tuesdays, Nov. 19th - Dec 10th 10 - 11:30am Fee: \$30**

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. 10th-Oct. 29th at 10-11:30am Fees: MM\$60 | NMM\$70

Health Programs: Please register for these free events

Parkinson's Disease and LSVT Join Audra Stawicki, PT, DPT, CMP, CYI and Mary Jane Fegan, PT, DPT, GCS to learn about Parkinson's Disease and the LSVT approach to rehab. Learn how bigger movements help you to move better, with more confidence and safety. Thursday, Nov.7th 10:30am

MEMORY MATTERS SERIES Learn why exercising your brain is as important as exercising your body. Find out how to maintain and improve brain function. Dispel the myths of memory loss and aging. (7 classes) Registration required.

Wed., Nov. 6th - Dec. 18th 10:30

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 17th & 24th 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 Oct. 9th • Nov. 13th 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., Oct. 3rd & 17th 9-10am

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

SENIOR CENTER BINGO

We offer Bingo on the 2nd Wednesday of the month. *Please register for this free event.* **Wednesday, October 9th at 1pm Free**

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

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 Thursdays **by appointment only. Thurs., Oct. 10th & 24th from 9:15-10:15am FREE**

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. **Tuesday, October 22nd, at 11:30 Lunch Fee: \$4**

ONGOING ACTIVITIES AT THE SENIOR CENTER

Bridge Thursdays & Fridays 10am – 2pm

Canasta Tuesdays 1 – 3:45pm

Cribbage Mondays 1 – 3pm 3pm

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

Swedish Weaving Thursdays 1-2pm

Knitting 2nd & 4th Monday of the month

Poker Mondays & Wednesdays: 12:45 – 3pm **Mah Jongg:** Daily 9-

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, October 8th & 22nd 12:30pm

SAFETY CHECK LIST

Are you concerned for your safety in the event of a Hurricane or other weather event? The “safety check list” will be utilized in the case of an emergency. In the days following an emergency weather event, a representative from Madison Senior Services will contact those on the list. To add your name to the list, call **(203) 245-5627. Always plan and be prepared for at least 3 days following a weather emergency.**

HEARING CLINICS

Nancy Jablonski, from *Audiology Concierge* will be at the Madison Senior Center every month, for free hearing testing, hearing aid checks, wax inspection, and listening demonstrations. **Monday, October 21st By Appointment Only**

MSC ART GALLERY

View our art exhibit by View our art exhibit by **Coastal Camera Club** on display from **Oct. 7th - Nov. 24th** *(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 Oct. 7th - 28th (No class 10/14/19) MM\$14 | NMM\$24 3 Classes Minimum Needed: 9

Wednesdays - 10:30–11:30am Oct. 2nd - 30th MM\$24 | NMM\$34 5 Classes Minimum Needed: 9

Fridays - 10:30–11:30am Oct. 4th - 25th MM\$19 | NMM\$29 4 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 Oct. 1st - 29th MM\$42 | NMM\$52 5 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 October 2nd - 30th MM\$35 | NMM\$45 5 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. 7th - Nov. 18th 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., Tues., October 1st – 22nd 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! **Instructor: Sarah Johnson (5 classes) Tues., Oct. 1st - 29th 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 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! 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. We offer two classes, one on Monday afternoons and one on Tuesday mornings, in order to fit into your busy schedules.

Mon., Oct. 7th - 28th 5:30-6:30pm (3 classes) No class 10/14/19 Fee: MM\$26 | NMM\$36

Tues., Nov. 12th - 26th 10:30-11:30pm Fee: MM\$26 | NMM\$36 (3 classes) No Class 11/5/19

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 month we'll be hiking the Coan Trail in the Rockland Preserve, enjoy the beautiful fall colors! **Monday, October 28th depart MSC at 1pm**

MADISON SENIOR CENTER DAY TRIPS

CASINO Monday Mohegan Monday, October 7th

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**

SHEAR MADNESS IVORYTON PLAYHOUSE WEDNESDAY, OCTOBER 2ND

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 26TH

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 2ND - 16TH, 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 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 after 8/7/2019 prices will depend on current rates.**

CALIFORNIA COAST

COLLETTE

APRIL 26TH - MAY 3RD, 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 24th 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 16TH-23RD, 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 6th 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 4TH—18TH, 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

OCTOBER MENU

- Tues. 1** French Onion Soup, Grilled Ham, Tomato and Cheese Sandwich, Coconut Cake
- Wed. 2** Pasta Fagioli, Chicken Alfredo, Tiramisu
- Thurs. 3** Lentil Soup, Chicken Française, Carrot Cake
- Fri. 4** Shrimp Bisque, Rare Pepper Seared Tuna, Apple Crisp
- Mon. 7** Tomato Soup, Crab Cakes, Cheesecake
- Tues. 8** Wisconsin Ale & Cheese Soup, Chicken Alfredo, Strawberry Rhubarb Pie
- Wed. 9** Happy Birthday!! Butternut Squash Soup, Chili and Birthday Cake
- Thurs. 10** Black Bean Shrimp Soup, Turkey Pot Pie, Boston Cream Pie
- Fri. 11** New England Clam Chowder, Stuffed Sole, Coconut Custard Pie
- Mon. 14** Closed in Observance of Columbus Day
- Tues. 15** Italian Wedding Soup, Stuffed Cabbage, Apple Pie
- Wed. 16** Tortilla Soup, Manicotti, Chocolate Cake
- Thurs. 17** Carrot Soup, Pork Shanks, Chocolate Mint Cream Pie
- Fri. 18** Manhattan Clam Chowder, Salmon, Pecan Pie
- Mon. 21** Minestrone Soup, Beef Stew, Cookies
- Tues. 22** Barley Mushroom Soup, Roasted Pork Loin, Cranberry Apple Pie
- Wed. 23** Oktoberfest
- Thurs. 24** Vegetable Soup, Meatloaf, Tapioca
- Fri. 25** RI. Clam Chowder, Swordfish, Cinnamon Walnut Coffee Cake
- Mon. 28** Florentine Soup, Beef Stroganoff, Sweet Potato Pie
- Tues. 29** Split Pea Soup, Chicken Cesar Salad, Chocolate Pudding
- Wed. 30** Cauliflower Soup, Glazed Pork on Bed of Sweet Potato with Brussel Sprouts, Carrot Cake
- Thurs. 31** Chicken Barley Soup, Swedish Meatballs, Ice Cream

SIGN-UP GUIDELINES

- ❖ **Madison Residents:** 3rd Monday of the month **Sept. 16th**, for the following month
- ❖ **Non-Madison Residents:** The Wednesday following the 3rd Monday of the month **.Sept 18th**
- ❖ **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 8th 9:30-11:30am

Sponsored by CVS

All insurance EXCEPT Tricare accepted.

and

Thursday, October 17th 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

THE SENIOR CENTER WILL BE CLOSED MONDAY, OCTOBER 14TH FOR COLUMBUS DAY

A YEAR OF GIVING

NEIGHBOR 2 NEIGHBOR

Neighbor 2 Neighbor HELPS the Madison community by...

- ◆ ...helping neighbors stay out of crisis
- ◆ ...funding oil, gas, or electrical assistance
- ◆ ...donating food and gas cards
- ◆ ...giving camp scholarships for teens whose families can't afford to send them
- ◆ ...organizing homebound delivery programs
- ◆ ...providing personal items at the food pantry
- ◆ ...subsidizing lunch at the senior center for qualified seniors

Funds are available to assist Madison residents for those who qualify. If you or someone you know is facing a financial crisis, with nowhere to turn please contact Madison Youth & Family Services or Senior Services to determine if you qualify for HELP from the N2N Fund.

N2N Fund is managed by The Madison Foundation, a 501 (c) (3) charitable organization.

madisonnbr2nbr@aol.com