

# Trends & Traditions

November 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

### TRAVEL PRESENTATIONS

**Cowboy Country & Exploring Greece and Its Islands** - Join us for the presentation of these two great trips, one to the American West's *Cowboy Country* and one to *Exploring Greece and Its Islands*. Discover the ins and outs and pro-traveler tips to make your trip the best one yet. The *Cowboy Country* trip will visit Yellowstone, Grand Teton National Park, Mt. Rushmore and the Crazy Horse Memorial on this great American adventure. 8 days/7 nights-10 meals 7 breakfasts, 3 dinners. The *Exploring Greece and Its Islands* will explore the magnificent ruins of ancient Greece in their tranquil Mediterranean settings. This tour lasts 15 days and 14 nights and includes 22 meals (13 breakfasts, 1 lunch and 8 dinners). *See page 8 for more details on these two great trips. Please register.*  
**Wednesday, Nov. 6<sup>th</sup> at 10:30 am FREE**

### THE BIGGEST LITTLE FARM

*The Biggest little Farm* is a documentary film that follows two dreamers and a dog on an odyssey to bring harmony to both their lives and the land. John and Molly Chester make a choice that takes them out of the city and onto 200 acres in the foothills of Ventura County, naively endeavoring to build one of the most diverse farms of its kind in complete coexistence with nature. The land they've chosen, however, is utterly depleted of nutrients and suffering from a brutal drought. The film chronicles eight years of daunting work and outsize idealism as they attempt to create the utopia they seek they realize that to survive they will have to reach a far greater understanding of the intricacies and wisdom of nature, and of life itself. **Monday, Nov. 4<sup>th</sup> at 1pm FREE**

### TAKING CHANCE - SPECIAL VETERAN'S DAY MOVIE

Lance Corporal Chance Phelps (USMC) was just 19 years old when he was killed during active duty. Now, as L.Cpl. Phelps is prepared for his final journey back home, Lt. Colonel Michael Strobl (USMC) makes it his personal mission to ensure that his fallen brother is laid to rest with the proper respect. Kevin Bacon stars as Lt Col. Strobl, whose life is changed after taking an assignment to escort home L.Cpl. Chance, in this profoundly moving HBO Films drama. *USA Today*, said "A small, almost perfectly realized gem of a movie..." Special thanks to MayBeth Zuber for lending us the movie. **Please register for this event.**  
**Thursday, Nov. 7<sup>th</sup>, at 1pm FREE**

### BEGINNER DUPLICATE BRIDGE

Come play duplicate bridge! If you ever wanted to give duplicate bridge a try or you're thinking about getting back to a game you've left for awhile, this is the game for you. Duplicate bridge is fun and competitive. Each student plays the same hands, the scores are tallied up and winners are determined. There's a brief 10-15 minute lesson before each session of play. Some previous bridge knowledge is required. This is a fun, friendly, instructional game to help you improve your bridge so you'll be ready to play in ACBL sanctioned games if you like. Either come with your favorite bridge partner or we'll find a partner for you if you don't have one. For questions or more information email [Tillerjock@gmail.com](mailto:Tillerjock@gmail.com). **Thursdays beginning Nov. 7<sup>th</sup> 1:30-5:30pm Fee: \$6**

### NOVEMBER SHOPPING

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

Clinton Crossings & Lunch at Donahues Friday, Nov. 1<sup>st</sup> Depart at 9:30am Bus Fee: \$3

Kohl's in Branford - Lunch at LoMonaco's Friday, Nov. 8<sup>th</sup> Depart at 9am Bus Fee: \$8

Mystic, CT - Lunch - See page 7 for details Mon., Nov. 18<sup>th</sup> Depart at 9am Bus Fee: \$8

West Farms Mall - Lunch at the Mall Monday, Dec. 2<sup>nd</sup> Depart at 9am Bus Fee: \$7

## 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 **October 10<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

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**

### BE THE CHANGE WITH *KINDNESS*

What's a chakra and how does it relate to making the world a better place? Get answers at this interactive two part class in December. First we will explore the human energy field or chakras and the amazing energy of the heart. Next we will apply that knowledge to *be the change* we want to see in the world. Your thoughts and actions do matter--maybe more than you realize. **Tues., Dec. 3<sup>rd</sup> & Thurs., Dec. 5<sup>th</sup> at 1pm**

**Fee: MM\$15 | NMM\$25**

### 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) **Wednesdays, Nov. 6<sup>th</sup> - 27<sup>th</sup> 10-11am Fee: MM\$34 | NMM\$44**

## 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 15<sup>th</sup> through December 7<sup>th</sup>. 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.

### **NEW MEDICARE CARD ROLLOUT IS COMPLETE**

Old Medicare Cards with social security numbers can no longer be used after Jan. 1<sup>st</sup>, 2020. If you did not receive your card or think you may have thrown it out, contact 1-800- Medicare.

### **CONNECTICUT ENERGY ASSISTANCE PROGRAM**

*Early Application Intake is ongoing.* 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**

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, November 19<sup>th</sup>, 11-12pm FREE**

## CLUBS, GROUPS AND BRIDGE

### MSC BOOK CLUB

The next meeting will be Tuesday, November 19<sup>th</sup> *Becoming* – Obama 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**

### CALLING ALL CARD PLAYERS

Mike and Linda McMahon would like to get a Double Deck Pinochle game started at the Senior Center. If you are interested please call us at 203-245-5627

### SWEDISH WEAVING

Will be back in January.

### 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. 19<sup>th</sup> - Dec 10<sup>th</sup> 10 - 11:30am Fee: \$30**

### **MORE 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: 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.7<sup>th</sup> 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. 6<sup>th</sup> - Dec. 18<sup>th</sup> 10:30**

### **TECH SUPPORT**

Have an iPad or a smart phone and don't know how to use it, or just having trouble getting it to do something? Get your questions answered for free. We now have two opportunities for you to get assistance.

**Fridays: at 10:30– 11 am** To register please call the Senior Center at (203) 245-5627

**The last Monday of the month** from 4– 5pm To register please call Rachael at the Scranton Library (203) 245-7365 or email her at [taylorr@scrantonlibrary.org](mailto:taylorr@scrantonlibrary.org)

## GENERAL INFORMATION/ONGOING ACTIVITIES

### LEGAL ASSISTANCE - Thurs., Nov. 7<sup>th</sup> & 21<sup>st</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.* **Wed., November 13<sup>th</sup> 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., Nov. 14<sup>th</sup> 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, Nov. 20<sup>th</sup>, 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** back in January

**Knitting** 2<sup>nd</sup> & 4<sup>th</sup> 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 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, Nov. 12<sup>th</sup> & 26<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, Nov. 18<sup>th</sup> By Appointment Only**

### MSC ART GALLERY

View our art exhibit by View our art exhibit by **Coastal Camera Club** on display from **Oct. 7<sup>th</sup> - Nov. 24<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 Nov. 4<sup>th</sup> - 25<sup>th</sup> (No class 11/11/19) MM\$14 | NMM\$24 3 Classes Minimum Needed: 9**

**Wednesdays - 10:30–11:30am Nov. 6<sup>th</sup> - 27<sup>th</sup> MM\$24 | NMM\$34 5 Classes Minimum Needed: 9**

**Fridays - 10:30–11:30am Oct. 4<sup>th</sup> - 25<sup>th</sup> 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 Nov. 12<sup>th</sup> - 26<sup>th</sup> 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 Nov. 6<sup>th</sup> - 27<sup>th</sup> MM\$28 | NMM\$28 4 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 (5 classes)

**Mondays, Nov. 25<sup>th</sup> - Dec. 18<sup>th</sup> at 9am Min. Needed: 8 Fee: MM\$30 | NMM\$40**

### SEATED TAI CHI CLASS

Join us for Seated Tai Chi. Classes are adapted to any level of ability. Gentle rhythmic patterns of movement offer over all well-being, including increased strength and flexibility, as well as improved posture and circulation. **Instructor: Kim Langley (3 classes) Tues., Nov. 12<sup>th</sup> - 26<sup>th</sup> 1pm. Min. Needed: 6 Fee: MM\$24 | NMM\$34**

### 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 (3 classes) Tues., Nov. 12<sup>th</sup> - 26<sup>th</sup> 10:30am Fee: MM\$23 | NMM\$33**

### 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., Nov. 4<sup>th</sup> - 25<sup>th</sup> 5:30-6:30pm (3 classes) No class 11/11/19 Fee: MM\$26 | NMM\$36**

**Tues., Nov. 12<sup>th</sup> - 26<sup>th</sup> 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 on the *Anne Conover Nature Trail* in Guilford. The trail is just east of the East River off Clapboard Hill Road. Any walkers should be able to walk unaided for 1 mile over uneven ground. **Monday, November 28<sup>th</sup> depart MSC at 1pm**

## MADISON SENIOR CENTER DAY TRIPS

### **CASINO Monday Foxwoods Monday, November 4<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**

### **Mystic, CT Shopping and Lunch Monday, November 18<sup>th</sup>**

Still need to pick up some holiday gifts? Come with us to Mystic, there are all sorts of shops and boutiques and lunch spots. We will drop you off on West Main Street and you will have until 2:30pm to do your shopping and have lunch before meeting back at the pick-up location. We **depart MSC at 9am and return a little after 3pm. Bus Fee: \$8**

### **It Happened One Christmas Eve Westchester Playhouse Thursday December 5<sup>th</sup>**

This morning, we head to the Westchester Broadway Theatre, where we will enjoy a very unique experience. Start with lunch which includes an extensive menu to choose from (at your table). Choices vary from Pasta, Fish, Beef, Chicken, and a Vegetarian option. All options come with assorted Rolls, Salad, and Accompaniment of Vegetable and Starch. Dessert follows with Coffee or Tea. After lunch, stay in your seat as the Westchester Broadway Theatre presents *It Happened One Christmas Eve*. Spend the afternoon watching *It Happened One Christmas Eve*. The story unfolds over several Christmas Eves. Told in flashback, it spans plenty of time periods: 1989 to 1919 to 1929 to 1938, 1941, 1944 and 1952. Then back to 1989. There are plenty of songs, some familiar, some penned just for this show: From *Silent Night* and *Holly Jolly Christmas* to a bouncy *We Haven't Got Time for Christmas* that opens the show and a heartfelt *I'm All Alone in the World*. There are plenty of storylines among a house full of interesting characters - an Irish cook, an English spinster, a Brooklyn showgirl who dreams of stardom, a proud Boston poetess, and two Romanian brothers. Their lives are changed forever one Christmas Eve when a baby is placed on their Brooklyn doorstep. Depart MSC at 9am returning approximately 6pm. *This trip has a guaranteed departure.* **Fee: \$125**

### **An Actor's Carol Ivoryton Playhouse Wednesday, December 18<sup>th</sup>**

Burned-out actor Hugh Pendleton, not-so-fresh from playing Scrooge one too many times in the backwater community theatre where his once promising career has met its unglamorous end, is surprised to encounter three spirits of his own in this quirky and compelling ode to the holiday classic. "The Triumph of Charles Evered's *An Actor's Carol* is that it takes an old story and makes it seem new....his modernized take on Dickens' ubiquitous holiday parable takes the Ebenezer Scrooge story out of Pre-Industrial revolution London and plops it in a squalid Playhouse where season after season of no-budget theater has been subsidized by the holiday cash cow that *A Christmas Carol* has become. It works, because Evered's even handed, light hearted reinvention of the source material not only delivers Dicken's original story of human redemption, but also adds some very relevant ideas about tolerance, including and the theater." - Michael C. Moore, Kitsap Sun. "If *A Christmas Carol* restores our love of Christmas, *An Actor's Carol* restores our love of Christmas AND theatre!" - Hal Linden, Tony Award-winning actor. "Shines a 21<sup>st</sup> century light on an age old tale with cleverness, wit and charm!" - VJ Hume, CV Independent. **Depart Senior Center at 1pm. Returning around 5pm Fee: \$37**

### **Harriet Beecher Stowe Center Hartford, CT Monday, January 6<sup>th</sup>, 2020**

When you visit the Stowe Center, don't expect a traditional historic house museum! Expect a conversational, interactive tour where you can participate along with your guide. Of course you'll hear about everything that compelled Stowe to write her most famous novel, *Uncle Tom's Cabin*: her childhood, travels, marriage and family, and perhaps greatest of all, her courage. But you'll also connect the past to the present as you discuss 19<sup>th</sup> century social issues - such as slavery and the role of women - that resonate today in the form of racism, mass incarceration, immigration or equal pay. You'll see the beautifully preserved interiors of the National Historic Landmark - renovated in 2017 - alongside modern gallery spaces. You'll view rooms that reflect Stowe's design choices and decorative arts as well as her own oil paintings. And you'll explore exhibits that showcase the complicated and controversial legacy of 'Uncle Tom' whose name became a racial slur. We hope you'll share your thoughts about issues Stowe cared about that resonate today. Harriet Beecher Stowe's life and work is an example of how one person can make a difference. You'll leave feeling inspired that you can create positive change. After the tour is over you will have time to visit the museum store before going off to lunch at the nearby Metro Café for lunch on your own. (10 person minimum) **Depart MSC at 9 am. Fee: \$20**

## 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**



# NOVEMBER MENU

- Fri. 1** Shrimp Bisque, Roasted Cod, Tiramisu
- Mon. 4** Cream of Spinach Soup, Spaghetti and Meatballs, Apple Crisp
- Tues. 5** **Café Closed for Voting**
- Wed. 6** White Bean & Sausage, Turkey Pot Pie and Tapioca
- Thurs. 7** Vegetable Soup, Beef Stew, Cheese Cake
- Fri. 8** Manhattan Clam Chowder, Stuffed Sole, Lemon Meringue Pie
- Mon. 11** **Café Closed in Observance of Veteran's Day**
- Tues. 12** Corn Chowder, Swedish Meatballs, Chocolate Cake
- Wed. 13** **Happy Birthday!!** Cream of Cauliflower Soup, Shepherd's Pie, Birthday Cake
- Thurs. 14** Navy Bean & Ham Soup, Chicken Cacciatore, Ice Cream
- Fri. 15** Rhode Island Clam Chowder, Salmon, Pecan Pie
- Mon. 18** Butternut Squash Soup, Meat Loaf, Yellow Cake
- Tues. 19** Tomato Bisque, Roasted Pork Tenderloin, Blueberry Coffee Cake
- Wed. 20** Chicken Noodle Soup, Stuffed Cabbage, Carrot Cake
- Thurs. 21** **MSC Thanksgiving** - Honey Roasted Ham, Candied Sweet Potatoes, Green Beans Almondine, Pumpkin Pie \$12
- Fri. 22** New England Clam Chowder, Crab Cake Apple Turnover
- Mon. 25** Lentil Soup, Pork Shank, Cookies
- Tues. 26** Minestrone Soup, Beef Stroganoff, Jello
- Wed. 27** Beef Vegetable Soup, Chili, Rice Pudding
- Thurs. 28 & Friday 29** **Happy Thanksgiving!!**

## SIGN-UP GUIDELINES

- ❖ **Madison Residents:** 3<sup>rd</sup> Monday of the month **Nov. 18<sup>th</sup>**, for the following month
- ❖ **Non-Madison Residents:** The Wednesday following the 3<sup>rd</sup> Monday of the month **.Nov 20<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

### **DAYLIGHT SAVINGS TIME ENDS ON SUNDAY, NOV. 3<sup>RD</sup>!**

Remember to “Fall Back” and set your clocks back 1 hour before you go to bed on Saturday night !!

### **THE SENIOR CENTER WILL BE CLOSED**

Tuesday, November 5<sup>th</sup> for Voting

Monday, November 11<sup>th</sup> for Veteran’s Day

Thursday, November 28<sup>th</sup> & Friday 29<sup>th</sup> for Thanksgiving

### **FITNESS 101 PROVIDED BY EVERGREEN WOODS**

This one-time complimentary high/low exercise is a total body workout for all levels to participate in. Perform seated, standing, or a combination of both to challenge yourself and get moving. Registration required.

**Thursday, November 7<sup>th</sup> at 1-1:30pm FREE**

## A YEAR OF GIVING

### **BE A SANTA TO A SENIOR**

The Madison Senior Center is partnering with Home Instead Senior Care of Guilford, for our 12<sup>th</sup> season of *Be A Santa to A Senior*. With the help of our generous shoreline community we were able to deliver gifts to 981 many shoreline seniors in need.

Here’s how the program works: paper ornaments with gift suggestions for local seniors have been placed on Christmas Trees at the following locations on the shoreline between November 6<sup>th</sup> through December 31<sup>st</sup> :

**Madison Senior Center**

**Stop & Shop – Madison**

**Roberts Food Center- N. Madison**

**Wal-Mart- Guilford**

**Page’s Hardware - Guilford**

**Guilford Community Center**

**Stop & Shop- Branford**

**Blackstone Library- Branford**

**Stop & Shop- E. Haven**

**East Haven Senior Center**

**Walmart – Old Saybrook**

**Stop & Shop – Old Saybrook**

What we need you to do: select an ornament and purchase that gift to be donated to a local senior. Return the ornament and your unwrapped gift to the location of the tree or drop it off here at the Madison Senior Center. Home Instead Senior Care will wrap all the gifts and volunteers will deliver the donated gifts to local seniors in need of a little holiday cheer.