

Trends & Traditions

December 2019

Madison Senior Center

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FEATURED EVENTS

12 DAYS OF FUN & GIVING!

1. Decorate the Senior Center (Dec. 2nd - before & after lunch)
2. Find out how a little kindness can make the whole world better, sign up for the Be the Change with Kindness program on Dec. 3rd & 5th \$15
3. Any day in December, bring/take a gift tag from the Be A Santa to A Senior tree in our Café and fulfill it. No need to wrap it, just drop it off at the front desk of MSC.
4. Wear an Ugly Holiday Sweater to Lunch - Dec. 12th
5. Any day in December, bring in new or gently used coats for the Coats for Connecticut drive.
6. Christmas/Hanukkah Cookie Decorating Make cookies at home and bring them in to decorate here, we'll have lots of fun things for decorating. Registration Required. (Dec. 19th)
7. Bring in 5 items for the Holiday Food Drive.
8. Join us to see the Festival of Lights in Olde Mistick Village - depart at 4pm. Please Register . Bring a grandchild! (Dec. 13th) \$8 see back cover for more details.
9. Senior Center Holiday Luncheon featuring the Yuletide Carolers (Dec. 10th) \$8
10. Join us for a lovely Hanukkah luncheon featuring traditional foods. (Dec. 17th) \$8
- 11 & 12. Carol Sing & Cookie Swap - First we'll enjoy a Holiday Concert & Sing-a-long with our ukulele singers. Then we'll swap cookies, bring 2 dozen cookies to swap. Please register for this event. (Dec. 23rd)

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. Spreading your Christmas Cheer will be never be the same again. **Tues., Dec. 3rd & Thurs., Dec. 5th at 1pm Fee:**

MM\$15 | NMM\$25

BEGINNER DUPLICATE BRIDGE WITH RICK SEABURG

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 a while, 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 at 1:30 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. **Thursdays beginning Nov. 7th 1:30-5:30pm Fee: \$6**

DECEMBER SHOPPING

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

West Farms Mall Monday, Dec. 2nd Depart at 9am Bus Fee: \$7

Bishops Orchard Farm Store Friday, Dec..20th Depart at 9am 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

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 **December 12th, 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

JUSTICE WITH MICHAEL SANDEL

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.

Wednesdays, Oct. 2nd-Mar. 25th 1-2:15pm FREE

TRAVEL PRESENTATION

Join us for a presentation of our terrific Newfoundland In-Depth trip scheduled for July 2020. Newfoundland and Labrador are some of the best places to appreciate nature in all its glory. Never-ending coastlines, thick boreal forests, and ancient rock formations—the natural, wild beauty of this place surrounds you at every turn. The living landscape is its own wonder—teeming with seabirds, moose, caribou and rich marine life. Come get the details of the trip and your questions answered. **Tuesday, January 7th, at 10:30am Please Register for this FREE event**

UKULELE WITH PETER

Ukulele performer and teacher Peter Magrane will teach you how to play the ukulele. Peter has spent extensive hours performing at numerous hospitals, nursing homes, coffee houses and bars throughout the United States. Come join Peter and other seniors to learn to play this wonderful versatile instrument. If you are new to the class, please come a few minutes early with a ukulele, they can be rented locally. **Please join us for a holiday concert on Monday Dec. 23rd at 1pm(3 classes) Wednesdays, Dec. 4th - 18th 10-11am Fee: MM\$26 | NMM\$36**

MESSAGES FROM THE MUNICIPAL AGENT

MEDICARE'S ANNUAL OPEN ENROLLMENT PERIOD

Have you looked over your health insurance and prescription drug coverage and considered whether you would like to make changes for 2020. 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. **DEADLINE SATURDAY, DECEMBER 7TH**

NEW MEDICARE CARD ROLLOUT IS COMPLETE

Old Medicare Cards with social security numbers can no longer be used after Jan. 1st, 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 on-going. 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, December 17th, 11–12pm FREE**

CLUBS, GROUPS AND BRIDGE

MSC BOOK CLUB

The next meeting will be Tuesday, December 17th Educated: A Memoir – Westover 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, 1-3pm FREE**

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

BEGINNING BRIDGE REVIEW OF BOOKS 1 & 2 SARAH CORNING

An 8 week review of Audrey Grant's first two books **Fridays, Jan. 3rd - Mar. 13th from 10-11:30am (no class on 1/31, 2/14 and 2/28) Fee: MM\$60 | NMM\$70**

PLAY & REVIEW BRIDGE III SARAH CORNING

An 8 week session of pre-dealt bridge hands with analysis and instruction. Minimum number of students required is 8, maximum is 16. **Tuesdays, Jan. 7th - Mar. 10th from 9-11am (no class on 1/28 & 2/25) Fee: MM\$96 | NMM\$106**

BRIDGE BASICS I RICK SEABURG

An 8-week class that covers the fundamentals of the game of Bridge which will consist of play, and defense. This class is for anyone who wants to learn to play bridge or who needs a refresher. Please purchase the book, *Bridge Basics 1, An Introduction* by Audrey Grant and bring to the first class! **Tuesdays, Jan. 7th - Mar. 3rd from 10 - 11:30am**

Fee: MM\$75 | NMM\$85

PLAY OF THE HAND IN THE 21ST CENTURY D. BRUEGGEMANN

We will be offering a course for beginning and advancing Bridge players based on the AACBL Bridge Series B *Play of the Hand in the 21st Century* by Audrey Grant and Betty Starzec. Lessons will last for approximately 1 and 2 hours, with a series of 8 lessons, one lesson for each chapter in the book. The lessons will consist of a discussion of the material in the book and a set of pre-arranged hands prepared for the students to play on the material covered. Books for the course are available from Amazon.com or RJ Julia Booksellers in Madison. **Tuesdays, Jan. 14th - Mar. 3rd from 11-12:30pm Fee: MM\$80 | NMM\$90**

All books are available at RJ Julia's, and remember to ask for your Senior Discount!

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 with Grove School Students: from 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

GENERAL INFORMATION/ONGOING ACTIVITIES

LEGAL ASSISTANCE - Thurs., Dec. 5th & 19th 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.* **Wed., December 11th 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., Dec. 12th 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.

MEMBERSHIP RENEWAL IS COMING UP

Just a reminder that on **January 1st** membership fees are due for all Seniors attending the Madison Senior Center. Membership is required to participate in any Senior Center program/activity/lunch. Thanks for your cooperation.

Madison Resident: Membership Fee: \$15 | Non-Madison Resident: Membership Fee: \$20

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 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, Dec. 10th & 24th at 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, Dec. 16th By Appointment Only**

MSC ART GALLERY

View our art exhibit by **Charles Fischer** on display from **Nov. 25th - Jan. 28th** *(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 Dec. 2nd - 16th MM\$14|NMM\$24 3 Classes Minimum Needed: 9

Wednesdays - 10:30–11:30am Dec. 4th - 18th MM\$14|NMM\$24 3 Classes Minimum Needed: 9

Fridays - 10:30–11:30am Dec. 6th - 20th MM\$14|NMM\$24 3 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 Dec.. 3rd - 17th 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 Dec. 4th - 18th MM\$21|NMM\$31 3Classes 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, Dec. 30th - Feb. 3rd 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 (4 classes) Tues., Dec. 3rd – 31st 1pm. Min.Needed: 6 (no class 12/24) 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., Dec. 3rd - 31st 10:30am Fee: MM\$38|NMM\$48**

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.

Tues., Dec. 3rd - 31st 10:30-11:30pm Fee: MM\$42|NMM\$52 (5 classes)

TAKE A HIKE...WITH BOB!

Bob Kuchta, naturalist and veteran hiker, will take you for a hike on the CCC camp trail (Camp Hadley trail on Warpas Road) Madison Land Trust trail 1.4 mile walk Any walkers should be able to walk unaided for 1.4 mile over uneven ground. In the case of inclement weather call us to see if the hike has been cancelled. **Monday, December 30th depart MSC at 1pm FREE**

MADISON SENIOR CENTER DAY TRIPS

CASINO MONDAY MOHEGAN MONDAY, DECEMBER 9TH

Every turn leads to a new adventure. **We will be alternating between Mohegan and Foxwoods on a monthly basis.** This month we're off to Mohegan. Food vouchers & bet coupons included. The trip takes place on the second Monday of every month (unless that falls on a holiday). Madison members may sign up starting on the Tuesday following the trip. Non-Madison members may sign up on the Friday following the trip. You do not need to wait for the month in which the trip is taking place to register.

Depart MSC at 9am. Fee: \$7

IT HAPPENED ONE CHRISTMAS EVE WESTCHESTER PLAYHOUSE (TOD) THURSDAY, DECEMBER 5TH

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 meals 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*. 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 18TH

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 Dickens' 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 21st 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 6TH, 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 19th 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

We have lots of theater outings coming up in 2020, to Ivoryton and the Newport Playhouse. Keep your eyes on the newsletter and register early - those spots go quickly! Have an idea for a trip? Come see Ellie she'd love to know about it!

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)

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)

NEWFOUNDLAND IN-DEPTH TOURS OF DISTINCTION

JULY 16TH -22ND, 2020

(7 days/6 nights, 13 meals: 6 breakfasts, 1 lunch & 6 dinners) On the edge of North America, Newfoundland and Labrador are some of the best places to appreciate nature in all its glory. Never-ending coastlines, thick boreal forests and ancient rock formations - the natural, wild beauty of this place surrounds you at every turn. The living landscape is its own wonder - teeming with seabirds, moose, caribou and rich marine life. Some of the great places you will visit are, Gros Morne UNESCO World Heritage Site & National Park; Bonne Bay Cruise; Iceberg Alley; Prime Berth Fishery & Heritage Center; North Atlantic Aviation Museum; St. John's City Tour; Signal Hill National Historic Site; Witless Bay Ecological Reserve & Puffin Search. Complimentary airport transfers are provided, with-in 50 miles of Departure Airport. **For more information come to our special travel presentation on Tuesday, January, 7th at 10:30am. Pricing: Double\$3,490pp | Single: \$4,150pp.**

TROPICAL COSTA RICA

COLLETTE

FEBRUARY 20TH -28TH, 2021

Lush forests and stunning waterfalls...rumbling volcanoes and endless coastlines...Costa Rica is a paradise teeming with exotic plants and incredible animals. Luxuriate at a resort for two nights at Playa Carrillo, Guanacaste, known for its breathtaking beauty and fine sandy beaches. Spend two nights in Monteverde's lush cloud forest. Experience the forest canopy on your choice of a hanging bridges nature walk or an exhilarating zip lining tour. Explore part of the 20,000 acre nature preserve of Cano Negro on a riverboat adventure. Relax in the mineral-rich waters of a hot springs with views of Arenal Volcano. Explore San Jose's Plaza de Cultura and view the magnificent National Theatre. You will find a slice of paradise and so much more. **Pricing: Double: \$2,649pp | Single: \$3,149pp | Triple: \$2,619pp (Booking before 8/20/2020)**

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

DECEMBER MENU

- Mon. 2** Split Pea Soup, Pork Picatta and Chocolate Cream Pie
- Tues. 3** Carrot Soup, Grilled Chicken Marsala, Belgian Waffles
- Wed. 4** Vegetable Lentil Soup, Baked Ziti, Chocolate Mousse
- Thurs. 5** Chicken Rice Soup, Fig, Goat Cheese, Arugula Pizza, Tiramisu
- Fri. 6** Manhattan Clam Chowder, Grilled Founder, Coconut Custard
- Mon. 9** Corn Chowder, Swedish Meatballs, Apple Raspberry Pie
- Tues. 10** Holiday Luncheon - Surf & Turf, Molten Pumpkin Cake, \$8
- Wed. 11** Happy Birthday!! Cream of Cauliflower Soup, Shepherd's Pie, Birthday Cake
- Thurs. 12** Ugly Holiday Sweater Day - Beef Barley Soup, Chicken Pot Pie, and Ice Cream Sundae
- Fri. 13** Cream of Asparagus Soup, Mussels, Fra Diavolo, Tiramisu
- Mon. 16** Minestrone Soup, Pork Chop with Apples, Cookies
- Tues. 17** Hanukkah Luncheon Turkish Lentil Soup, Stuffed Cabbage & Latkes, Jelly Doughnuts \$8
- Wed. 18** Potato Leek, Beef Bourguignon, and Brownies
- Thurs. 19** Tomato Soup, Meat Loaf, Carrot Cake
- Fri. 20** Rhode Island Clam Chowder, Fish and Chips, Chocolate Cake
- Mon. 23** Chicken Soup, Roast Pork and Sauerkraut, Pecan Pie
- Tues. 24** Carrot Soup, White Chicken Chili, Cannoli
- Wed. 25 & Thurs. 26** Merry Christmas!
- Fri. 27** PIZZA!
- Mon. 30** Italian Wedding Soup, Pork Shank, Cookies
- Tues. 31** New England Clam Chowder, Stuffed Sole, Lemon Meringue Pie

SIGN-UP GUIDELINES FOR LUNCH RESERVATIONS

Madison Residents: May begin signing up on **Dec. 16th** ❖ **Non-Madison Residents:** May sign-up **Dec. 18th** ❖ **All participants must be current members of the Madison Senior Center or a guest.** To cancel a lunch reservation, please call us no later than 9am the day of the reservation, **(203-245-5627)** and we will credit your account. *Thank you for your cooperation.*

BACK PAGES

THE FESTIVAL OF LIGHTS IN OLDE MISTICK VILLAGE - FRIDAY, DECEMBER 13TH - 5:30 PM TO 9:30 PM .

Experience the magic of the holiday season at the Olde Mistick Village. Come stroll through walkways brilliantly lit by thousands of luminaries, with live entertainment and complimentary treats in the Meeting House, there's something for the whole family to enjoy. **Bus Fee: \$8**

THE SENIOR CENTER WILL BE CLOSED

Wednesday, December 25th & 26th for Christmas
and Wednesday, January 1st for New Year's Day

A YEAR OF GIVING

COATS FOR CONNECTICUT

This is the 10th annual COATS FOR CONNECTICUT drive which kicked off November 8th and will run until December 20th. The goal is to meet, if not exceed, last year's tally of 18,298 coats. Since the campaign's inception in 2008, more than 92,000 coats have been collected, cleaned and delivered. The real appeal of the program is that people can donate freely without having to incur the expense or time to have items cleaned and delivered, while the Salvation Army's staff time for taking in and distributing the donations is greatly reduced. Ultimately, more coats get to more people, more quickly.

This year's campaign starts on November 8th and ends on December 20th. Best Cleaners locations around the state are partnering with the Salvation Army to get gently-used coats cleaned and in the hands of those who need them. Gently-used winter coats and jackets for all ages and in all sizes are needed, especially children's coats. It's an easy way to make a big difference in someone's life today - simply clean out your closets and drop off those outgrown and no longer worn coats and jackets at the Madison Senior Center. We will drop off all the donations at a donation location for you! All donated coats are cleaned for free by Best Cleaners and delivered weekly to Salvation Army centers in Bridgeport, Bristol, Hartford, Meriden, Middletown, New Britain, New Haven, New London and Waterbury for distribution to individuals and families in need