

Trends & Traditions

January 2020

Madison Senior Center

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FEATURED EVENTS

THE GROTESQUE 10 – Amazing Architectural Sculpture from Ten American Colleges & Universities

Armed with only a camera, a sense of humor and a host of frequent flyer miles, Mathew Duman embarked on a “grotesque safari”, traveling to 10 universities around the country to photograph the unique grotesques and gargoyles roosting on their academic buildings. Mathew found that this sculpture makes its home within a style of architecture known as Collegiate Gothic which was popular in the 19th and early 20th centuries. He has collected his findings in his new book called *The Grotesque 10: Amazing Architectural Sculpture from Ten American Colleges and Universities* and presents a selection in this illustrated lecture, giving you a taste of the variety of ornament, history and humor these campuses have to offer. The grotesque 10 schools are: Yale University, Trinity College, Bryn Mawr College, The City College of New York, Duke University, Northwestern University, Princeton University, The University of Chicago, The University of Pennsylvania, Washington University in St. Louis. **Please Register**

Wednesday, January 29th at 10:30am FREE

AGING WITH GRACE - Prepare Now to Glide into Your Golden Years™

Are you ready for the Golden Years of your life? Attend this seminar to decide: ● How and where do I want to live? ● Are my legal and financial needs sufficient to support my lifestyle choices? ● What programs will support my healthcare needs as I age? A panel of experts will provide you with materials to enable you to make the most informative decisions and choose your path.

Please register for this event. Wednesday, February 12th from 10-11:30am FREE

JUST PLAIN ART - ZEN & INK

Sara Drought Nebel, a well-known local artist is bring her *Treefort Studio* to the Senior Center! You will sit in a light-filled room and for an hour and a half, learn to draw, paint, zen tangle and even calligraphy, the art of writing. Sara will provide some of the supplies and asks you to bring to the first class a 6”x9” (approximate size) pad of multi-media paper, a 4B pencil, kneaded eraser and an extra fine sharpie pen or micro .01. Most importantly, bring your child-like imagination and wonder. **No Class Jan. 20th**

Beginning Monday, Jan. 13th 1:30-3pm 5 Class Pass fee: \$100 Drop-in fee for one class \$25

HARRIET BEECHER STOWE CENTER

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. 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 leave feeling inspired that you can create positive change. After the tour is over enjoy time to visit the museum store before going off to lunch at the nearby Metro Café for lunch on your own. **More info on page 8 (10 person minimum) Monday Jan. 6th Depart MSC at 9am. Fee: \$20**

JANUARY SHOPPING

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

Clinton: Job Lot, TJ Maxx, Lenny & Joes Wed., Jan. 22nd Depart at 10:30am Bus Fee: \$2

GENERAL INFORMATION/ONGOING ACTIVITIES

MADISON SENIOR CENTER

29 Bradley Rd, Madison, CT 06443

PHONE: (203) 245-5627

TTY: 203.245.5638

FAX: (203) 318-0670

WEBSITE: www.madisonct.org/seniors

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
Chris Abbott

*The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be **January 9th, 2020 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

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**

KEN BURNS' LEWIS & CLARK DOCUMENTARY

Sent by President Thomas Jefferson in 1804 to find the fabled Northwest Passage, Meriwether Lewis and William Clark led the most important expedition in American history – a voyage of danger and discovery from St. Louis to the headwaters of the Missouri River, over the Continental Divide to the Pacific Ocean. It was the United States' first exploration of the West and one of the nation's most enduring adventures. *Lewis & Clark: The Journey of the Corps of Discovery* tells the remarkable story of the entire Corps of Discovery – not just of the two Captains, but the young army men, French-Canadian boatmen, Clark's African-American slave, and the Shoshone woman named Sacagawea, who brought along her infant son. As important to the story as these many characters, however, was the spectacular land itself, and the promises it held. (2 2-hour episodes with a short intermission) Please register. **Thursday, January 9th & 16th at 1:30 - 3:30 pm 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. **Wednesdays, Jan. 8th - 29th 10-11am Fee: MM\$34 | NMM\$44**

MESSAGES FROM THE MUNICIPAL AGENT

NEWS YOU CAN USE

TAX FORMS: Be on the lookout for your 2019 tax forms which will arrive via mail at the end of January!!
The Social Security Office has new hours: Mon. - Fri. 9am - 4pm beginning Jan. 8th Now open Wed. afternoons

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Helps to offset heating expenses during the winter. 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 ADVANTAGE PLAN OPEN ENROLLMENT PERIOD (OEP)

January 1st – March 31st During this time period a beneficiary can:

Did you miss the opportunity to make a switch to your health insurance during the Annual Enrollment Period? During the Medicare Advantage Plan Open Enrollment Period you can:

- ❖ Switch from one Medicare Advantage Plan (with or without drug coverage) to another Medicare Advantage Plan (with or without drug coverage)
- ❖ Leave the Medicare Advantage Plan and return to Original Medicare by selecting a prescription drug plan (Part D)

WHAT BENEFICIARIES CANNOT DO:

- ❖ Switch from Original Medicare to a Medicare Advantage Plan
- ❖ Join a Medicare Part D Plan
- ❖ Switch from a Medicare Part D Plan to another Medicare Part D Plan.

The change can only be used once during the MA OEP. The new plan become effective the first of the month after the plan receives your request. Please contact us if you would like help looking over your options. CHOICES trained counsellors are available to help you review your choices. Please Note: 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 ASAP

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, the following are guidelines for assisting those who cannot afford to eat at the Senior Center each day.

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, January 21st, 11–12pm **FREE**

CLUBS, GROUPS AND BRIDGE

MSC BOOK CLUB

The next meeting will be **Tuesday, January 28th** *The Island of the Sea Women - L. See*. 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

Swedish Weaving is a very relaxing and fun needle-craft that dates back centuries. Anyone is welcome to come to learn how to weave or use this time and space to work on their own projects. **Tuesdays, 10-11:30am PLEASE REGISTER**

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. **Tues, 1:30-3:30pm Please Register FREE**

PLAY OF THE HAND IN THE 21ST CENTURY BRUEGGEMANN

We're 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. 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. (8 classes) **Tues., Jan. 14th - Mar. 3rd from 11-12:30pm Fee: MM\$80 | NMM\$90**

BEGINNING BRIDGE REVIEW OF BOOKS 1 & 2 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 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 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! **Tues., Jan. 7th - Mar. 3rd from 10 - 11:30am Fee: MM\$75 | NMM\$85**

BEGINNER DUPLICATE BRIDGE SEABURG

Instructional duplicate bridge game every Thursday. A brief lesson is followed by a duplicate bridge game. If you're already a bridge player and looking for something new to improve your game, try duplicate bridge! Everyone plays the same hands, the scores are tallied up and the winners are determined. Some previous bridge experience is required. This is a fun, friendly instructional game designed to help you improve your bridge skills as well as learn to play duplicate bridge. Come with your favorite bridge partner or we will pair you up. **Thursdays 1:30-5:30pm Drop-in Fee: \$6 All books are available at RJ Julia and don't forget 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 at 10:30-11 am To register please call us at (203) 245-5627** The last Monday of the month from 4-5pm **Mon., Jan. 27th.**

GENERAL INFORMATION/ONGOING ACTIVITIES

LEGAL ASSISTANCE - Thurs., Jan. 2nd & 16th 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., January 8th 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., Jan. 9th & 23rd 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.

HEALTH PROGRAMS

Home Safety - Join Audra Stawicki, PT, DPT, and Mary Jane Fegan, PT, DPT, GCS to learn all the tips to make your home a safe haven. **Thursday, Jan. 9th 10:30am FREE**

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 Tuesdays 10 – 11:30am

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, Jan. 14th & 28th 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, Jan. 6th 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 Jan. 6th - 27th (No class 1/20) MM\$14 | NMM\$24 3 Classes Minimum Needed: 9

Wednesdays - 10:30–11:30am Jan. 8th - 26th MM\$19 | NMM\$29 4 Classes Minimum Needed: 9

Fridays - 10:30–11:30am Jan. 10th – 31st MM\$24 | NMM\$34 4 Classes Minimum Needed: 9

EXERCISE & RELAX YOGA

Hatha Yoga is used to increase circulation and relaxation. Yoga postures provide deep tension release, self- control, and they increase energy. **Tuesdays - 9:30–10:30am Jan. 7th - 28th MM\$34 | NMM\$44 4 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 Jan. 8th - 29th MM\$28 | NMM\$38 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, Feb. 10th- Mar. 16th at 9am (no class 2/17) 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., Jan. 7th – 28th 1pm. Min.Needed: 6 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 (4 classes) Tues., Jan. 7th – 28th 10:30am Fee: MM\$30 | NMM\$40**

ZUMBA GOLD® WITH MOLLY CLARK

Zumba Gold is perfect for the active older adults who are looking for a modified Zumba® class that recreates 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., Jan. 7th – 28th 10:30-11:30pm Fee: MM\$34 | NMM\$44 (4 classes)

ZUMBA GOLD® CHAIR

Zumba Gold Chair is a world dance fitness class for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity done from a seated position. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. **(6 weeks) Thursday, January 2nd - February 6th from 10-11am MM\$72 | NMM\$82**

MADISON SENIOR CENTER DAY TRIPS

CASINO MONDAY FOXWOODS MONDAY, JANUARY 13TH

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**

HARRIET BEECHER STOWE CENTER HARTFORD, CT MONDAY, JANUARY 6TH

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. Explore exhibits that showcase the complicated and controversial legacy of 'Uncle Tom' whose name became a racial slur. 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 9am. Fee: \$20**

FORBIDDEN BROADWAY IVORYTON PLAYHOUSE WEDNESDAY, MARCH 25TH

In this special production of Off Broadway's hit musical revue created for the Ivoryton Playhouse, Broadway's greatest musical legends meet Broadway's greatest satirist in this hilarious, loving, and endlessly entertaining tribute to some of the theatre's greatest stars and songwriters. Featuring outrageous costumes, hilarious rewrites of the songs you know, and dead-on impressions by a stellar cast. **Depart MSC at 1pm and return at approximately 5:30pm. Fee: \$42**

SEX PLEASE WE'RE SIXTY NEWPORT PLAYHOUSE TOURS OF DISTINCTION THURSDAY, APRIL 16TH

A raucous romp that proves that bedroom fun and games don't stop at any age! When a local lothario's Viagra pills get mixed up with a new ladies' blue pill, he suddenly has all the symptoms of menopause – complete with hot flashes and mood swings! This saucy senior comedy flips the script on aging and delivers surprises at every turn. From the authors that brought you the hilarious *The Lone Star Love Potion* and *There's a Burglar in My Bed*. "If you need a rollicking good time filled with laughter, this is a must-see play."- The City Wire. Having been established in 1983, the Newport Playhouse is a family-operated business that has been a favorite with locals and tourists ever since it opened. Enjoy a very unique experience where you will have a buffet lunch, then enter into their theatre to see *Sex Please We're Sixty*, followed by a fun-filled Cabaret. Includes a delicious lunch.

Depart MSC 8:15am Est. Return 7:15pm Fee: \$123

THE GREAT GATSBY IVORYTON PLAYHOUSE WEDNESDAY, MAY 6TH

Jay Gatsby, a self-made millionaire, passionately pursues the elusive Daisy Buchanan. Nick Carraway, a young newcomer to Long Island, is drawn into their world of obsession, greed, and danger. A beautifully crafted interpretation of the 1925 novel which defined the Jazz Age, Simon Levy's play captures the breathtaking glamor and decadent excess of the 1920's.

Depart MSC at 1pm and return at approximately 5:30pm. Fee: \$42

AMERICA 400! TOURS OF DISTINCTION TUESDAY, JUNE 9TH

Spend the day in Plymouth, Massachusetts to help celebrate America 400! Today, we will be taking a step back in time and spending the day at the Plimoth Plantation. Plimoth Plantation offers powerful personal encounters with history built on research about the Wampanoag People and the Colonial English community in the 1600s. Today, Plimoth Plantation provides an engaging and experiential outdoor and indoor learning environment. Start the day with an educational guided tour. After the guided tour, we will have an unforgettable dining experience enjoying traditional English and Native foods. Today's meal will consist of: Turkey (sauces two ways, on the side), Naussamp, Stewed Squash, Cheate Bread with Butter, Carrot Soup, and Mint Tea with Blueberries. After lunch, you will have free-time to explore the museum, the Mayflower II, and the Grist Mill. The Mayflower II is Plimoth Plantation's full-scale reproduction of the tall ship that brought the Pilgrims to Plymouth in 1620. Other great things to check out are: the Craft Center, The Nye Barn, and the 17th Century English Village. You'll leave today with great memories, new knowledge, and a special *Thank You* gift from Tours of Distinction! **Depart MSC at 7:30am- Est. Return: 7:00pm. Fee: \$143**

MADISON SENIOR CENTER TRAVEL ADVENTURES

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. **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, within 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

JANUARY MENU

- Wed. 1** **Happy New Year!**
- Thurs. 2** Chicken Noodle Soup, Sausage and Peppers, Chocolate Mint Pie
- Fri. 3** **New Year's Fête!** Butternut Squash Soup, Stuffed Shrimp and Petite Fillet, Turtle Bomb **\$12.00**
- Mon. 6** Navy Bean with Ham Soup, Shepard's Pie and Ice Cream
- Tues. 7** Cream of Spinach Soup, Fried Chicken, Lemon Cake
- Wed. 8** **Happy Birthday!** Broccoli Soup, Chicken Cacciatore, and Birthday Cake
- Thurs. 9** Cream of Cauliflower Soup, Pork Chops and Apples, Pumpkin Pie
- Fri. 10** Manhattan Clam Chowder, Crab Cakes and Carrot Cake
- Mon. 13** Borscht, Lamb Stew, Lemon Meringue Pie
- Tues. 14** Tomato Soup, Chicken Scampi, and Tiramisu
- Wed. 15** White Bean and Sausage Soup, Spaghetti & Meatballs, Coconut Cake
- Thurs. 16** Chicken & Rice Soup, Quiche and Apple Pie
- Fri. 17** Rhode Island Clam Chowder, Roasted Cod, Peach Pie
- Mon. 20** **MLK Day**
- Tues. 21** Minestrone Soup, Pork Shank, and Cookies
- Wed. 22** Tortilla Soup, Beef Brisket Quesadilla, Chocolate Cream Pie
- Thurs. 23** Italian Wedding Soup, Turkey Meatloaf, Apple Crisp
- Fri. 24** New England Clam Chowder, Stuffed Sole, Blueberry Coffee Cake
- Mon. 27** Butternut Squash Soup, Stuffed Cabbage, and Yellow Cake
- Tues. 28** Cream of Asparagus Soup, Open face Turkey Sandwich, German Chocolate Cake
- Wed. 29** Beef Minestrone Soup, Roast Pork Loin, Chocolate Mousse
- Thurs. 30** Carrot Soup, Roasted Chicken, Blueberry Pie
- Fri. 31** Seafood Chowder, Seafood Newburg, and Apple Turnovers

Madison Residents: Start signing up on **Jan. 19th** ❖ **Non-Madison Residents:** start signing up **Jan. 21st** ❖ **All participants must be current members of the Madison Senior Center or a guest.** Cancellations: call no later than 9am the day of the reservation, (203-245-5627) and we will credit your account

BACK PAGES

INCLEMENT WEATHER NOTICE

When inclement weather arises, the Madison Senior Center will post **closing information on your local NBC, CBS, ABC News channels**. If you would like further information regarding the status of individual programs, transportation or the Center, please call (203) 245-5627.

AARP TAX PREPARATION

Get Free Help with Your Tax Return

AARP Certified Tax-Aide counselors provide free income tax preparation assistance for low-and-middle-income taxpayers of all ages, with special attention to those 60 & older. Taxpayers **MUST** bring copies of their 2018 tax return. Tuesdays from Feb. 4th through Apr. 14th. Taxes will be prepared by appointment only. You may call for an appointment beginning 1/13/20 at (203) 245-5627

MEMBERSHIP RENEWAL TIME IS HERE

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**

AAA SAFE DRIVING CLASSES

We are offering several classes on safe driving, over the next several months. They are all free and only require registration. We are also offering for free the AAA 4 hour driving improvement class that enables you to get a discount on your auto insurance. See the schedules below.

Wed., January 22nd 1:30pm - *How to Go on Ice & Snow* - In bad weather, sometimes we 'forget' how to drive. Preparing your car and yourself are key before hitting the road in inclement weather. ***Smart Features for Older Drivers*** - Looking for a new car? Check out features for safety, ergonomics & comfort to help you remain mobile and safe on the roads.

Thurs., Jan. 30th 1pm-5pm - *Driving Improvement Program* - The DIP program is aimed at experienced drivers who wish to improve their driving skills and review defensive driving basics. By completing this class, drivers 60 years of age and older qualify for a minimum 5% discount** on their auto insurance. In fact, some insurers provide that discount to experienced drivers as young as 55. So, we encourage you to check with your insurer to see what they offer. We're offering this program on March 26th and May 7th at the same time as above.

Wed., February 5th *AAA's 12 Step Program to Better Driving* - Tips to help you reduce risk & sharpen on-the-road driving skills. ***AAA's Traffic Safety Jeopardy*** - This fun, educational game will educate you about a variety of traffic safety topics.