

# Trends & Traditions

February 2020

Madison Senior Center

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## FEATURED EVENTS

### ARE YOU AGING MASTERFULLY??

Madison Senior Center and the CT Healthy Living Collective are pleased to announce an innovative ten-week health and wellness program to residents age 60 and over. **The Aging Mastery Program® (AMP)** was developed by the National Council on Aging and has been successful at helping older adults build their own playbook for aging well.

This is a wonderful opportunity for you to participate in, and reap the benefits of, this cutting-edge program. AMP is a free, fun, innovative, and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. The program encourages mastery—developing sustainable behaviors across many dimensions that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation. The CT Healthy Living Collective is a network of partners dedicated to delivering programs and services that promote healthier people, better care, smarter spending, and health equity. If you are interested in learning more about the program, call Ellie Gillespie or Austin Hall at (203) 245-5627. If this program piques your interest stop by or call to learn more. We are currently recruiting 20-25 adults to participate in the ten-week educational program.

Please register for this event. **We are hosting an informational meeting on Friday, March 20<sup>th</sup> at 10:30am FREE**

### FEBRUARY SHOPPING

Come shopping with us, avoid the traffic & parking headaches. Registration Required. **Old Saybrook Shopping & Lunch Fri., Feb. 7<sup>th</sup> Depart at 9:30am Bus Fee: \$2**

### 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. 4<sup>th</sup> through Apr. 14<sup>th</sup>. Taxes will be prepared by appointment only. You may call for an appointment at (203) 245-5627

### VALENTINES LUNCHEON

Shrimp Bisque, Swordfish, Chocolate Lava Cake - \$12<sup>00</sup>

### HEARING LOSS CAN CHANGE YOUR MIND PRESENTED BY AUDIOLOGY CONCIERGE

Untreated hearing loss deprives the brain of important sound stimuli. This deprivation has been linked to brain deterioration and accelerated brain shrinkage. Maximize your brain power and keep your mind sharp. Join us for this educational seminar on hearing, hearing loss, and cognition. Please register. **Thursday, February 13<sup>th</sup> at 10am FREE**

## 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  
Chris Abbott

*The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be **February 13<sup>th</sup>, 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, 1-2:15pm FREE**

### FIBER OPTICS FOR COMMUNICATIONS: THE INVENTION, WORLD IMPACT AND FUTURE DIRECTIONS

Ever wonder what fiber optics are and how they work? As co-inventor of the first practical fiber for communications in 1970, Peter Schultz will give a first-hand view of how it was invented and the breakthroughs that led to global fiber communications. He will discuss the impact of fiber networks on society over the past 50 years and a glimpse at future directions of the technology. ***Please register for this event.*** **Wednesday, March 18<sup>th</sup> at 10am FREE**

### MSC NEWCOMERS CLUB

Are you new to Madison? Come to the Madison Newcomers Club and we will show you how to make the most of Madison. We will cover all sorts of topics, from shopping, registering to vote, signing up for town alerts, and how to get a beach pass and much more. So join us once a month on the second Friday of the month and make the most of Madison! **Friday, February 14<sup>th</sup> at 10am FREE**

### UKULELE WITH PETER

Ukulele performer and teacher Peter Magrane will teach you how to play the ukulele. Peter has spent extensive hours performing at 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, Feb. 5<sup>th</sup> - 26<sup>th</sup> 10-11am Fee: MM\$34 | NMM\$44**

## MESSAGES FROM THE MUNICIPAL AGENT

### BE ON THE LOOKOUT

Please be on the look out for the 2019 income tax documents. You may need these whether you are planning to file income taxes or not. Be sure to save them. New benefit letters for Social Security are usually mailed in the middle of December. Be sure to keep these as well. This will act as your current proof of income.

### CONNECTICUT ENERGY ASSISTANCE PROGRAM

**Last Day for deliverable fuel deliveries: March 15<sup>th</sup>** 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. **Guidelines: Monthly Income: Single: \$3,014, Couple: \$3,941**

### MEDICARE ADVANTAGE PLAN OPEN ENROLLMENT PERIOD (OEP)

January 1<sup>st</sup> – March 31<sup>st</sup>

#### During the Medicare Advantage Plan Open Enrollment Period you can:

Switch from one Medicare Advantage Plan (with or without drug coverage) to another (with or without drug coverage)  
Leave the Medicare Advantage Plan & return to Original Medicare & select a prescription drug plan (Part D)

#### What beneficiaries cannot do:

Switch from Original Medicare to a Medicare Advantage Plan v Join a Medicare Part D Plan v 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. 1<sup>st</sup>, 2020. If you did not receive your card or think you may have thrown it out, contact 1-800-Medicare ASAP

### 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 WAIVER 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, February 18th, 11–12pm FREE**

## CLUBS, GROUPS AND BRIDGE

### **MSC BOOK CLUB**

The next meeting will be **Tuesday, February 25<sup>th</sup> *Lost Roses - MH Kelley*** 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 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**

### **BEGINNING DUPLICATE BRIDGE (INSTRUCTIONAL) SEABURG**

A brief instruction period is followed by a duplicate bridge game. If you're already a rubber bridge or social bridge player and looking for something new to improve your game, try duplicate bridge! Duplicate bridge is fun and competitive. Everyone plays the same hands, the scores are tallied up and the winners are determined. Some previous bridge or classroom 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. For questions or more information please email Rick Seaburg at [Tillerjock@gmail.com](mailto:Tillerjock@gmail.com). **Thursdays 1:30-5:30pm Drop-in Fee: \$6**

### **NEW MEMBER ORIENTATION MEETINGS**

Are you one of our new members? Do you know all the things we offer here? Come to an MSC (Madison Senior Center) New Member Orientation meeting and we will show you around the place, physically and figuratively with tours and talks about all the programs (social services, educational and recreational and more) we do here. Bring your questions and concerns and we will answer them for you. Registration is requested. **Friday, February 28th at 10am FREE**

### **FUN & GAMES AT MSC**

Join Austin, Heather and Ellie once a month to play fun games like Trivial Pursuit, UNO and more. (If you know of a fun game let us know, we can give it a try.) We'll have 3 teams with Austin, Heather and Ellie as captains and we'll have a blast. Austin and Heather are quite competitive so come with your game face and get ready to have a great time.

**Thursday, February 13<sup>th</sup> at 1pm FREE**

### **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 at MSC for free.

**The last Monday of the month from 4-5pm Monday, Feb. 24<sup>th</sup>, 2020**

## GENERAL INFORMATION/ONGOING ACTIVITIES

### LEGAL ASSISTANCE - Thurs., Feb. 6<sup>th</sup> & 20<sup>th</sup> 9-10am

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

### SENIOR CENTER BINGO

We offer Bingo on the 2<sup>nd</sup> Wednesday of the month. *Please register for this free event.* **Wed., February 12<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., Feb. 13<sup>th</sup> & 27<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 PEGGY

Join Peggy Lyons, Madison's new First Selectwoman for lunch each third Tuesday of the month. Ask questions, bring up concerns and have a nice chat. Reservations are necessary and space is limited. Lunch is \$4 per person.

**Tuesday, February 18<sup>th</sup> Lunch Fee: \$4**

### ONGOING ACTIVITIES AT THE SENIOR CENTER

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

**Canasta** Tuesdays 1 – 3:45pm

**Cribbage** Mondays 1 – 3pm

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

**Knitting** 2<sup>nd</sup> & 4<sup>th</sup> Monday of the month Wednesdays 10am

**Mah Jongg:** Daily Various times-

**Poker** Mondays & Wednesdays: 12:45 – 3pm

**Quilts of Joy** Tuesdays 1:15 – 3:30pm

**Set Back** Wednesdays 1-3:30pm

**Swedish Weaving** Tuesdays 10 – 11:30am

**Walking Club** Mondays & Tuesdays 10am

### 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, Feb. 11<sup>th</sup> & 25<sup>th</sup> 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, Feb. 10<sup>th</sup> By Appointment Only**

### MSC ART GALLERY

View our art exhibit by **Tom Benicas on display from Jan. 30<sup>th</sup> - Feb. 28<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 Feb. 3<sup>rd</sup> - 24<sup>th</sup> MM\$14|NMM\$24 3 Classes Minimum Needed: 9**

**Wednesdays - 10:30–11:30am Feb. 5<sup>th</sup> - 26<sup>th</sup> MM\$19|NMM\$29 4 Classes Minimum Needed: 9**

**Fridays - 10:30–11:30am Feb. 7<sup>th</sup> – 28<sup>th</sup> (No class 2/14) MM\$14|NMM\$24 3 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 Feb. 4<sup>th</sup>- 25<sup>th</sup> 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 Feb. 5<sup>th</sup> - 26<sup>th</sup> 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. 10<sup>th</sup>- Mar. 16<sup>th</sup> 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., Feb. 4<sup>th</sup> – 25<sup>h</sup> 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., Feb. 4<sup>th</sup> – 25<sup>th</sup> 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., Feb. 4<sup>th</sup> – 25<sup>th</sup> 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, February 13<sup>th</sup>- March 19<sup>th</sup> from 10-11am MM\$72|NMM\$82**

## MADISON SENIOR CENTER DAY TRIPS

### **CASINO MONDAY MOHEGAN MONDAY, FEBRUARY 10<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 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**

### **ALL SHOOK UP WESTCHESTER BROADWAY THEATER WEDNESDAY, MARCH 25<sup>TH</sup>**

Off to the Westchester Broadway Theatre, to 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 to enjoy "All Shook Up." Set to the hits of the King of Rock and Roll himself, Elvis Presley, this musical will have you dancing in your "Blue Suede Shoes." Inspired by Shakespeare's *Twelfth Night*, the music is all Elvis, and the result is a night of hilarious and enchanting 1950s fun. When Chad, the mysterious motorcycle-riding, hip-swiveling roustabout rides into town, suddenly everyone's lip-curling and all shook up with secrets, music, and love. Lovers meet, woo, pursue and more, all in one zany night that will change the town forever. You'll be rocking n your seat to tunes like Heartbreak Hotel, Hound Dog, Devil in Disguise and more! **Depart MSC at 8am and return approximately at 6:30pm Fee: \$121**

### **FORBIDDEN BROADWAY IVORYTON PLAYHOUSE WEDNESDAY, MARCH 25<sup>TH</sup>**

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 to 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**

### **THE GREAT GATSBY IVORYTON PLAYHOUSE WEDNESDAY, MAY 6<sup>TH</sup>**

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 9<sup>TH</sup>**

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 (sauced 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 17<sup>th</sup> 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**

### **NATIVE GARDENS IVORYTON PLAYHOUSE WEDNESDAY, JUNE 10<sup>TH</sup>**

A fence divides two backyards. An older white couple has lived for a long time on one side of the fence. On the other side, a young Latino couple has just moved in. Both couples are avid gardeners. One garden has lush grass and symmetrical garden beds. The other is unkempt, natural and organic. Gardens and cultures clash, turning friendly neighbors into feuding enemies in this new comedy of good intentions and bad manners. **Depart MSC at 1pm and return at approximately 5:30pm. Fee: \$42**

## MADISON SENIOR CENTER TRAVEL ADVENTURES

### **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. **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)**

### **NEWFOUNDLAND IN-DEPTH TOURS OF DISTINCTION JULY 16<sup>TH</sup> -22<sup>ND</sup>, 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 7<sup>th</sup> at 10:30am. Pricing: Double: \$3,490pp | Single: \$4,150pp.***

### **TROPICAL COSTA RICA COLLETTE FEBRUARY 20<sup>TH</sup> -28<sup>TH</sup>, 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**



# FEBRUARY MENU

- Mon. 3** Cream of Spinach Soup, Spaghetti & Meatballs, Angel Food Cake
- Tues. 4** Minestrone Soup, Beef Chili, Ice Cream
- Wed. 5** White Bean & Sausage Soup, Chicken Marsala, and Chocolate Mint Pie
- Thurs. 6** Chicken Vegetable Soup, Pork Chops, Blueberry Coffee Cake
- Fri. 7** Seafood Chowder, Slow Roasted Cod, and Strawberry Cream Pie
- Mon. 10** Mushroom Lentil Soup, Fish & Chips, Brownie
- Tues. 11** Chicken & Rice Soup, Lasagna, Peach Shortcake
- Wed. 12** Happy Birthday! Tortilla Soup, Tacos, Birthday Cake
- Thurs. 13** Cream of Cauliflower Soup, Roasted Pork Loin, and Cherry Pie
- Fri. 14** Valentine Luncheon – Shrimp Bisque, Swordfish, Chocolate Lava Cake
- Mon. 17** Presidents' Day
- Tues. 18** Tomato Soup, Braised Beef Short Ribs & Polenta, Coconut Cream Pie
- Wed. 19** Corn Chowder, Stuffed Cabbage, Apple Turnover
- Thurs. 20** Beef Barley Soup, Chicken Cacciatore, Cookies
- Fri. 21** Rhode Island Clam Chowder, Seafood Newburg, Lemon Meringue Pie
- Mon. 24** Butternut Squash Soup, Meatloaf, Chocolate Cake
- Tues. 25** Carrot Soup, Fig and Goat Cheese Pizza, Tiramisu
- Wed. 26** Cream of Asparagus Soup, Sausage & Peppers, Banana Cream Pie
- Thurs. 27** Chicken Noodle Soup, Pork Shanks, Apple Raspberry Pie
- Fri. 28** New England Clam Chowder, Stuffed Sole, Peach Pie

**Madison Residents:** Start signing up on **Feb. 18<sup>th</sup>** ❖ **Non-Madison Residents:** start signing up **Feb. 19<sup>th</sup>** ❖ **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.

### MEMBERSHIP RENEWAL TIME IS HERE

Just a reminder that on **January 1<sup>st</sup>** 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**

### INTERGENERATIONAL ACTIVITY COMING!!

We will be joined by with students from Jeffrey School on Monday, February 10<sup>th</sup> from 1-2pm See Ellie for details.

### FREE CREDIT REPORT

The holidays are over and you probably used your credit cards more frequently and at places you do not usually shop all year. Once a year, it is good practice to check your credit report. Credit reports matter because they may affect your mortgage rates, credit card approvals, apartment requests or even your job application. Reviewing credit reports helps you catch signs of identity theft early. Obtaining your credit report is FREE by Federal law. Get a free copy of your credit report every 12 months from each of the three credit reporting companies, Equifax, Experian, and TransUnion. Make February your credit report reviewing month! **Request a FREE copy of your credit report at T&T FEB 20 LV.docx**

### 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. Presented by Cynthia Cartier of Cartier & Bower

**Wednesday, Feb. 12<sup>th</sup> from 10-11:30am PLEASE REGISTER FOR THIS EVENT. FREE**

### AAA SAFE DRIVING CLASSES

**Wed., February 5<sup>th</sup> 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. Please Register.