

Trends & Traditions

March 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 20th at 10:30am FREE**

MARCH SHOPPING

Come shopping with us, avoid the traffic & parking headaches. Registration Required. **Job Lot & Jai Mei for Lunch On Your Own Fri., Feb. 7th Depart at 9:30am Bus Fee: \$2**

YALE ART GALLERY COLLECTION TOUR

Join us on a guided tour of the Yale Art Gallery. The Gallery offers free, hour-long guided tours to engage adult and community groups with its encyclopedic collection. Led by Gallery teaching staff, these tours provide visitors with a range of ways to look at, engage with, and enjoy works of art. The tour guide will focus on four to six key works in the permanent collection from across curatorial departments. The experience is discussion-based and encourages visitors to look closely, ask questions, and talk about what they see. **Wed., March 4th, depart MSC at 12 noon Bus Fee: \$5**

NEW BRITAIN MUSEUM OF AMERICAN ART: ANNI ALBERS EXHIBIT

Known for her pioneering graphic wall hangings, weavings, and designs, Anni Albers is considered the most important textile artist of the 20th century, as well as an influential designer, printmaker, and educator. *In Thread and On Paper: Anni Albers in Connecticut* will explore the groundbreaking work and writing she produced in Connecticut and will include an extensive body of textiles, wall hangings, commercial collaborations, and works on paper, and is the first major museum exhibition in New England in over 60 years. After the tour, lunch on your own at the *Tavern at the Armory* in Middletown. **Wed., April 29th Depart MSC at 9:30am Fee: \$27**

ST. PATRICK'S DAY LUNCHEON

Join us for a festive lunch on St. Patrick's Day with our terrific *Mulkerin Irish Dancers* Tuesday, March 17th at 11:30am
Potato Leek Soup • Corned Beef & Cabbage, Chocolate Mint Pie \$8

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 18th 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

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 13th, 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
Facility Attendant	Steve Radley

EXPANDING MINDS: LECTURE & DISCUSSION GROUP

This great group of folks has just completed the Michael Sandel's *Justice* course from Harvard, and are ready to take on more! The next course is from Yale and is ***Philosophy and the Science of Human Nature*** which pairs central texts from Western philosophical tradition (*including works by Plato, Aristotle, Epictetus, Hobbes, Kant, Mill, Rawls, and Nozick*) with recent findings in cognitive science and related fields. The course is structured around three intertwined sets of topics: Happiness and Flourishing; Morality and Justice; and Political Legitimacy and Social Structures. The group is structured to first listen to the lecture and then discuss it. Join them for a stimulating hour and a half of ideas and talk. (*this course is 26 weeks long*)

Wednesdays, from Jan. 29th- July 22nd at 1pm FREE

WORLD WAR I WITH CHARLIE FISCHER

Charlie Fischer will offer another great series of lectures, this time on World War I. After the lecture participants are encouraged to join a group discussion. The topics are: 1) Europe on the eve of war 2) War plans and dreams 3) Stalemate on the Western Front and 4) The Treaty of Versailles. **Thurs., April 9th - 30th from 10 - 11:30am. Fee: \$20**

A JOURNEY THROUGH AMERICA'S PAST: An Interactive Series of Seminars About the History of the United States of America

America's story will be related in a series of hour-long seminars focused on the key events, as well as the persons whose life, work, and achievements shaped its destiny. Philip Restifo has had a life-long personal interest in and passion for both American and European history. In the storyteller's style, he brings to life historical events as part and parcel of a complex tapestry originated in the past, but which continues to be woven in contemporary times. The class will pick up at the end of the War of Independence. **Fridays, April 24th - June 5th from 10:30 - 11:30am Fee: \$15**

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, March 13th 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, Mar. 4th - 25th 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 15th 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**

PROPERTY TAX SAVINGS PROGRAMS

The Town of Madison and the State of Connecticut have programs to assist residents with tax savings. The following programs are available to eligible residents: **Local Tax Relief, Local Tax Deferral, Local Tax Freeze, and the State of Connecticut Tax Relief/Circuit Breaker Program.** There are also Veteran's and a Disability exemptions that may be available. There are eligibility and income guidelines for each program. Contact us for more information or to schedule an appointment. If you intend on filing income taxes for 2019, they must be filed first. **Filing period: February 1st - May 15th, 2020**

MEDICARE ADVANTAGE PLAN OPEN ENROLLMENT PERIOD (OEP) January 1st – March 31st

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. 1st, 2020. If you did not receive your card or think you may have thrown it out, contact 1-800-Medicare ASAP

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

Single: <\$1,012/Mo. & Couple: <\$1,372/Mo.
Single: \$1,013–\$1,265/Mo. & Couple: \$1,373–\$1,715/Mo.
Single: \$1,266–\$1,518/Mo. & Couple: \$1,716–\$2,058/Mo.

Number of Possible Meals Subsidized Per Week

5 meals/week maximum
4 meals/week maximum
3 meals/week maximum

*Please note: Funds are available on a first come first served basis and are limited. We reserve the right to waitlist you if the funding cap for the program is reached.

MEMBERSHIP FEE 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 3rd Tuesday monthly at MSC. **Tuesday, March 17th, 11–12pm FREE**

CLUBS, GROUPS AND BRIDGE

MSC BOOK CLUB

The next meeting will be **Tuesday, March 24th *Miller's Valley – A. Quindlen*** 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**

QUILTS OF JOY Join Ellen Olson and friends to sew quilts, tote bags and pillow cases that are donated to New Horizons, a domestic violence shelter in Middletown. We are in our 5th year and always welcome new friends. **Tuesdays, 1-3pm Please Register 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 & REVIEW BRIDGE IV S. 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, Mar. 24th - May 12th from 9-11am **Fee: MM\$96 | NMM\$106**

DEFENSE IN THE 21ST CENTURY D. BRUEGGEMANN

A course for beginning and advancing bridge players based on the AACBL Bridge Series B *Defense in the 21st Century* by Audrey Grant and Betty Starzec. This book is designed to improve a player's defensive play. 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 based on the material covered. Min. number of students required is 8, max. is 16. (8 classes). **Tues., Mar. 17th - May 5th 9:30-11am Fee: MM\$80 | NMM\$90**

BRIDGE BASICS II R. SEABURG

This class introduces preemptive bids, overcalls and takeout doubles. In addition to discussion, practice hands will be provided for actual play. Please buy the book, *Bridge Basics 2, Competitive Bidding* by Audrey Grant and bring to the first class. Min. number of students required is 8, max is 16. (8 classes) **Tuesdays, Mar. 10th - Apr. 28th 11-12:30am Fee: MM\$75 | NMM\$85**

INTRO TO DUPLICATE BRIDGE (INSTRUCTIONAL) R. SEABURG

If you're already a bridge player and looking for something to improve your game, try duplicate bridge! A brief lesson is followed by a duplicate bridge game. Everyone plays the same hands, scores are tallied up and winners are determined. This is a fun, friendly, instructional game to help you improve your bridge skills as well as learn to play duplicate bridge. Come with a bridge partner or we will pair you up. For registration and questions sign-ups please email Rick Seaburg at Tillerjock@gmail.com. **Thursdays 1:30-5:30pm Fee: \$6**

BRIDGE BASICS III: POPULAR CONVENTIONS S. CORNING

Popular conventions introduces you to the Stayman convention, Jacoby transfer bids, the strong artificial two club opening, Blackwood and Gerber. Other popular conventions will be covered as time permits. (8 weeks no class 5/29) **Fridays, Apr. 17th - Jun. 12th 10 - 11:30am FEE: MM\$75 | NMM\$85**

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. 24th, 2020**

GENERAL INFORMATION/ONGOING ACTIVITIES

LEGAL ASSISTANCE - Thurs., Mar. 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., March 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., Mar. 13th & 27th 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 day notice & a doctor's referral.

PHYSICAL THERAPY AFTER A TOTAL JOINT REPLACEMENT - Join MaryJane Fegan, from Rehab Concepts on this informative presentation about what to expect at physical therapy after a total joint replacement. **Thurs., Mar. 19th at 10:30am**
Please Register FREE

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, March 18th at 11:30am**
Lunch Fee: \$4

COFFEE & CONVERSATION WITH PEGGY

Meet in our conference room for coffee with Peggy Lyons and bring your concerns, questions and ideas. **Thursday, March 26th 9:30 - 11:30am FREE**

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 2nd & 4th 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 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, Feb. 11th & 25th at 12:30pm**

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, Mar. 16th By Appointment Only**

Sara Nebel, a well-known local artist brings her *Treefort Studio* to the MSC! You will sit in a light-filled room and for an hour and a half, learn to draw, paint, zen tangle and even do calligraphy. Sara will provide some of the supplies and asks you to bring a 6"x9" (approx. size) pad of multi-media paper, a 4B pencil, kneaded eraser and an extra fine sharpie pen or micro .01. Most importantly, bring your imagination and wonder. **Mondays, from 1:30-3pm 5 Class Pass fee: \$100 Drop-in fee for one class: \$25**

MSC ART GALLERY

View our art exhibit by **Tom Benicas on display from Jan. 30th - Feb. 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 Mar. 2nd - 30th MM\$24|NMM\$34 5 Classes Minimum Needed: 9

Wednesdays - 10:30–11:30am Mar. 4th - 25th MM\$19|NMM\$29 4 Classes Minimum Needed: 9

Fridays - 10:30–11:30am Mar. 6th – 27th MM\$19|NMM\$29 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 Mar. 3rd– 31st MM\$42|NMM\$52 5 Classes Min. Needed: 5**

CHAIR YOGA

A gentle form of yoga that is practiced sitting on a chair intermingled with mindfulness and meditation.

Wednesdays - 1–2pm Mar. 4th - 25th 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, Mar. 23rd- Apr. 20th 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., Mar. 3rd – 31st 1pm. Min.Needed: 6 Fee: MM\$32|NMM\$42**

BEGINNING YOGA

Building a firm foundation with our bodies and minds. Focus on alignment and breathwork, creating a healthy body and relaxed mind, in a makes sense kind of way. All levels welcome. **FREE DEMO Monday, Mar. 16th at 1pm**

The class will start on: Mon., Mar. 23rd - April 27th at 1 pm.6 weeks Fee: MM\$48|NMM\$58

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., Mar. 3rd – 31st 10:30am Fee: MM\$38|NMM\$48**

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., Mar. 3rd – 31st 10:45-11:45pm Fee: MM\$42|NMM\$52 (5 classes)

SENIOR BOOTCAMP BY VNA COMMUNITY HEALTHCARE

This program is specially designed for those 50 and older who are at risk for falls or for anyone who should be more active but needs guidance to increase muscle strength, improve flexibility, gait and balance. **Wednesdays, March 11th - May 27th from 5:30 to 6:30pm Fee: \$23**

MADISON SENIOR CENTER DAY TRIPS

CASINO MONDAY FOXWOODS MONDAY, MARCH 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 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**

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**

NEW BRITAIN MUSEUM OF AMERICAN ART ANNI ALBERS EXHIBIT WEDNESDAY, APRIL 29TH

This exhibition will bring to life Albers's remarkable practice in many ways. A loom used by Albers installed in the gallery and, periodically throughout the show, will be activated by a weaver who will reproduce samples of Albers's textiles for visitors to see and touch. The exhibition will also feature an interactive table displaying geometric tiles that visitors can manipulate to recreate Albers's patterns, or invent their own. Finally, don't miss an opportunity to collaborate on the creation of a large-scale "Weaving Wall," an interactive, community-based installation that will allow visitors to produce a monumental weaving inspired by Albers's colors, materials, and designs. Come see, learn, experience, and create as part of this extraordinary tribute to Anni Albers's legacy. *(see page 1 for more details)* **Depart MSC at 9:30 Fee: \$27**

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. Only a few spots left! **Depart MSC at 1pm and return at approximately 5:30pm. Fee: \$42**

MGM GRAND TRIP SPRINGFIELD SATURDAY, MAY 30TH

Check out the new magnificently crafted MGM Springfield Casino. You will have \$20 for 4 hours of play, and a \$10 food credit to use at the *Sound End Market Restaurant*. After your time at the casino you will be transported to the Majestic Theatre in West Springfield to see a live musical performance of the off Broadway smash hit *9 to 5*. In this show three unlikely friends take control of their office and learn there is nothing they can't do even in a man's world. Fun upbeat music includes *One of the Boys*, *Let Love Grow*, and of course the title song *9 To 5*. The fee includes motor coach transportation, time at the casino, \$20 slot play, \$10 food credit and *9 To 5* show. **As this is a joint trip with the Guilford Seniors, plan to meet at the St. George rear parking lot at 7:30 a.m. and return is at approximately 6pm. Fee: \$68**

AMERICA 400! TOURS OF DISTINCTION TUESDAY, JUNE 9TH

Take a step back in time and spend 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 1600's. Start the day with an educational guided tour. After the guided tour, have an unforgettable dining experience enjoying traditional English and Native foods. Today's meal will consist of: Turkey (sauce two ways, on the side), Naussamp, Stewed Squash, Cheate Bread with Butter, Carrot Soup, and Mint Tea with Blueberries. After lunch, enjoy free-time and 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: 7pm. Fee: \$143

NATIVE GARDENS IVORYTON PLAYHOUSE WEDNESDAY, JUNE 10TH

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

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.***

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)***

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

MARCH MENU

- Mon. 2** Butternut Squash Soup, Beef Stew, German Chocolate Cake
- Tues. 3** Curried Chicken and Lentil Soup, Pork Marsala, Cookies
- Wed. 4** Broccoli and Beef Soup, Balsamic Braised Chicken, Jello
- Thurs. 5** Cream of Spinach Soup, Quiche, Lemon Cake
- Fri. 6** Shrimp Black Bean Gumbo, Lemon and Herb Roasted Cod with a Potato Purée, Brownies
- Mon. 9** Vegetable Soup Fish & Chips, Blueberry Coffee Cake
- Tues. 10** Cream of Cauliflower Soup. Roast Pork Loin, Cannoli
- Wed. 11** **Happy Birthday!** Chicken Rice Soup, Cheese Ravioli with Tomato Basil Sauce, Birthday Cake
- Thurs. 12** Garden Salad, Chicken Parmesan, Ice Cream
- Fri. 13** Seafood Chowder, Mussels in a Peanut, Coconut, Lime Broth, Carrot Cake
- Mon. 16** French Onion Soup Grilled Chicken Alfredo Fettuccini, Lemon Meringue
- Tues. 17** **St. Patrick's Day** Potato and Leek Soup, Corned Beef, Chocolate Mint Pie \$8
- Wed. 18** Cream of Asparagus Soup, Braised Beef Short Rib, Chocolate Cake
- Thurs. 19** Minestrone Soup, Kielbasa and Sauerkraut , Coconut Cream Pie
- Fri. 20** Italian Wedding Soup, Flounder Française, Key Lime Pie
- Mon. 23** Chicken Noodle Soup, Meatball Sub with Broccoli Slaw, Strawberry Cream Pie
- Tues. 24** Chicken Lentil Soup, Roast Rack of Pork with Exotic Mushroom Pasta, Vanilla Pudding
- Wed. 25** Italian Wedding Soup, Fried Chicken, Banana Cream Pie
- Thurs. 26** Mushroom Barley Soup, Beef Bourguignon, Tiramisu
- Fri. 27** Manhattan Clam Chowder, Stuffed Sole, Peach Pie
- Mon. 30** White Bean & Sausage Soup, Chicken Piccata with Toasted Orzo and , Parfait
- Tues. 31** Tomato Bisque, Chicken Caesar Salad Boston Cream Pie

APRIL LUNCH RESERVATIONS SIGN-UP GUIDELINES

Madison Residents: May begin signing up on **Monday, Mar. 16th** ❖ **Non-Madison Residents:** May sign-up **Wednesday, Mar. 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

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 at (203) 245-562

FRANK LLOYD WRIGHT FILM BY KEN BURNS

The film *Frank Lloyd Wright* tells the story of the greatest of all American architects. Wright was an authentic genius, a man who believed he was destined to redesign the world, creating everything anew. His architectural achievements were often overshadowed by the turbulence of his melodramatic life. In 92 years, he fathered seven children, married three times, and was continuously embroiled in scandal. Some hated him, some loved him, and in the end, few could deny that he was the one of the most important architects in the world. **Thurs., March 5th at 1 pm Please register FREE**

AAA SAFE DRIVING CLASSES

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. Please Register.

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. 4th Friday of the month. **Registration is requested. Friday, March 27th 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, March 12th at 1pm FREE**

UNITED STATES CENSUS 2020

March 12 - 20: Households will begin receiving official Census Bureau mail with detailed information on how to respond to the 2020 Census online, by phone, or by mail. Keep your eyes open for these important documents.