

# Trends & Traditions

August 2022

Madison Senior Center

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The 7 <sup>th</sup> Annual BIG EVENT!!! .....	Error! Bookmark not defined.

## FEATURED EVENTS

### FUN & GAMES

#### with the students from Madison Community Services Program

**Game Days: Aug. 3<sup>rd</sup> & 17<sup>th</sup>** at 1pm—we will have all sorts of board games & card games to play for a fun afternoon.

**Croquet: Aug. 8<sup>th</sup>, 22<sup>nd</sup>** at 2pm. We will set up the Croquet course across the street on the Academy playing field. It's a great game, come join the fun!

**Bingo!: Aug. 11<sup>th</sup> & 25<sup>th</sup>** You know the game, we'll have the prizes and lots of fun!

### MSC HAPPY HOUR! FROM 3-5PM

**August 11<sup>th</sup>** The Senior Center's own *Intrepid Ukulele Players* will open the afternoon's festivities with a few numbers. Then *The Howling Hound Dogs* will provide a lively afternoon of music to tap your toes to, or get up and dance! Light refreshments will be served.

Registration is required for all events

### MAKEUP FOR MATURE WOMEN

#### WITH CELEBRITY MAKEUP ARTIST, JOBY ROGERS

Joby Rogers, a Certified Celebrity Makeup Artist, is here to teach a class on makeup for mature women. He has over 30 years' experience working as a makeup educator in several academies and schools throughout New England and the Tri-State Area. His makeup artistry has appeared in Forbes Magazine, Billboard, Marie Claire and on the cover of Rolling Stone Magazine, among other printed and social media publications. This 2 hour seminar will cover:

*Application Essentials • Brushes - Using the right brushes; Application Techniques • Base & Foundation - Choosing the Right Foundation • Interpreting Tones & Color • Contouring, Highlighting, Blushing • Eyes - Eye Shadow Color Rules & Advice • Brows - Shaping & Correcting • Lips - Color Rules & Advice - Reshaping • Personal Makeup Questions – Review of personally used makeup. Participants are asked to bring: their own makeup and brushes (if applicable) and makeup remover wipes.*

**Registration Required** | Thursday, Sept. 15<sup>th</sup> at 1pm | MM\$25 | NMM\$35

### THIMBLE ISLAND CRUISE WITH LUNCH AT THIMBLEBERRY

A perfect summer outing cruising around the Thimble Islands on the famous "Sea Mist" boat. You can relax and enjoy a 45-minute, narrated tour of the Thimble Islands. (Please Note: You must be able to climb over a large step into the boat). Then lunch at Thimbleberry right down the street. The Thimble Islands tour is \$15 (cash only) to be paid when you board, and lunch at the Thimbleberry is on your own. **Wed., Aug. 10<sup>th</sup> depart MSC 10:15am Bus Fee: \$2**

**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 Tuesdays, Wednesdays and Thursdays by appointment only.

MUNICIPAL AGENT FOR

THE ELDERLY: (203) 245-5687

**SENIOR COMMISSION**

Vice-Chairs Dr. Gerard Kerins  
Wendy Oberg

Members Dale Kach  
Lori Murphy  
Chris Abbott

*The Senior Commission meets on the second Thursday of the month. The next meeting will be **July 14<sup>th</sup> at 5:30pm at the Senior Center.***

**SENIOR CENTER STAFF**

Dir. of Senior Services ... Austin Hall  
Asst. Director ..... Heather Noblin  
Program Coordinator Ellie Gillespie  
Municipal Agent ..... Steve Fabian  
Receptionist ..... Ari Potter  
Chef..... Kevin Wolfe  
Server..... Amy Butler  
Dishwasher ..... Mike Kelly  
Bus Driver ..... Tom Lufsey  
Bus Driver: ..... Dennis Marron  
Facility Attendant ..... Steve Radley

**FROM THE DIRECTOR**

I would like to welcome a new member to the Senior Services Team, Stephen Fabian. Steve is our new Municipal Agent for the Elderly. Formerly this position was covered by Heather Noblin, but with Heather’s new role as Assistant Director of Beach, Recreation and Senior Services, we needed to bring someone on board to assist with these tasks. Steve will help you with Medicare and Medicaid, Social Security, Tax Relief, Energy Assistance and many more treasured resources that we have always provided to the residents of Madison. Steve will be a valuable addition to our already strong team. Please stop in and say hello and welcome him to the Madison Senior Center.

*Austin*

**TECH SUPPORT**

*Have an iPad or a smart phone and don’t know how to use it?  
Having trouble with your email?*

Get your questions answered for free! Madison Youth & Family Services is gathering a group of tech-savvy teenagers to help you conquer the cyber world. Please call the Senior Center to reserve your session.

**Thursdays from 4-5pm | Registration is required. | FREE**

**HIKE WITH BOB - NO HIKE IN AUGUST FREE**

Take a hike with Bob Kuchta, our former Tree Warden. This month we’ll be hiking on the **Surf Club Tidal Marsh Trail in Madison**. The Bus will leave from the Senior Center at 1:30pm. **Thursday, September 29<sup>th</sup> | 1:30-3:30pm Registration Required**

**AUGUST SHOPPING TRIP SCHEDULE**

**Registration Required | Pickups between 8:45- 9:30am**

Friday, Aug. 5 <sup>th</sup>	ShopRite/JoAnns in Clinton
Friday, Aug. 12 <sup>th</sup>	Farmer’s Market (pickup between 2-3pm)
Friday, Aug. 19 <sup>th</sup>	Big Y /Kohl’s in Old Saybrook
Wed. Aug. 24 <sup>th</sup>	Branford Walmart/Aldi’s (pickup at 1pm)
Friday, Aug. 26 <sup>th</sup>	Fresh Market in Guilford

## MESSAGES FROM THE MUNICIPAL AGENT

### RENT REBATE

Eligible participants will receive one-time assistance annually that helps to offset rental expenses. Documentation of 2021 income, (income taxes if you file them) payments made for rent, heating, water bills, and electric are required to apply. Application intake begins after May 15<sup>th</sup>, 2022, please call the Senior Center to schedule an appointment. **2021 Maximum Annual Income Single: \$38,100 and Couple: \$46,400**

### CONNECTICUT WATER FINANCIAL ASSISTANCE

*Are you behind on your water bill? Are you finding it difficult to keep up with payments?* Connecticut Water has several programs available to assist you. There are programs that can match payments you make on your account as well as assist with a 15% reduction on your entire bill. Please contact the Senior Center for more information or to apply.

### 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 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- \$2,786 & Couple- \$3,754**

### FARMERS MARKET COUPONS

Eligible participants enjoy CT Grown fruits, vegetables, fresh cut herbs, and honey from local certified Farmers' Markets. To be eligible: age 60 or older or are disabled and living in senior housing, and participating in another program that has means testing and meet income requirements. Eligible participants receive \$15 in coupons, good at the Madison Farmers' Market. The market is open on the town green on Fridays from 3 to 6pm until the end of October. **Monthly Guideline: Single: \$2,096 and Couple: \$2,823**

### 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.

### SNAP BENEFITS

SNAP, the Supplemental Nutrition Assistance Program, formerly known as food stamps, can be used to purchase food at grocery stores, convenience stores, and some farmers' markets and co-op food programs. SNAP benefits are given to you each month on a plastic card called an EBT (electronic benefits transfer) card, which works like a debit card. There is no asset limit except for those households whose gross income is more than 185% of the Federal Poverty Level. For those households, total assets including cash, savings, accounts, stocks and bonds cannot be more than \$3500. **No Asset Test - Monthly Guidelines: Single: \$1,989, Couple: \$2,686, Family of 3: \$3,386.**

### CONNECTICUT ENERGY ASSISTANCE PROGRAM

*Early Application Intake begins Aug. 1<sup>st</sup>.* Helps to offset heating expenses during the winter. All fuel sources welcome to apply. An applicant must meet income guidelines for all members of the household. Previously, there was an asset test for this program. In recent years, this has been waived, no information is available as to the requirements for this year's program at the time of printing. Proof of all income, rent/mortgage, & utility expenses for the month prior to the application date are required. **Income Guidelines not available at time of printing.**

## GENERAL INFORMATION & SERVICES

### LEGAL ASSISTANCE

Erin Duques is an estate planning, elder law, and special needs planning attorney, practicing in the Madison office of the law firm of Czepiga, Daly, Pope & Perri. Sessions are intended to provide seniors an opportunity to ask and get information regarding general legal questions. The attorney cannot provide specific legal advice during this limited session and a formal attorney-client relationship is not established. Call the Senior Center for an appointment. **Tuesday, Aug. 2<sup>nd</sup> & 16<sup>th</sup> 9-10am**

### FINANCIAL COUNSELING FOR SENIORS

Madison Financial Planning will offer general advice on financial matters for seniors on subjects such as reverse mortgages, retirement planning, credit card debt, debt consolidation, and estate planning. These **phone** appointments will be scheduled in 15-minute increments twice a month on **from 9:15-10:15am. Thurs., August 11<sup>th</sup> & 25<sup>th</sup> FREE**

**HANDICAPPED PARKING PERMIT** application permit applications are available in the senior center office.

### SAFETY CHECK LIST

Are you concerned for your safety in the event of emergency or weather event? To add your name to the Safety Check list, call (203) 245-5627.

### HEARING CLINICS

Nancy Jablonski, from *Audiology Concierge* will be resuming their monthly in-person visits at the Madison Senior Center, for free hearing testing, hearing aid checks, wax inspection, and listening demonstrations. Call the Senior Center to make your appointment. **Monday, August 15<sup>th</sup>. Appointments starting at 11am FREE**

### MEALS-ON-WHEELS

The Meals on Wheels program is ongoing. For more information regarding the Meals on Wheels Program, please call (203)245-5627. Space is limited. A doctor's note is required to be eligible to receive meals. Have your doctor fax the note to: (203) 318-0670. **If you would like to volunteer to deliver Meals on Wheels please contact the Senior Center (203) 245-5627.**

### DIAL-A-RIDE - (203) 245-5695 OR (203) 245-5627

**Tuesdays: 9:30am - 4pm Wednesdays: 8:30am - 4pm Thursdays: from 8:30am - 4pm**

Transportation is provided for Madison residents age 60 or older and disabled residents over the age of 18 with certification of a medical disability. We cover a 14-town region for medical appointments, and personal business on a first come first served basis, *call early* as we are often booked well in advance. Properly worn face masks are required when riding any Senior Center bus.

### SENIOR CENTER BUS SERVICE - MONDAY - FRIDAY 9AM TO 3:30PM

A fixed route service to the MSC, downtown, and grocery shopping. Call (203) 245-5627 to reserve a ride. Properly worn face masks are required when riding any Senior Center bus

### ASK THE NURSE

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. **REGISTRATION REQUIRED. Tuesday, August 9<sup>th</sup> & 23<sup>rd</sup> at 12:30pm**

### CAREGIVERS' 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. **Proof of vaccination required for this activity at time of registration. Tuesday, Aug. 16<sup>th</sup>, 11-12:30pm FREE**

**Tuesday, Aug. 16<sup>th</sup>, 11-12:30pm FREE**

**Homebound Caregivers: Call in or video chat with other family caregivers for a weekly one hour Zoom support group. Every Wednesday 2 - 3pm | Go to zoom.us or call 1-929-205-6099 Meeting ID: 8613378319**

## GROUPS

Registration Required for All activities at the Senior Center

### SWEDISH WEAVING

FRIDAYS AT 10:30-11:30AM

FREE

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. **Fridays from 10-11:30am**

### ARTISTS' GROUP

MONDAYS AT 1:30PM

FREE

Bring your art supplies and join other artists for an afternoon painting, while you support and inspire each other!

### MAHJONGG DROP-IN DAY

WEDNESDAYS-ALL DAY

We are setting aside time for anyone who wants to play MahJongg to come in by themselves and join a group or come in with 1, 2, or 3 others.

### QUILTS OF JOY WITH ELLEN OLSON

TUESDAYS AT 1:15-3:30PM

FREE

If you are someone who can sew, cut or iron or wants to learn how to quilt and contribute your time, join us for "Quilts of Joy." Volunteer your time to help create beautiful quilts that will be donated to area Women's Shelters. Please bring scissors, pin cushions (*rotary cutter and board if you have one*) and an excitement for quilting! Please call to register. Instructor: Ellen Olson

### KNITTING GROUP

TUESDAYS FROM 1-2:30PM

FREE

Join fellow knitters at all stages of proficiency, for a fun afternoon of knitting. on

### MEET, MINGLE & MUNCH SOCIAL GROUP

WED., AUGUST 10<sup>TH</sup> AT DONAHUES AT 5PM

**Do you like** to do things, but not alone? At the 3M's social group you can join others for a fun evening out. 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*

### SETBACK PLAY

THURSDAYS, FROM 1:30-3:30PM

FREE

A Setback Group has started and is meeting regularly at the Senior Center. If you would like to join them call the Senior Center to register. New members are welcome!!

### HAND & FOOT

TUESDAYS & THURSDAYS AT 1PM

FREE

Hand & Foot has returned to the Senior Center. It's a fun and engaging card game. Come join the fun!

### BINGO AT THE SENIOR CENTER

THURSDAY, AUG. 4<sup>TH</sup> & 18<sup>TH</sup> AT 1:30PM

FREE

We will be having Bingo twice a month starting this month. Everyone will get their own paper Bingo Cards to play with and we'll have a great time as the numbers are called out and we fill our cards. **Registration is required** and bus transportation will also be provided.

### CRIBBAGE CLUB

MONDAYS AT 1 PM.

FREE

The Cribbage Club will resume meeting at the Senior Center. Please call the Senior Center if you have any questions.

### MSC BOOK CLUB

4<sup>TH</sup> TUESDAY OF THE MONTH AT 1PM

FREE

Meetings occur monthly on the 4<sup>th</sup> Tuesday of the month at 1pm. **Registration is required.** The upcoming books to discuss are:

Sept. 27<sup>th</sup>

West With Giraffes

Oct. 25<sup>th</sup>

Her Last Flight

Nov. 15<sup>th</sup>

The Winemakers Wife

The meeting this month is Tuesday, August 23<sup>rd</sup> discussing Great Circle



## CLASSES

### SENIORS IN MOTION

Seated and standing exercise. Increase muscle tone, joint flexibility, & cardiovascular strength.

**Mondays, Aug. 1<sup>st</sup> - 29<sup>th</sup> | 11-12pm | MM\$42 | NMM\$52 | 5 Classes | Minimum Needed 5**

**Wednesdays, Aug. 3<sup>rd</sup> - 31<sup>st</sup> | 10:30-11:30am | MM\$30 | NMM\$40 | 5 Classes | Minimum Needed: 7**

**Fridays, Aug. 5<sup>th</sup> - 26<sup>th</sup> | 10:30-11:30 | MM\$24 | NMM\$24 | 4 Classes | Minimum Needed: 7**

### CHAIR YOGA

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

**Mondays, Aug. 1<sup>st</sup> - 29<sup>th</sup> | 1:30-2:30pm | MM\$30 | NMM\$40 | 5 Classes | Minimum Needed: 7**

### MEN'S FITNESS

This class is specifically designed for men over 60, promoting muscular strength, balance and endurance; utilizing dumbbells, exercise bands, chairs. Hank Sullivan is a personal trainer, certified in teaching Senior Fitness. Years of experience working with seniors has shown him that improved physical functioning leads to better overall quality of life! All fitness levels welcome! The class is 6 weeks long and requires 5 students minimum to run. *No class 10/10.*

**Mondays, Sept. 26<sup>th</sup> - Nov. 7<sup>th</sup> | 9:15-10:15am | Fee: MM\$58 | NMM\$68**

### UKULELE WITH PETER

Ukulele performer and teacher Peter Magrane will be back in person to teach you how to play the ukulele. Peter has spent extensive hours performing at numerous hospitals, nursing homes, and coffee houses throughout the US .

Come join Peter and other seniors to learn to play this wonderful versatile instrument. (5 classes)

**Wednesdays, Aug. 3<sup>rd</sup> - 31<sup>st</sup> | 10-11am | 5 classes | Fee: MM\$30 | NMM\$40**

### BEGINNING UKULELE

This class is for those who would like to learn to play a ukulele. Peter will get you started on your path to virtuosity!

Come join the fun! (Min. 5 students) **Wednesdays, Aug. 3<sup>rd</sup> - 31<sup>st</sup> | 11:15-12:15pm | (5 classes) | Fee: MM\$42 | NMM\$52**

### YOGA PLUS

Amy de Lucia-Ferri teaches a gentle nurturing yoga class that will encourage building strength and flexibility of the body, through yoga postures and gentle flowing yoga sequences, as well as encouraging strength and flexibility of the mind through mindfulness practices and breathwork. Expect to develop a whole-body connection throughout class that will increase your sense of wellbeing. **Thursdays, Sept 30<sup>th</sup> – Oct. 13<sup>th</sup> | 9:15-10:15am | Fee: MM\$60 | NMM\$70**

### STRETCH & BALANCE

Feeling stiff? You don't need to any more, join our brand-new class on gentle stretching and balance. Our popular, new, yoga instructor, Amy de Lucia-Ferri is excited to help you regain your flexibility and balance with some exercises that will help you feel better and keep you safer. (6 weeks) **Wednesdays, Sept. 7<sup>th</sup> – Oct. 12<sup>th</sup> | 12:30-1:30pm | Fee: MM\$45 | NMM\$55**

**Fridays, Sept. 9<sup>th</sup> – Oct. 14<sup>th</sup> | 12:15-1:15pm | Fee: MM\$45 | NMM\$55**

### MINDFUL MEDITATION WITH AMY

These sessions are open to all skill levels, from beginners to folks with more experience with meditation. Delve into mindfulness at its core. Each week explore a different practice to cultivate resilience, clarity, kindness and a sense of connection to oneself as well as our interconnection to our world. Practices will include concentration practices, mindfulness of the body, mindfulness of emotions, as well as an introduction to metta practice, the practice of loving kindness. (5 weeks and 6 students minimum) **Thursdays, Sept. 1<sup>st</sup> - 29<sup>th</sup> | 10:30-11:15am | Fee: MM\$50 | NMM\$60**

### TAI CHI

Tai Chi is a low impact holistic exercise that brings harmony and grace to our every day. Focusing on basic principles, our practices strengthen and align the body to restore balance and regulate the core functions of our physical and emotional bodies to promote relaxation, ease of movement and peace. Instructed by Karen Strawson **Min. 7 students needed- 6 classes** **Wednesdays | Aug. 3<sup>rd</sup> - Sept. 7<sup>th</sup> | 1-2pm | Fee: MM\$60 | NMM\$70**

**Please Remember the deadline to sign up for classes in August is July 25<sup>th</sup>**

## OF SPECIAL INTEREST

### **SENIOR BEACH PARKING PASSES (SEASONAL STICKER FOR RESIDENTS/TAXPAYERS)**

#### **\$10<sup>00</sup> per vehicle (age 60 +) Must be affixed to driver's side of windshield**

If you do not have a car registered in your name and depend on others to drive you to the beach you may purchase a Caregiver/Senior Non-driver pass that is non-transferable. You must be in the car at the time of use and present a valid photo ID. Tag price \$10<sup>00</sup>

### **BRIDGE CONVENTIONS YOU SHOULD KNOW with Don Bruggemann**

Conventions are tools that help us better communicate with our partner. It is important to learn to use our tools effectively. *Bridge Conventions* is an 8 week class discussing and explaining conventions you should know. Even if you do not play them, you need to know what they mean because your opponents will be playing them. These conventions include: the Stayman Convention, Jacoby Transfers, Jacoby 2NT response to a major, Drury, Weak Two-Bids, Strong 2 Club Opening, Take-Out Doubles, Negative Doubles. Two-Suited Overcalls (Michaels & Unusual No Trump), Flannery, MeckWell and Roman Key Card Blackwood. and will be based on material provided by the instructor (*no textbook*). The lessons will consist of a discussion of the topics listed and a set of pre-arranged hands prepared for the students to play. In addition to practicing the use of conventions, the exercises will also involve bidding, declarer play and defense. Min number of students 8/max 16 .

**Tuesday, Sept. 27<sup>th</sup>-Nov. 15<sup>th</sup> | 10 – 11:30 am | Fee: MM\$90 | NMM\$100**

### **SUMMER CONCERTS ON THE GREEN**

Concerts are held each Sunday evening 6 to 8 pm on the Town Green. • All events are free of charge. Bring your own lawn chairs and a picnic dinner if you like. • Please no alcohol as per Congregational Church request. • Please follow current state guideline for social distancing and mask wearing.

8/7	<b>1 Wild Night:</b>	Bon Jovi Tribute Band
8/14	<b>The Larry Stevens Band</b>	Folk, Rock Country
8/21	<b>Last Licks</b>	Classic Rock
8/28	<b>Eddie Seville</b>	Rock, Country, & more

### **PARKINSON'S DISEASE SUPPORT GROUP**

Support group for folks with PD meeting on the first Monday of the month at the Madison Senior Center. Facilitated by Lynne Keyser. **Mon., Aug 1<sup>st</sup> 10:30am FREE**

### **STAY SAFE ON THE ROAD WITH THE AAA DEFENSIVE DRIVING COURSE**



It's free, and you may qualify for an auto insurance discount upon completion! • Get a refresher on driving skills, strategies and traffic laws • Discover the latest technology • Stay driving longer, while remaining safe • Learn from highly trained, certified instructors in traffic safety **Friday, Sept. 23<sup>rd</sup> 9-12:30pm** Registration Required FREE

### **LOVE TO READ? NEED A BOOK?**

We can help! Beginning in December a new program begins for those who can't get to the library. All you have to do is call the library, put your book on hold and then call the Senior Center to let them know you have books to pick up at the library. A friendly volunteer will then pick up the books and deliver them to you. We will also return the book to the library when you have finished it. Take advantage of this great service, there is nothing like cozying up to a good book!

### **MSC ART GALLERY**

*The MSC Art Gallery is a rotating gallery with a new local artist every 6 weeks. We are looking for new exhibitors. If you would like to show your work, please contact us for information. (203) 245-5627*

## TRIPS

### **CALIFORNIA DREAMIN': MONTEREY, YOSEMITE & NAPA MONDAY, OCT. 10<sup>TH</sup> — 17<sup>TH</sup>**

*8 Days • 12 Meals: 7 breakfasts, 2 lunches, 3 dinners* This is the essence of Northern California, from fine wine and freshly caught seafood to vibrant cities and nature on an epic scale. Discover Monterey's Fisherman's Wharf and Sacramento's Old Town. Witness the stunning views along 17 Mile Drive. Meet a local farmer and taste his farm's produce. Marvel at the unspoiled beauty of Yosemite National Park. Glide on the pristine waters of Lake Tahoe on a paddle wheeler. Sip local wines in Napa Valley and enjoy a farm-to-table lunch. Embrace the laid-back life of the Golden State. For more information go to <https://gateway.gocollette.com/link/1095351> Pricing: Double \$2999pp | Single \$3799pp. | Triple \$2969 Check with the Senior Center for current prices.

### **EUROPE'S COSMOPOLITAN CITIES: AMSTERDAM, BRUSSELS & PARIS SAT., APRIL 22<sup>ND</sup>-MAY 1<sup>ST</sup> '23**

Delve into the cosmopolitan allure of three of Europe's most culturally engaging cities, plus explore the world-famous Keukenhof Gardens. Get to know Amsterdam on a canal cruise before tasting your way around a local neighborhood on a multi-stop lunch tour. Choose how you explore Belgium: spend the day in medieval Bruges or dynamic Brussels. Travel from Brussels to Paris via the high-speed Thalys train. Explore the hilltop Parisian *arrondissement* of Montmatre. Enjoy a full day to explore Paris as you please before bidding Europe *adieu* with a farewell dinner cruise along the Seine. Art, cuisine, and history unfold before you as you experience the grandeur of Amsterdam, Brussels, and Paris. For more information go to <https://gateway.gocollette.com/link/1110468> Pricing: Double \$4599pp | Single \$5599pp. *Special presentation on this trip on Tuesday Sept. 13<sup>th</sup> at 10:30.*

### **EXPLORING BIG SKY COUNTRY: 11 DAYS • 15 MEALS: 10 BREAKFASTS • 5 DINNERS COMING JUNE 2023**

#### **Montana, Big Sky Country featuring Yellowstone and Glacier National Park**

**This is a small group tour, departure maxes out at 24 travelers. Information & Pricing Available Soon.**

Join us on an 11 day, 15 meal tour including the Northern and Southern Loops of Yellowstone National Park, and visit Old Faithful, Yellowstone's Grand Canyon, Mammoth Hot Springs, and more. Venture through Paradise Valley to Helena, the "Queen City of the Rockies." Cruise on the Missouri River through the Gates of the Mountains, named by legendary explorers Lewis and Clark. Spend time in the mountain town of St. Mary Village before heading in to explore Glacier National Park. Take an adventurous white-water rafting trip or a calm, scenic float down the Flathead River. Meet a descendant of the last Kootenai chief, and learn about the importance of the land in native life. Get a glimpse into the heroic and dangerous life of a Smokejumper. A land of wilderness, adventure, and beauty, Montana is waiting for you.

### **SOUTH PACIFIC WONDERS 15 DAYS • 20 MEALS: 11 BREAKFASTS • 3 LUNCHESES • 6 DINNERS COMING OCT. 2023 INFORMATION & PRICING AVAILABLE SOON.**

See what life is like "Down Under" on this incredible 15 day journey through Australia and New Zealand. Discover the wonders of Aboriginal culture. Cruise Sydney Harbour and Milford Sound. Be welcomed into a New Zealand family's home for dinner. Experience Queenstown, the "Adventure Capital of the World." Indulge in regional flavors during lunch at a family-run merino sheep farm. From the tropical splendor of Australia's Great Barrier Reef to the ethereal beauty of New Zealand's glacial fjords, enjoy the best of the South Pacific.



## AUGUST MENU

<b>Mon. 1</b>	Cream of Asparagus Soup, Swedish Meatballs, Pound Cake
<b>Tues. 2</b>	Seafood Chowder Ahi Tuna Salad with Fresh Berries and Goat Cheese, Jello
<b>Wed. 3</b>	Chicken Vegetable Soup, Chicken with Hunter Sauce & Cinnamon Apple Cake
<b>Thurs. 4</b>	Broccoli Cheddar Soup, Roast Pork Loin with Roasted Garlic and Mushrooms, Carrot Cake
<b>Fri. 5</b>	Seafood Bisque, Crab Cake Sandwich & Key Lime Pie
<b>Mon. 8</b>	Mushroom Lentil Soup, Honey Stung Fried Chicken, Cookies
<b>Tues. 9</b>	Tomato Soup, Grilled Flank Steak with Roasted Potatoes & Corn, Ice Cream
<b>Wed. 10</b>	Navy Bean with Ham Soup, Salmon Salad Club, Strawberry Shortcake
<b>Thurs. 11</b>	White Bean & Sausage Soup, Citrus Rub Spare Ribs, Lemon Meringue Pie
<b>Fri. 12</b>	New England Clam Chowder, Stuffed Flounder, Lemon Poppy Cake
<b>Mon. 15</b>	Tuscan Chicken and Pasta Soup, Quiche Lorraine with a Fresh Baby Spinach Salad, Chocolate Cream Pie
<b>Tues. 16</b>	Seafood Boil, and Cherry Pie
<b>Wed. 17</b>	Wild Mushroom Barley Soup, Balsamic Lamb, Chocolate Pudding
<b>Thurs. 18</b>	Asian Pepper Steak Soup, Roast Pork, Lemon Cake
<b>Fri. 19</b>	Rhode Is. Clam Chowder, Seared Cod with Herb Butter & Roasted Sweet Potatoes, Apple Pie
<b>Mon. 22</b>	Potato Soup, Chunky Chicken Salad over Roasted Brussel Sprouts, Parfait
<b>Tues. 23</b>	Split Pea Soup, Grilled Ham, Tomato and Cheese, Ice Cream
<b>Wed. 24</b>	Beef Vegetable Soup, Pork Schnitzel, Chocolate Pound Cake
<b>Thurs. 25</b>	Chicken Noodle Soup, Chicken Cacciatore, Peach Pie
<b>Fri. 26</b>	Manhattan Clam Chowder, Grilled Salmon with Melon BBQ, Blueberry Pie
<b>Mon. 29</b>	Chicken Florentine Soup, Spanish Paella, Cheesecake
<b>Tues. 30</b>	Tomato Bisque, Pulled Pork Sliders, Sorbet
<b>Wed. 31</b>	Cream of Spinach Soup, California BLT, Mango Coconut Tapioca Pudding

**SIGN-UP GUIDELINES:** **Madison Residents:** May begin signing up **Monday, July. 25<sup>th</sup>** **Non-Madison Residents:** May begin signing up **Wednesday, June. 27<sup>th</sup>**. All participants must be active members of the Madison Senior Center or a guest. When you call to make your reservations, please let us know if you are dining indoors or outdoors. **To cancel or change a lunch reservation, call (203) 245-5627** no later than 9am the day of the reservation, and we will credit your account. The cost of all meals is \$7, payable at time of reservation by check or credit card

## BACK PAGES

### **JEWELRY MAKING WITH VICTORIA WOOLARD AGAIN!**

Our last visit with Victoria was so successful we are asking her to come back again. This time we are making ornaments! Come craft with Still Waters USA and make authentic, hanging sea glass starfish (*can hang from windows, trees or really any place that needs some decorating*) using East Coast picked sea glass from beaches in CT and RI. Each participant will take one completed hanging starfish home for gifting or to keep for themselves. Victoria Woolard, is the founder of Still Waters USA, a new small business that makes intricate jewelry and decor with local, hand-picked sea glass. **Tuesday, August 30<sup>th</sup> from 2-3:30pm FEE: \$25**

### **VOLUNTEERS NEEDED**

**MEALS ON WHEELS:** Join the Senior Center corps of Meals On Wheels drivers. Most people volunteer to drive once or twice a month, you can have your mileage reimbursed and most of all make a significant difference in the lives of Madison seniors. **Call (203) 245-5627**

**NEWSLETTER BRIGADE:** Once a month a great group of ladies, though men are certainly welcome, gather at the Senior Center to prepare our newsletter to be mailed (label, fold and wafer seal the newsletters). Besides providing an extremely valuable service, it is also a chance to chat, laugh and share great stories. If you have a few hours to give, please consider joining the newsletter brigade!

**MADISON FOOD PANTRY:** Madison has a terrific weekly food pantry. Homebound residents can have their food delivered to them. Food deliveries are at 10am on Tuesday mornings. Delivery volunteers go to the food pantry at 50 Mungertown Rd, pick up bagged groceries, make the deliveries, and return empty reusable grocery bags to the pantry. The entire process takes about an hour and most volunteers give one shift per month. If you are interested in volunteering , please contact Mary Dodd at 203-804-4640 or at [marymdodd@gmail.com](mailto:marymdodd@gmail.com).