

Trends & Traditions

October 2022

Madison Senior Center

Featured Events.....	1
Messages from the Municipal Agent.....	3
General Information & Services	4
Groups.....	5
Classes.....	6
Of Special Interest.....	7
Trips.....	8
October Menu.....	9
Back Pages	10

FEATURED EVENTS

PAINT LIKE BOB ROSS

Join Certified Ross Painting instructor, Candy Kozak, as she teaches you how to paint like Bob Ross. Candy started learning these techniques directly from Bob Ross in the late 1980s. Candy has taught thousands of students in the last 35 years and remembers what it's like to be a beginner, she is very patient and understanding. Candy provides everything you need including a 16" x 20" canvas, paint and brushes, she only asks you to bring 1 roll of paper towels. The class takes 3 hours that will be broken into 2 sessions (*see times below*). If you want to register for lunch just let us know.

Tuesday, October 18th | 10:30am - 12 noon *and* 1 - 2:30pm | Fee: MM\$48 | NMM\$58

BRIDGE BASICS I WITH RICK SEABURG

An 8-week class that covers the fundamentals of the game of bridge which will consist of play and defense. This class is for anyone who wants to learn to play bridge or who needs a refresher. Please purchase the book, *Bridge Basics 1, An Introduction* by Audrey Grant and bring to the first class! (8 students minimum/16 max.; 8 classes)

Weds., Oct. 12th - Nov. 30th | 10 - 11:30am | Fee: MM\$90 | NMM\$100

Don't miss our other Bridge Classes see page 7 for details

INDOOR FLU CLINIC

Tuesday, Oct 11th - 12 - 3pm | Madison Senior Center | 29 Bradley Rd., Madison

All vaccines at our flu clinics will be administered by licensed and experienced nurses from **Home Care Plus Community Healthcare and Hospice Yale New Haven Health** (formerly VNA Community Healthcare & Hospice). CDC recommends yearly flu shots for all ages. Participating insurance or private pay (cash, check or MC/Visa) Bring all insurance cards with you.

Participating Insurances

Anthem BC/BS, ConnectiCare, Harvard Pilgrim, Medicare Part B and VA

Pre-registration is required through their website at www.vnacommunityhealthcare.org/flu

If you don't have computer access please call (203.458.5920)

CONQUER YOUR DAY: MAXIMIZING YOUR DAILY ACTIVITY

Do you struggle with daily activities, or lifting certain items at home or at the office? Preparing yourself can help reduce injuries!

Discussion Topics:

- Increasing strength and reducing injuries
- Preparing for daily tasks
- One Rep Max living - What is it? Setting expectations

Tasty treats will be provided by Gaylord for all in attendance

Thursday, Oct. 13th 1-2:pm (Includes Q&A) Registration Required FREE

General Information/New & Noteworthy

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 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

Nick Postovoit

*The Senior Commission meets on the second Thursday of the month. The next meeting will be **October 13th 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

Fall has always been my favorite time of year. The air is crisp and cool, the weather is perfect for outdoor activities and the busyness of summer is behind us. I hope you have a chance to stop by the downtown area and check out the Madison Senior Center scarecrow. We are participating in the Chamber of Commerce's Annual Scarecrow event and you can vote for our creation.

October is also the time to get your flu shot, and we are providing you with an opportunity to do so on Tuesday, October 11th right here at the Senior Center. I hope you find something of interest to you in this month's newsletter.

We look forward to seeing you this fall.

Austin

MAH JONGG LESSONS

Learn to play this popular game from our own Dale Kach. Dale will give you handouts and teach the fundamentals to get you up and running with this challenging and addicting game of strategy. Sign up early as there are only 12 spots available! (8 classes)

Tuesdays | Oct. 4th – Nov. 22nd | 1:2:30pm | Fee: MM\$25 | NMM\$35

HIKE WITH BOB - FREE

Take a hike with Bob Kuchta, our former Tree Warden.

This month we'll be hiking on the Bauer Park Woodland Trail in Madison. The Bus will leave from the Senior Center at 1:30pm.

Thursday, October 27th | 1:30-3:30pm **Registration Required**

SEPTEMBER SHOPPING TRIP SCHEDULE

Registration Required / Pickups between 8:45- 9:30am

Friday, Oct . 7th **TJ Maxx** in Clinton

Friday, Oct 14th **Farmer's Market (pickup between 2-3pm)**
this is the last trip to the Market for the year

Friday, Oct . 21st **Roberts**

Friday, Oct . 28th **Big Y in Clinton**

MESSAGES FROM THE MUNICIPAL AGENT

RENT REBATE DEADLINE OCT 1ST

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 15th, 2022, please call the Senior Center to schedule an appointment.

2021 Maximum Annual Income Single: \$38,100 and Couple: \$46,400

CONNECTICUT ENERGY ASSISTANCE PROGRAM

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 years program at the time of printing. Proof of all income, rent/mortgage, & utility expenses for the month prior to the application date are required. **Monthly Income Guidelines : Single: \$3,313 Couple: \$4,333**

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 \$24 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.

NOVEMBER 2022 HOLIDAY BASKET (REGISTRATION ENDS MONDAY, NOVEMBER 7, 2022)

Due to the success of the changes implemented during the pandemic, the MCS Food Pantry will follow a similar procedure as last year for the holiday baskets. Upon request, Madison residents will receive a gift card, instead of prepackaged grocery bags. In addition, we will distribute a turkey to families, and a chicken to seniors and singles who follow the steps below:

Registered Food Pantry Clients: If you are a registered Food Pantry client, please let Mary Hake know (between 10/1/21 and 11/7/21) that you would like to receive a basket when you pick up at your regular scheduled appointment at the Food Pantry on Tues., 11/15 or Wed., 11/16. (Our homebound Food Pantry clients will receive their holiday basket on Tues. morning, 11/15.)

Not a Registered Food Pantry Client: 1) If you are not a registered Food Pantry client, but received a 2022 Spring basket, an MCS volunteer will contact you in October to confirm whether or not you would like to receive a November basket. 2) If you are new to MCS and would like to receive a basket, please email stephanie.mcsinc@gmail.com. Or contact Madison Community Services at (203) 245-3031, a MCS volunteer will reach out within a few days. 3) The baskets will be delivered to your home by our volunteer drivers on Mon., 11/14.

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, Sept. 6th & 20th 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., Oct. 13th & 27th 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. **NO Audiology appointments in September.**
Monday, Oct. 17th appointments starting at 11am

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: 8:30am - 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 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. **REGISTRATION REQUIRED. Tuesday, Oct. 11th & 25th 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 3rd Tuesday monthly at MSC. **Proof of vaccination required for this activity at time of registration.**
Tuesday, Sept. 20th, 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

CALLING ALL BRIDGE PLAYERS! TUESDAY AFTERNOONS FROM 1-3:30PM **FREE**

Looking for a friendly game of Bridge on Tuesday afternoons from 1-3:30pm. If interested call the Senior Center at (203) 245-5627

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 **THURSDAY, OCTOBER 6TH & 20TH AT 1PM** **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 **4TH TUESDAY OF THE MONTH AT 1PM** **FREE**

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

Nov. 15th The Winemaker's Wife

Dec. 13th Clara & Mr. Tiffany

Jan. 24th The Plot

The meeting this month is Tuesday, Oct. 25th discussing *Her Last Flight*

CLASSES

SENIORS IN MOTION

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

Mondays, Oct. 3rd - 31st (No Class 10/10) | 10:30-11:30am | MM\$34|NMM\$44|4 Classes|Minimum Needed 5

Wednesdays, Oct. 5th - 28th | 10:30-11:30am | MM\$24|NMM\$34|4 Classes |Minimum Needed: 7

Fridays, Oct. 7th - 28th | 10:30-11:30 | MM\$24|NMM\$34|4 Classes|Minimum Needed: 7

CHAIR YOGA

MONDAYS, OCT. 3RD - 31ST AT 1-2PM

FEE:MM\$24|NMM\$34

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

(No Class 10/10) | 4 Classes|Minimum Needed: 7

MEN'S FITNESS

MONDAYS, SEPT. 26TH - NOV. 7TH AT 9:15-10:15AM

FEE: MM\$58|NMM\$68

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.*

UKULELE WITH PETER

WEDNESDAYS, OCT. 5TH - 26TH AT 10-11AM

FEE: MM\$30|NMM\$40

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)

4 Classes| If you are interested in a beginner class please contact the Senior Center.

YOGA PLUS

THURSDAYS, OCT. 20TH- DEC. 1ST AT 9:15-10:15AM

FEE: MM\$60|NMM\$70

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. **No Class 11/24 - Thanksgiving**

STRETCH & BALANCE

WEDNESDAYS, OCT. 19TH - NOV. 23RD AT 12:30-1:30PM

FEE: MM\$45|NMM\$55

FRIDAYS, OCT. 21ST - DEC. 1ST 12:15-1:15PM

FEE: MM\$45|NMM\$55

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)

MINDFUL MEDITATION

THURSDAYS, OCT. 1ST - 29TH AT 10:30-11:15AM

FEE: MM\$50|NMM\$60

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)

SENIOR BOOTCAMP

MONDAY, OCT-. 3RD -DEC. 12TH AT 5:30-6:30PM

FEE: \$23

An all-in-one workout designed to improve your quality of life. This class features simple low-impact cardio, balance, strength and endurance exercises, and helps improve flexibility. A sturdy chair, hand held weights or resistance bands, and exercise balls will be used. (10 classes - No class 10/10)

TAI CHI

WEDNESDAY, OCT. 19TH-DEC. 28TH AT 1-2PM

FEE: \$30

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 (11 classes | 5 students min)

Please Remember the deadline to sign up for classes in September is 25th

OF SPECIAL INTEREST

WORLD WAR II WITH CHARLIE FISCHER

Mr. Fischer is back and ready to teach you all about WWII.

He will cover: • The Rise and Dominance of Imperialism and Fascism • The European Struggle and Axis Dominance • The War in the Pacific - the American Industrial Machine • The Remaking of the World Map, the Old Order Changeth!

Mondays, November 7th - 28th from 9:30am—11am | Registration Required Fee: MM\$20 | NMM\$30

DENTAL HEALTH

Dental Hygiene students from the University of New Haven will discuss what to expect when going to the dentist during a pandemic. The presentation will include information on brushing techniques, flossing techniques, nutrition, gingivitis vs periodontal disease, oral side effects of medications, effects of systemic diseases on oral cavity/overall health, denture tips, and dental products. We hope to keep you smiling!

Registration Required Friday, Nov. 18th at 10am FREE

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., Oct. 3rd 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, Nov. 4th from 9-12:30pm** Registration Required **FREE**

THE BOOK CADDY

The Book Caddy is the new mobile library that is sponsored by the Scranton Memorial Library! The mobile library visits the Madison Earth Care parking lot every Tuesday from 3-5pm, and now the **Madison Senior Center on Tuesdays from 1-3pm**. Stop by and pick up items you've placed on hold or browse a small collection of popular items. Returns are also accepted and there will be a friendly staff member to help you! Place holds now by calling the Library at **(203) 245-7365** and tell us that you'd like to pick up your hold at the Senior Center.

SELF PORTRAIT POETRY

Join us to learn how to write Self Portrait Poetry led by Cathy Weiss. Self-portrait poems stand out as a common and inspiring poetic exercise. The self-portrait poem embodies many of the best aspects of the overall genre: imagery, authenticity, and a strong sense of *personal voice*. These poems can be an easy place for the novice or a compelling multi layered excavation into the authentic self. In addition to their poetic value, self-portrait poems can help poets, people, and community connect with themselves and each other thus promoting understanding and empathy for one another.

Types of portrait poetry:

I come from..... Facts about someone, an idea, or objects put into poetry • *Poems written as if they were another's thoughts to glimpse into their life.* • *Poems about an inanimate object, poems about food is a common type, but possibilities abound.*

Tuesday, Oct. 18th - Nov. 8th at 1- 2:15pm Fee: MM\$40 | NMM\$50

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

Europe's Cosmopolitan Cities: Amsterdam, Brussels & Paris Saturday, April 22nd—May 1st, 2023

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 Montmartre. 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.

Exploring Big Sky Country: 15 Meals: 10 Breakfasts • 5 Dinners Thursday, June 22nd – July 2nd 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 a 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. Pricing: Double \$6199pp | Single \$7999pp | Triple \$6099

<https://gateway.gocollette.com/link/1110442>

South Pacific Wonders

Collette Travel

Wednesday, October 4th-18th 2023

15 Days • 20 Meals: 11 Breakfasts • 3 Lunches • 6 Dinners.

See what life is like "Down Under" on this incredible 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. Pricing: Double \$6599pp | Single \$7599pp | Triple \$6549pp For more information go to <https://gateway.gocollette.com/link/1110444>

OCTOBER MENU

*Anyone who loves food, ultimately knows that all that matters is:
"Is it good? Does it give you pleasure?"— Anthony Bourdain*

Mon. 3	Chicken Barley Soup, Swedish Meatballs, Ice Cream
Tues. 4	French Onion Soup, Grilled Ham, Tomato and Cheese Sandwich, Coconut Cake
Wed. 5	Cauliflower Soup, Glazed Pork Brussel Sprouts, Carrot Cake
Thurs. 6	Lentil Soup, Chicken Francoise, Brownies
Fri. 7	Seafood Chowder, Rare Pepper Seared Tuna, Cherry Pie
Mon. 10	Closed for Columbus Day
Tues. 11	Vegetable Soup, Chicken Alfredo, Raspberry Apple Pie
Wed. 12	Oktoberfest -\$12 ⁰⁰
Thurs. 13	Minestrone Soup, Stuffed Shells, Boston Cream Pie
Fri. 14	New England Clam Chowder, Stuffed Sole, Coconut Custard Pie
Mon. 17	Split Pea Soup, Chicken Caesar Salad, Chocolate Pudding
Tues. 18	Cream of Chicken Soup, Stuffed Cabbage, Apple Pie
Wed. 19	Butternut Squash Soup, Chicken Pot Pie, Apple Walnut Cake
Thurs. 20	Carrot Soup, Pork Shanks, Chocolate Mint Cream Pie
Fri. 21	Manhattan Clam Chowder, Salmon, Pecan Pie
Mon. 24	Cream of Asparagus Soup, Beef Stew, Cookies
Tues. 25	Barley Mushroom Soup, Roasted Pork Loin, Cranberry Apple Pie
Wed. 26	Italian Wedding Soup, Manicotti, Chocolate Cake
Thurs. 27	Tomato Soup, Meatloaf, Tapioca Pudding
Fri. 28	Rhode Island Clam Chowder, Crab Cakes, Cheesecake
Mon. 31	Florentine Soup, Beef Stroganoff, Pumpkin Pie

SIGN-UP GUIDELINES: **Madison Residents:** May begin signing up **Monday September 19th** **Non-Madison Residents:** May begin signing up **Wednesday, September 21st**. 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 Drive-Through. **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

Did You Remember to Renew Your Senior Center Membership?

Residents: \$15

Non-Residents: \$20

Back by Popular
Demand!!

MAKEUP FOR MATURE WOMEN with Celebrity Makeup Artist, Joby Rogers

Don't miss your
chance this time!

Joby Rogers, a Certified Celebrity Makeup Artist, is back 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

Monday, Oct. 17th at 1:30pm Fee: MM\$25 | NMM\$35

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



**HELP US CREATE A SENIOR CENTER SCARECROW!
IF YOU ARE INTERESTED IN HELPING US WITH OUR SCARECROW FOR THE
CHAMBER OF COMMERCE'S ANNUAL EVENT, CALL ELLIE AT (203) 245-5627**

