

# Trends & Traditions

November 2022

Madison Senior Center

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## FEATURED EVENTS

### 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 7<sup>th</sup> - 28<sup>th</sup> 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. 18<sup>th</sup> | at 10am FREE**



### SONGBIRDS OF CT

Kathleen Lowe from the *Friends of the Forest* will present a program on the songbirds of Connecticut and their habitats around town. Afterwards she will test your knowledge with a fun game of Songbird Trivia! There is no charge for this program but donations to *Friends of the Forest* are gratefully accepted. **Friday, Nov. 4<sup>th</sup> | 10—11am | Donations welcome**

### CRAFTING WITH VICTORIA WOOLARD

Come craft with Still Waters USA and make a wonderful holiday gift for yourself or someone else on your list. You'll be making 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, Dec.5<sup>th</sup> from 1-2:30pm FEE: \$25**



**Daylight Savings Ends  
on Sunday Nov. 6<sup>th</sup>  
Set your clocks  
back 1 hour!**

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](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
- Nick Postovoit

*The Senior Commission meets on the second Thursday of the month. The next meeting will be **November 10<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**

*N*ovember is a great time to get outdoors. The daytime temperatures are just right and the leaves are changing to the beautiful colors of fall. What better way to spend a November day than to join Bob Kuchta on a hike of the Clapboard Hill Marsh Trail. Bob is a walking encyclopedia of everything outdoors and a true friend of the Madison Senior Center. We leave the Senior Center at 1:30pm on Thursday, November 10<sup>th</sup> to embark on this autumn adventure.

Check out the *Book Caddy* on Tuesdays from 1-3pm. The Scranton Library visits the Senior Center with a small collection of new and popular books for you to check out and take home and return later.

Happy Thanksgiving!

*Austin*



**DID YOU REMEMBER TO RENEW YOUR SENIOR CENTER MEMBERSHIP? RESIDENTS: \$15| NON-RESIDENTS: \$2**

**HIKE WITH BOB - FREE**

Take a hike with Bob Kuchta, our former Tree Warden. This month we'll be hiking on the *Clapboard Hill Marsh Trail in Guilford*. The Bus will leave from the Senior Center at 1:30pm. **Thursday, November 10<sup>th</sup> | 1:30-3:30pm Registration Required**

**NOVEMBER SHOPPING TRIP SCHEDULE**

Registration Required | Pickups Between 8:45-9:30am

- Friday, Nov. 4<sup>th</sup>             TJ Maxx in Clinton
- Wednesday, Nov. 9<sup>th</sup>     Aldi's Market/Walmart
- Friday, Nov. 18<sup>th</sup>         Shoprite/Joann's in Clinton
- Thursday, Dec. 8         Westfarms Mall**

## MESSAGES FROM THE MUNICIPAL AGENT

### 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**

### SNAP BENEFITS: GUIDELINE & BENEFIT INCREASE EFFECTIVE OCT. 1ST, 2022

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 200% 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: \$2,265, Couple: \$3,052, Family of 3: \$3,838, Family of 4: \$4,625. Please note there is a Net Income Limit as well**

### 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](mailto: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, Nov. 1<sup>st</sup> & 15<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., Nov. 10<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, Nov. 21<sup>st</sup> 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 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, Nov. 8<sup>th</sup> & 22<sup>nd</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, Nov. 15<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

### **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, NOVEMBER 3<sup>RD</sup> & 17<sup>TH</sup> 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** **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:

Dec. 13<sup>th</sup> Clara & Mr. Tiffany

Jan. 24<sup>th</sup> The Plot

The meeting this month is Tuesday, Nov. 15<sup>th</sup> discussing The Winemaker's Wife

## CLASSES

### SENIORS IN MOTION

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

**Mondays, Nov. 7<sup>th</sup> - 28<sup>th</sup> | 10:30-11:30am | MM\$34|NMM\$44|4 Classes|Minimum Needed 5**

**Wednesdays, Nov. 7<sup>th</sup> - 28<sup>th</sup> | 10:30-11:30am|MM\$24|NMM\$34|4 Classes |Minimum Needed: 7**

**Fridays, Nov. 4<sup>th</sup> & 18<sup>th</sup> | 10:30-11:30|MM\$24|NMM\$34|4 Classes|Minimum Needed: 7**

### CHAIR YOGA

**MONDAYS, NOV. 2<sup>ND</sup> – 30<sup>TH</sup> 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.

**4 Classes|Minimum Needed: 7**

### MEN'S FITNESS

**MONDAYS, NOV. 21<sup>ST</sup>-JAN. 9<sup>TH</sup> AT 9:15-10:15AM**

**FEE: MM\$48|NMM\$58**

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 and requires 5 students minimum to run. *No class 12/26 & 1/2*

### UKULELE WITH PETER

**WEDNESDAYS, NOV. 5<sup>TH</sup> - 26<sup>TH</sup> 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. 20<sup>TH</sup>- DEC. 1<sup>ST</sup> 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, NOV. 30<sup>TH</sup> – JAN. 4<sup>TH</sup> AT 12:30-1:30PM**

**FEE: MM\$45|NMM\$55**

**FRIDAYS, OCT. 21<sup>ST</sup> — DEC. 1<sup>ST</sup> 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 No Class on 11/11 & 11/25)**

### MINDFUL MEDITATION

**THURSDAYS, NOV. 3<sup>RD</sup> - 17<sup>TH</sup> AT 10:30-11:15AM**

**FEE: MM\$30|NMM\$40**

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. (3 weeks and 6 students minimum)

### SENIOR BOOTCAMP

**MONDAYS 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. *We are currently taking names of folks who are interested in taking the class. )*

### TAI CHI

**WEDNESDAY, OCT. 19<sup>TH</sup>-DEC. 28<sup>TH</sup> 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) *To Register call 888-700-6543*

**Please Remember the deadline to sign up for classes in October is 24<sup>th</sup>**

## OF SPECIAL INTEREST



### STRENGTH TRAINING FOR MEN & WOMEN

Certified Trainer Hank Sullivan will lead the group, utilizing exercise bands, along with body-weight exercises. Seniors of all fitness levels are encouraged to sign up for this group activity. Loss of muscle mass and bone density (think osteoporosis) can negatively impact the quality of our lives, and strength training has been proven to slow the progression of these aspects of aging, and can even

reverse those negative trends in some cases. (6 classes, participants 5 students min./15 max. 6 week sessions)

**Tuesdays, Nov. 15<sup>th</sup>– Dec. 20<sup>th</sup> at 10:30am Fee: \$48**

### HEALTHY BRAIN SERIES

Hartford HealthCare Center for Healthy Aging Presented by Angela Christie Pg Dip Dementia Studies, CADDCT, CDP. Dementia Specialist.

Join us for our **free** four-part series on keeping memory strong. This program will offer tips to keep your brain sharp and activities to challenge the mind. All while having fun. Participants are encouraged to attend all sessions.

**Session 1:** Activities to ‘challenge’ your mind • **Session 2:** Importance of diet and nutrition

**Session 3:** Finding meaningful engagement as you age • **Session 4:** Importance of sleep and your brain.

**Tuesdays, starting January 10<sup>th</sup> at 10:30am 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., Nov. 7<sup>th</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, Nov. 4<sup>th</sup> 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.

### 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 22<sup>nd</sup>—May 1<sup>st</sup>, 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 22<sup>nd</sup> – July 2<sup>nd</sup> 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 4<sup>th</sup>-18<sup>th</sup> 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>



## NOVEMBER MENU

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

- Tues. 1** New England Clam Chowder, Crab Cake Apple Pie
- Wed. 2** Navy Bean & Ham Soup, Chicken Cacciatore, Ice Cream
- Thurs. 3** Split Pea Soup, Chicken Marsala, Coconut Cake
- Fri. 4** Shrimp Bisque, Roasted Cod, Tiramisu
- Mon. 7** Cream of Spinach Soup, Spaghetti & Meatballs, Apple Crisp
- Tues. 8** White Bean and Sausage Soup, Turkey Pot Pie and Tapioca
- Wed. 9** Vegetable Soup, Beef Stew, Cheese Cake
- Thurs. 10** Manhattan Clam Chowder, Stuffed Sole, Lemon Meringue Pie
- Fri. 11** **Closed in Observance of Veterans Day**
- Mon. 14** Italian Wedding Soup, Veal cutlet Scaloppini, Lemon Cake
- Tues. 15** Corn Chowder, Swedish Meatballs, Chocolate Cake
- Wed. 16** Cream of Cauliflower Soup, Shepherd's Pie and German Chocolate Cake
- Thurs. 17** **Thanksgiving Luncheon:** Sweet Potato Apple Soup, Honey Roasted Ham, Candied Sweet Potatoes, Green Beans Almondine, Pumpkin Pie \$12
- Fri. 18** Rhode Island Clam Chowder, Broiled Flounder, Coconut Custard Pie
- Mon. 21** Butternut Squash Soup, Meat Loaf, Yellow Cake
- Tues. 22** Tomato Bisque, Roasted Pork Tenderloin, Blueberry Coffee Cake
- Wed. 23** Chicken Noodle Soup, Stuffed Cabbage, Carrot Cake
- Thurs. 24 & Fri. 25** **Closed in Observance of Thanksgiving Holiday**
- Mon. 28** Lentil Soup, Pork Loin, Cookies
- Tues. 29** Minestrone Soup, Beef Stroganoff, Carmel Brownie
- Wed. 30** Beef Vegetable Soup, Chili, Rice Pudding

**SIGN-UP GUIDELINES:** **Madison Residents:** May begin signing up **Monday, October 24<sup>th</sup>** **Non-Madison Residents:** May begin signing up **Wednesday, October 26<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 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

### PLEASE NOTE:

We will be closed on :

Friday, November 11<sup>th</sup> for Veterans Day

and on Thursday & Friday,

November 24<sup>th</sup> & 25<sup>th</sup> for Thanksgiving

**Back by Popular  
Demand!!**

**Makeup for Mature Women**

**Don't miss your  
chance this time!**

### **WITH CELEBRITY MAKEUP ARTIST, JOBY ROGERS**

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, Nov. 28<sup>th</sup> at 1:30pm~Fee: MM\$25 | NMM\$35**