

# Trends & Traditions

May 2023

Madison Senior Center

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## FEATURED EVENTS

### INTRODUCTION TO DUPLICATE BRIDGE

Bridge club director and teacher Bill Segraves will provide a 1 hour hands-on introduction to duplicate bridge for players who know how to play but have not played duplicate. When playing Duplicate bridge, scoring is based on comparison of results attained by other players who held the same cards. This means success comes from what you do with whatever cards you are dealt, and is the form of scoring typically played in bridge clubs and bridge tournaments. It is also well suited to small social games and home team games and to learning through (and laughing about) the comparisons. Participants will play two deals and see how they are scored using duplicate scoring. After the session, participants will be ready to play in a club game or to set up their own home or small group duplicate. 2 to 16 participants needed. **Wednesday, May 24<sup>th</sup> | 10-11:30 am | Free**

### MAHJONGG 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) Registration Required **Tuesdays, May 9<sup>th</sup> – Jun. 27<sup>th</sup> | 1-2:30pm Fee: MM\$25 | NMM\$35**

### SPRING CUPCAKE DECORATING

Join us for a fun afternoon of cupcake decorating with Mimi's Cake Decorating School. We have a springtime theme and each participant will take home 12 cupcakes! Space is limited so sign up early!



**Thursday, June 1<sup>st</sup> | 1:30-3:30pm | Fee: MM\$18 | NMM\$28**

### INTRODUCTION TO BRIDGE COURSE II

This mini-course is a follow-up to the *Introduction to Bridge* course. Suitable for those students and for others who already know the basics of bridge bidding and play but will benefit from instruction in areas including invitational and forcing bids, preemptive bidding, slam bidding, and fundamentals of declarer play and defense in suit and notrump contracts. Class sessions will feature group discussion and play of prepared deals designed to illustrate key concepts in bidding and play. **Course materials:** Easybridge! 1 The Comic Book, by Edith McMullin, available through Amazon and other book sellers. For more info on this class see Ellie Gillespie at the Senior Center. (4 weeks) **Tue. May 23<sup>rd</sup> - June 13<sup>th</sup> 10–11:30am | Fee: MM\$50 | NMM\$60**

### SENIOR NEWCOMERS' CLUB

#### Austin Hall Dir. of Beach & Recreation & Senior Services

Have you recently relocated to the Shoreline? We welcome you to join our Senior Newcomers' Club designed to help you meet new people and acquaint you with the community. This month Austin Hall, Director of the Madison Beach & Rec. & Senior Services, will be stopping by to tell us about how to get the most out of your summer in Madison.

**Registration Required | Friday, May 19<sup>th</sup> | 10:30am 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](http://www.madisonct.org/seniors)

HOURS: Mon.-Thurs 8:30-4pm

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

..... Wendy Oberg  
**Members**..... Dale Kach  
..... Lori Murphy  
..... Chris Abbott  
..... Nick Postovoit  
..... Robert Donohue  
..... Christine Bekasi

*The Senior Commission now meets on the second Tuesday of the month. The next meeting will be **May 9<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  
Admin. Assistant ..... 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

Spring has sprung, the birds are singing, the flowers are in bloom, the sun is shining, now is the perfect time to get out and join your friends at the Senior Center. We have great offerings this month. Sign up for the Spring Cupcake decorating, Senior Bocce at the Surf Club or try your hand at a Bridge Class. Join me on Friday, May 19<sup>th</sup> for the Newcomers Club meeting to discuss how to make the most of your summer here in Madison!

*Austin*

## BILLIARDS TOURNAMENT

The tournament starts Monday, May 15<sup>th</sup>. Sign up at Front Desk by May 10<sup>th</sup>. The schedules will be available on Friday, May 12<sup>th</sup> (*remember we close at 2pm on Fridays*).

The tournament will be a round-robin style and the number of sign-ups will dictate the length of the tournament. Players will have a week to play their matches, and best record wins. If there is a tie, we will look at the head-to-head match up.

Please call us at (203) 245-5627 if you are interested!

## TECH SUPPORT

*Have an iPad or a smart phone and don't know how to use it?*

Get all your questions answered for free at the Madison Senior Center. Teen Volunteers will be available to answer your questions.

**For more information please call the Senior Center**

## MAY SHOPPING TRIP SCHEDULE

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

Friday, May 5 <sup>th</sup>	Job Lot in Clinton
Friday, May 12 <sup>th</sup>	Kohl's in Old Saybrook
Friday, May 19 <sup>th</sup>	Bishops in Guilford
Friday, May 26 <sup>th</sup>	Fresh Market Plaza in Guilford



## MESSAGES FROM THE MUNICIPAL AGENT

### **PROPERTY TAX SAVINGS PROGRAMS DEADLINE APPROACHING: MAY 15TH, 2023**

The Town of Madison and the State of Connecticut have programs to assist residents with property 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. **If you intend on filing income taxes for 2022, they must be filed first.** Please contact the Madison Senior Center for in-depth information sheets regarding each program or to schedule an appointment.

### **LOCAL & STATE SENIOR & DISABLED PROPERTY TAX RELIEF PROGRAM APPLICATION DEADLINE MAY 15<sup>TH</sup>**

The Town of Madison and State of CT offer tax relief for elderly and/or totally disabled residents that own and occupy their property as a primary residence. There are income, age, and residency requirements in order to be eligible and qualify for the program. Please stop into the Senior Center for a complete list of guidelines. **2022 income taxes must be filed prior to appointment. Maximum Annual Income: \$79,125.**

### **LOCAL TAX FREEZE PROGRAM - APPLICATION DEADLINE MAY 15<sup>TH</sup>**

The Town of Madison offers applicants an opportunity to freeze their tax rate to help budget and save money over time. A qualified applicant will need to meet requirements for years of residency, as well as income, and home's assessed value. **If you plan on filing 2022 income taxes, those must be filed first in order to apply. Please note: Guidelines have increased considerably, it is worth a second look to see if you qualify. Stop by the Senior Center for specific guidelines.**

### **LOCAL TAX DEFERRAL PROGRAM - APPLICATION DEADLINE MAY 15<sup>TH</sup>**

Eligible applicants can defer payment of the real estate taxes for as long as they meet the qualifications of the program. Deferral of taxes cannot exceed \$8,000 in any one tax year. Tax deferrals will be secured by a lien in the full amount and an interest rate is charged. The current interest rate is 1.5%. An applicant must first apply for the Tax Relief Program to be eligible for a deferral. **2022 Max Annual Income: \$79,125..**

### **RENT REBATE—DEADLINE- SEPTEMBER 29<sup>TH</sup>, 2023**

Eligible participants will receive one-time assistance annually that helps to offset rental expenses. Documentation of 2022 income, (income taxes if you file them) payments made in 2022 for rent, heating, water bills, and electric are required to apply. Application intake begins May 16<sup>th</sup>, 2023. You can either drop off the paperwork to be processed or schedule an appointment Steve Fabian. If dropping off your paperwork, please be sure to include a contact phone number. **2022 Maximum Annual Income Single: \$40,300 and Couple: \$49,100.**

### **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. 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**

### **MEDICARE SAVINGS PROGRAM -UPDATED MARCH 1<sup>ST</sup>, 2023**

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: \$2,989 & Couple: \$4,043**

### **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 an electronic benefit card with money preloaded on it to be used at the Madison Farmers' Market. The market is open on the town green on Fridays from 3 to 6pm until the end of October. *Typically, benefits are available beginning July 1<sup>st</sup>. Benefit amount not available at time of printing.* **2023 Monthly Income Guideline: Single: \$2,248 and Couple: \$3,041.**

### **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. For more information or to apply, please contact Steve Fabian.

## GENERAL INFORMATION & SERVICES

### **LEGAL ASSISTANCE | TUESDAY, MAY 16<sup>TH</sup> | 9:30-11:30AM**

Catherine Baccaro is an estate planning, elder law, and special needs planning attorney, practicing in the Clinton office of the law firm of **RWC, LLC, Attorneys and Counselors at Law**. 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 in-person appointment at the Senior Center.**

### **FINANCIAL COUNSELING FOR SENIORS | THURS., MAY 11<sup>TH</sup> & 25<sup>TH</sup>**

**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 **phone** appointments will be scheduled in 15-minute increments twice a month on Thursdays **from 9:15-10:15am. 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.

### **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 | TUES., MAY 9<sup>TH</sup> | 12:30PM**

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.**



### **AARP SAFE DRIVING | WED. MAY 10<sup>TH</sup> | 12PM TO 4PM**

This is a refresher course aimed at the 60+ driver. Call your insurance company, you may be eligible for a discount after completing this course! **The class will be held on the second Wednesday of the month through December. | Fee: AARP Member: \$20 | Non-Member: \$25 | Make checks payable to AARP**

### **CAREGIVERS' SUPPORT GROUP | TUESDAY, MAY 16<sup>TH</sup>, 11-12:30PM**

Join VNA's free 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. 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 <https://ynhh.zoom.us/j/96114698291?pwd=cW4zZ2NybHdtS1MzQ3RzRHczSFh2UT09>**



## CLASSES

### SENIORS IN MOTION

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

**Mondays | 10:30–11:30pm | May 1<sup>st</sup> - 22<sup>nd</sup> | MM\$24 | NMM\$34 | 4 Classes | Minimum Needed: 5**

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

**Fridays | 10:30–11:30am | May 5<sup>th</sup> - 26<sup>th</sup> | MM\$24 | NMM\$34 | 4 Classes | Minimum Needed: 7**

### CHAIR YOGA

**MONDAYS, MAY 5<sup>TH</sup> - 26<sup>TH</sup>**

**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 Students Needed: 7**

### MEN'S FITNESS

**TUESDAYS, MAY 23<sup>RD</sup>-JUNE 27<sup>TH</sup> AT 9:15-10:15AM**

**FEE: MM\$42 | NMM\$52**

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! **6 Classes | Minimum Students Needed 5**

### YOGA PLUS

**THURSDAYS, MAY 11<sup>TH</sup> – JUNE 29<sup>TH</sup> AT 9:15–10:15AM**

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

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. **6 Classes | Minimum Students Needed 5 | No Class 6/15 & 6/22**

### STRETCH & BALANCE

**WED., APR. 26<sup>TH</sup> - MAY 31<sup>ST</sup> AT 12:30-1:30PM**

**FEE: MM\$26 | NMM\$36**

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 Classes | Minimum Students Needed 14**

### MINDFUL MEDITATION

**THURSDAYS, MAY 4<sup>TH</sup> – 25<sup>TH</sup> | AT 10:30-11:15AM**

**FEE: MM\$40 | NMM\$50**

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. **4 Classes | Minimum Students Needed 6**

### UKULELE WITH PETER

**WEDNESDAYS, MAY 3<sup>RD</sup> – 31<sup>ST</sup> | 10-11AM**

**FEE: MM\$42 | NMM\$52**

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 | Minimum students needed 5 | If you are interested in a beginner class please contact the Senior Center.**

### SENIOR BOOTCAMP

**PLEASE CALL IF YOU ARE INTERESTED IN THIS GREAT ALL IN ONE CLASS**

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. **| Minimum Students Needed 6**

### TAI CHI

**WEDNESDAYS MAY 17<sup>TH</sup> - JUNE 21<sup>ST</sup> | 3-4PM**

**| FEE: MM\$60 | NMM\$70**

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 **| 6 Classes | Minimum Students Needed 5**

**Please Remember to sign up for classes in May is April 24<sup>th</sup>**

## OF SPECIAL INTEREST

### STRENGTH TRAINING

TUESDAYS, JUNE. 20<sup>TH</sup>– JULY25<sup>TH</sup> | 10:30AM

FEE: MM\$48|NMM\$88



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 | Minimum Students Needed 5**

### PARKINSON'S DISEASE SUPPORT GROUP MON., MAY 1<sup>ST</sup> | 10AM|FREE

Support group for folks with PD meeting on the first Monday of the month at the Madison Senior Center. Facilitated by Gary Sklaver.

### THE BOOK CADDY

TUESDAYS FROM 12:30-1:30PM



*The Book Caddy* is the new mobile library that is sponsored by the Scranton Memorial Library! Due to some temporary staffing issues the Book Caddy program has been paused. If you need to get or return a book for the time being you will have to go to Scranton Library where the friendly staff will be happy to help you. We will let you know as soon as the Book Caddy is back

### SENIOR NEWCOMERS' CLUB - HEATHER NOBLIN, ASST. DIR. OF SENIOR SERVICE

Have you recently relocated to the Shoreline? We welcome you to join our Senior Newcomers' Club designed to help you meet new people and acquaint you with the community. This month Heather Noblin, the Assistant Director of the Madison Beach & Rec. & Senior Services, will be dropping by to tell us about the Tax Relief programs available for Seniors. **Registration Required | Friday, April 21<sup>st</sup> at 10:30am | FREE**

### COASTAL CAMERA CLUB EXHIBIT -TUESDAY. APR. 25<sup>TH</sup> TO FRIDAY, JUNE 2<sup>N</sup>

The Coastal Camera Club, established in 1990, announces the opening of its Spring Judged Photographic Exhibit on May 3<sup>rd</sup> at the Madison Senior Center. The club's purpose is to "... foster the science and art of photography among its members and to develop the photographic skills of those members." The exhibit is comprised of images specific to the categories of Nature, Landscape/Seascape, People, Architecture, Artistic and General Interest. We hope you enjoy the work of our talented members..

### DAN'S GRAMMAR TABLE WEDNESDAYS 1-2PM

In September of 2018, Grammar Tables were started by Ellen Jovin, who set up a folding table on a Manhattan sidewalk with a sign that said "Grammar Table." Soon passersby began excitedly asking questions, telling stories, and filing complaints. Ellen and her husband travelled all over the United States talking about grammar with writers, editors, construction workers, salespeople, teachers, students, small children, doctors, dancers, seniors, and anyone else who uses words in this world. Dan Mulvey taught English in school for many years and has a passion for grammar. He would love you to stop by the table with any questions and comments or your grammarian pet peeves.

### PAINT LIKE BOB ROSS MON., MAY 18<sup>TH</sup>|10:30AM - 12 NOON AND 1 - 2:30PM| FEE: MM\$48|NMM\$58

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.

### MSC ART GALLERY

View our current art exhibit by *Joan McPherson* on display now and until the mid-April. Joan McPherson hung 49 of her works at the Senior Center. An award-winning Connecticut artist, Joan is known along the shoreline for her colorful watercolors. *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*

## DAY TRIPS

### **The Maritime Aquarium      Tours of Distinction      Tuesday, June 13<sup>th</sup>**

Today's adventure brings us to **Norwalk, CT** to see the beautiful **Maritime Aquarium!** The marine population they exhibit includes varieties of sharks, stingrays, harbor seals, sea turtles, gamefish, jellies, crabs, lobsters, mollusks and more. They also offer lots of touch experiences including: stingrays, sharks, jellyfish and inter-tidal animals. On your own, check out the IMAX theater, which is the largest screen in CT that shows movies daily! After the aquarium, hop aboard the **R/V Spirit of the Sound** for a cruise along the Long Island Sound! Revolutionary in design, this 64-foot all-aluminum catamaran was launched in 2015 as the first research vessel in North America that has hybrid-electric propulsion. She runs virtually silently on electric power. After the cruise, **we** will head to an early dinner at Silver Star Diner. First built in 1980 by the Savvidis brothers, it was the largest modular diner of its time at 8,000 square feet. Now being managed by the third Savvidis generation, they are successfully keeping up with the times, making Silver Star a fixture to Norwalk's locals, and visitors alike. **Depart MSC: 8:30am, Estimated Return: 7pm | Fee: \$160pp**

### **Newport Flower Show      Tours of Distinction      Sunday, June 25**

This morning we travel to Newport, RI for the **27th Annual Newport Flower Show!** This superb seaside flower show is unlike any other flower and garden show around. Between the fabulous Gilded Age "summer cottage" setting of the Marble House, the excellent vendors, live music, sweeping views and ocean breezes, every corner of this event is a delight for the senses and that's before you even get to the amazing flower displays! This year's theme is "**The Grand Tour.**" Each exhibit has a unique signature. A garden is the reflection of the gardener's voice. Whether that voice echoes the strength in mighty trees, the romance of fragrant flowers, or the laughter of bubbling water, all are still heard in great gardens. Celebrate the voices of great American gardeners with us! Enjoy **lunch** at **Johnny's** in Middletown, RI. Lunch will begin with bread & butter, Iced Tea, a mixed green salad, and your choice of entrée: Chicken Piccata, Baked Stuffed Scrod, or Pasta Primavera. We finish lunch with a Duo of Baker's Choice Desserts, coffee and tea. After lunch, have some free time to enjoy Newport before heading home | **Depart MSC: 8am, Est. Return: 5:30pm | Fee: \$150pp**

### **Newport Speakeasy      Tours of Distinction      Monday, July 17**

Today, we'll head to **Newport, Rhode Island** to meet our step on guide, who'll be dressed as a speakeasy proprietress. We will have a guided tour of Thames Street, a former speakeasy haven, while learning about Newport's little known history during Prohibition. See the Chinese Tea House of the famed Newport mansion, **Marble House**, the "summer cottage" of Mr. and Mrs. William Vanderbilt. We will then take a ride along the **Cliff Walk to Belmont Beach**, the site of a botched smuggling scheme. Today's lunch and entertainment will be at the **Johnny's**. Lunch includes bread with butter, iced tea, coffee, and starts with New England Clam Chowder. Lunch choices are a Grilled Chicken Caesar Salad, Bruschetta with Tomato, Mozzarella, Basil with Balsamic Drizzle, a Turkey Club, or a Reuben on Rye. Your guide, the speakeasy proprietress, will whisper the password for entry. Enjoy lunch, but stay alert for a possible raid! Performers will present a **fun, speakeasy themed Murder Mystery** that we will help solve! **Depart MSC: 6:45am, Est. Return: 5:15pm | Fee: \$115pp**

### **Providence Italian Style      Tours of Distinction      Tuesday, August 29<sup>th</sup>**

Head to **Providence's Little Italy**, where the day's activities will certainly make you feel as though the bus flew you across the ocean! Join your tour guide for a behind-the-scenes tour of Providence's Historic Federal Hill. Your senses will be intoxicated with the flavors, smells, sounds, and sights of Italy. You will see why Federal Hill is described as "One of the top ten Little Italy's in America." After, enjoy a three-course lunch at **Cassarino's Restaurant**. Lunch begins with Bruschetta and you have the *choice of*: Pollo Parmigiana, Penne Primavera, or Baked Fish, followed by Coffee and Dessert. *(please advise meal selection at time of booking)* The Italian experience continues onboard an original **Venetian Gondola**, where you can view the historical sights of the Renaissance City from a truly unique vantage point. Glide under the magnificent Italian-influenced bridges while observing the illustrious beauty surrounding the Riverwalk. A little singing by the gondolier will complete the experience. Sit along the Riverwalk listening to **live music with an Italian flair**. The music, covered bridges, magnificent architecture, the food, and gondolas will certainly transport you to Italy. In sitting along the Riverwalk, some benches are provided. If you would like to bring a chair to sit in while listening to music, you are more than welcome to do so. **Depart MSC: 8am, Estimated Return: 7:45pm | Fee: \$205pp**



## MAY MENU

"Good humor comes from the kitchen."

<b>Mon. 1</b>	Chicken Vegetable Soup, Lasagna, Apple Crisp
<b>Tues. 2</b>	Beef Vegetable Soup Grilled Breast of Chicken, Cookie
<b>Wed. 3</b>	Tomato Soup, Steak Quesadilla, Blueberry Pie
<b>Thurs. 4</b>	French Onion Soup, Roast Pork Piccata, Coconut Cream Pie
<b>Fri. 5</b>	Mexican Corn & Poblano Soup, Tequila & Lime Salmon, Vanilla Ice Cream
<b>Mon. 8</b>	Mushroom Barley Soup, Kielbasa and Pierogis, Apple Crumb Cake
<b>Tues. 9</b>	Cream of Cauliflower Soup, Tuna Club Sandwich, Chocolate Pudding
<b>Wed. 10</b>	Split Pea Soup, Curried Chicken Salad, Brownie
<b>Thurs. 11</b>	<b><i>Mothers Day</i></b> Cream of Asparagus Soup, Duet of Salmon Chocolate Lava Cake <b>\$12</b>
<b>Fri. 12</b>	Rhode Island Chowder, Stuffed Flounder, Angel Food Cake
<b>Mon. 15</b>	Cream of Broccoli Soup, Stuffed Cabbage, Cheesecake
<b>Tues. 16</b>	Chicken & Rice Soup, Fresh Mozzarella and Tomato Basil Pizza, Sorbet
<b>Wed. 17</b>	Lentil Soup, Buffalo Ricotta Ravioli, Blueberry Pound Cake
<b>Thurs. 18</b>	Carrot Soup. Swedish Meatballs, Blondie
<b>Fri. 19</b>	Manhattan Clam Chowder, Roasted Cod, Key Lime Pie
<b>Mon. 22</b>	White Bean and Sausage Soup, Pork Medallions and Boston Cream Pie
<b>Tues. 23</b>	Chicken Noodle Soup, Balsamic Marinated Lamb, Lemon Meringue Pie
<b>Wed. 24</b>	Beef Minestrone Soup, Cavatelli with Broccoli & Sausage, Lemon Cake
<b>Thurs. 25</b>	Florentine Soup, Coconut Chicken with Pineapple Salsa, Apple Pie
<b>Fri. 26</b>	Seafood Chowder, Shrimp Scampi, Chocolate Cake
<b>Mon. 29</b>	<b>Closed in Observance of Memorial Day</b>
<b>Tues. 30</b>	Italian Wedding Soup, Fried Chicken, Carrot Cake
<b>Wed. 31</b>	Carrot Soup, Fish & Chips, Lemon Poppy Pound Cake

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



## AN RX FOR STAYING ACTIVE FOR LIFE WITH GAYLORD PT OF MADISON

Andrew McIssac, PT, DPT and Clinical Supervisor for Gaylord Physical Therapy in Madison will be here to discuss how important exercise is to seniors who want to be active and independent for life.

Andrew will discuss:

- Loading—what it is and why you should do it;
- The importance of Fitness Forward Treatment,
- What your Exercise Dosage should be and
- How all of this promotes independence throughout your lifespan.

*Don't miss this important talk!* Wednesday, June 12<sup>th</sup> at 1pm - FREE

## MADISON POLICE DEPARTMENT SENIOR ACADEMY



Wednesday, May 10<sup>th</sup> - June 14<sup>th</sup>  
9:30 - 10:30am

at the Madison Police Department



The very popular MPD Senior Academy is back!! This free, 6-week course is open to all Madison residents over the age of 60, and will be held on Wednesdays from 9:30–10:30am beginning on May 10<sup>th</sup>. Space is limited. ***Register at the Senior Center and pick up an application form.*** The deadline to return your application in May 3<sup>rd</sup>.

Registration Required.

Police Department Administration • Madison Police Department Animal Control • Madison Police Department Emergency Services (SWAT & Hostage Negotiation) • Identity Theft & Crimes Against Senior Citizens • Patrol Cars • Uniforms & Equipment • Patrol Bicycles • Patrol Motorcycle • 911 Dispatch Center (Calling 911) • Training & Hiring Process • Resources Available to Seniors