

# Trends & Traditions

July 2023

Madison Senior Center

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## FEATURED EVENTS

### INDEPENDENCE DAY FESTIVITIES

**Sat., July 1<sup>st</sup> - Concert on the Green** - Madison Cultural Arts (MCA) is thrilled to announce this year's concert, *A Salute to the Brits and Yanks*, performed by the Wallingford Symphony Orchestra. Go to [madisonculturalarts.org](http://madisonculturalarts.org) for more information. **Starting at 6:15pm (Rain Date July 4<sup>th</sup>)**

**Sun., July 2<sup>nd</sup> - Fireworks** at the Surf Club, **starting at 9:30pm** Rain date July 8<sup>th</sup>

**Tues., July 4<sup>th</sup> - Parade** at the Town Green, **starting at 10am**

For information on road closures & more go to: [www.madisonct.org/July4](http://www.madisonct.org/July4)

### PLAY OF THE HAND BY SARAH CORNING

A review to improve player's bridge techniques in a logical and progressive fashion. There will be handouts, discussion and play of pre-dealt hands. (8 classes)

**Thursday, July 13<sup>th</sup> - Aug. 31<sup>st</sup> 10- 11:30am Fee: MM\$90 | NMM\$100**

**MSC MEMBERSHIP FEES CAN BE PAID BEGINNING JULY 1<sup>ST</sup>**  
**MADISON MEMBERS \$15 NON-MADISON MEMBERS \$20**

### CARDIO DRUMMING IS COMING!!

What is Cardio Drumming? It's a fun and effective exercise routine. It requires little to no skill of drumming. You will use drumsticks, but you don't need to be skilled with them. The goal is just to drum along with the music and have fun.

#### What will it do for me?

**Smarter**- Drumming requires you to use the entire brain, as you keep time to the music and synchronize your left and right brain hemispheres.

**Happier**- Participation in cardio drumming classes release happy endorphins and Alpha brain waves associated with euphoria.

**Self-aware** - Awareness comes from listening to drum sounds and responding with your intuition, which leads to neuronal connections in the brain and a stronger guidance system within yourself.

**Relaxed** - In a study, blood samples from participants prove you have lower stress hormones after an hour of drumming. Expect less negative feelings. Registration is required.

**Free Demo Thursday, July 13<sup>th</sup> at 11am**

**CLASS TO START: Thursday, July 20<sup>th</sup>- Aug. 24<sup>th</sup> | 11-11:45am**

**Fee: MM\$58 | NMM\$68 6 week class | Minimum of 5 students to start**

# 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 **July 11<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

The official start to summer is here! We are all looking forward to a fantastic Independence Day Weekend with great weather and good times with family and friends. The schedule of events for the weekend is as follows:

**4<sup>th</sup> of July Concert on the Green • Saturday, July 1<sup>st</sup> • 6pm**  
**Independence Day Fireworks • Sunday, July 2<sup>nd</sup> • 9:30pm**  
**Independence Day Parade • Tuesday, July 4<sup>th</sup> • 10am**

As we approach the hot weather months, it is vital to remember to stay hydrated. Drinking enough water each day is crucial for many reasons: to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood. I don't want you to have a hydration situation.

Have a enjoyable summer

*Austin*

## SENIOR NEWCOMERS' CLUB

### Scott Cochran Director of Youth & Family 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 Scott Cochran, the Director of Madison Youth and Family will be stopping by to tell us about the many ways they serve our town and answer any questions you may have.

**Registration Required Friday, July 21<sup>st</sup> at 10:30am FREE**

## 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**

## JULY SHOPPING TRIP SCHEDULE

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

Friday, July 7<sup>th</sup> Job Lot in Clinton  
Friday, July 14<sup>th</sup> Shoprite in Clinton  
Friday, July 21<sup>st</sup> TJ Maxx/Stop & Shop in Clinton  
Friday, July 28<sup>th</sup> Fresh Market Plaza in Guilford



## MESSAGES FROM THE MUNICIPAL AGENT

### **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 with 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.**

### **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.

### **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, is the program formerly known as food stamps. It is a federal nutrition program that helps you stretch your food budget and buy healthy food. SNAP benefits 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. Paper coupons are no longer used. SNAP is a nutrition program. It is not a welfare cash assistance program (which is called TAFDC). You do not have to be receiving TAFDC to get SNAP – these are separate programs. SNAP is a federal entitlement program. This means anyone who is eligible will receive benefits. You will not be taking away benefits from someone else if you apply. Guidelines are based on household size, people who live together and prepare food together. 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: \$2,265, Couple: \$3,052, Family of 3: \$3,838.**

## GENERAL INFORMATION & SERVICES

### **LEGAL ASSISTANCE | TUESDAY, JULY 18<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., JULY 13<sup>TH</sup> & 27<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., JULY 11<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. JULY 12<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, JULY 18<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>**

## GROUPS

Registration Required for All activities at the Senior Center

### **SWEDISH WEAVING & THE NIMBLE THIMBLE |TUES. JULY 11<sup>TH</sup> & 25<sup>TH</sup> AT 1:30PM** **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.

Cynthia Barker, an experienced needlepoint teacher, is running a needlepoint group! Join the group, share the projects you've been working on and chat with your friends as you "point" away! Meets 2<sup>nd</sup> Tuesday of the month.

**PLEASE REGISTER**

### **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 AT 10AM & 1PM** **FREE**

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

### **ARTISTS' GROUP** **MONDAYS AT 1:30PM** **FREE**

Bring your art supplies and join other artists spending an afternoon painting, while you support and inspire each other! **Registration required.**

### **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, JULY 6<sup>TH</sup> & 20<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.

### **SENIOR CENTER GARDEN**

The Senior Center is looking for a few gardeners who would like to help with watering and weeding during gardening season. If you are interested please contact the Senior Center. (203) 245-5627

### **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:

Aug. 22<sup>nd</sup> *The Girls with No Names*                      Sept. 26<sup>th</sup> *The Three Musketeers*

The meeting this month is Tuesday, July 25<sup>th</sup> discussing *What Happened to the Bennetts*

## CLASSES

### SENIORS IN MOTION

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

**Mondays | 10:30–11:30pm | July 3<sup>rd</sup> - 31<sup>st</sup> | MM\$30 | NMM\$40 | 5 Classes | Minimum Needed: 5**

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

**Fridays | 10:30–11:30am | July 7<sup>th</sup> - 28<sup>th</sup> | MM\$24 | NMM\$34 | 4 Classes | Minimum Needed: 7**

### CHAIR YOGA

**MONDAYS, JULY 3<sup>RD</sup> – 31<sup>ST</sup>**

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

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

**5 Classes | Minimum Students Needed: 7**

### MEN'S FITNESS

**MONDAYS, JULY 24<sup>TH</sup> - AUG. 28<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, JULY 6<sup>TH</sup> – AUGUST 24<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 8/10 & 8/17**

### STRETCH & BALANCE

**WED., JUNE 7<sup>TH</sup> JULY 26<sup>TH</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 (No Class 6/14 & 6/21)**

### BEAT PD TODAY!

*Beat PD* is an exercise program especially designed for people with Parkinson's Disease. These classes use circuit training and boxing to get your heart rate up and includes a proper warm-up and cooldown. Each month has a different focus to include exercises that are directly connected to functional activities and that address the symptoms of PD. [Coming in September!](#)

### UKULELE WITH PETER

**WEDNESDAYS, JULY 5<sup>TH</sup> – 26<sup>TH</sup> | 10-11AM FEE: MM\$26 | NMM\$36**

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. **3 Classes | Minimum students needed 5 | No Class 7/12.**

### 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**

### MINDFUL MEDITATION

**PLEASE CONTACT US IF YOU ARE INTERESTED**

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**

**Please Remember to sign up for classes in July by June 26<sup>th</sup>**

## OF SPECIAL INTEREST

### STRENGTH TRAINING

TUESDAYS, JUNE. 20<sup>TH</sup>– AUG. 1<sup>ST</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 (No Class 7/4)**

### PARKINSON'S DISEASE SUPPORT GROUP MON., JULY 3<sup>RD</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*

### NIGHT OUT WITH FRIENDS

WED., JULY 12<sup>TH</sup>

Do you like to do things, but not alone? Join Adele and her friends for a fun night 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 –*

### MSC ART GALLERY|AN EXHIBITION OF THE BOARD OF DIRECTORS AND DANIEL HAND HIGH SCHOOL STUDENTS

*“Every artist was first an amateur”* Ralph Waldo Emerson. In keeping with their dedication to the arts and the cultivation of arts on the shoreline, **Madison Art Society** will be hosted by the **Madison Senior Center** starting **June 16<sup>th</sup> until July 30<sup>th</sup>**. A \$1,000 scholarship to a Daniel Hand High School Senior pursuing higher education in the arts is awarded annually. Six of the applicants are exhibiting in the Board of Director show. Since its founding in 1976, MAS has explored ways to showcase local talent, develop an arts community and raise funds for important causes. The dedication of its 250 plus members has formed a cohesive and passionate organization that uses art as a tool for cultural exchange, education and expression. MAS stands behind their mission, *“Art reflects the values and needs of the community it serves. Madison Art Society’s purpose has been to promote, sponsor and encourage excellence in the arts in our community, the schools and among its 250 members.”* Creating a \$1,000 scholarship for a Daniel Hand Student pursuing higher education in the arts, emphasizes this mission. MAS is very proud to be supporting the community and an art student with this scholarship. Remember all artists started somewhere.

*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*

### DAN MULVEY'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.

## DAY TRIPS

### **NEWPORT SPEAKEASY TOURS OF DISTINCTION MONDAY, JULY 17<sup>TH</sup>**

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 **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 on board 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**

### **THIMBLE ISLAND CRUISE LUNCH AT THE USS CHOWDER POT III MONDAYS, JULY 17<sup>TH</sup> & JULY 31<sup>ST</sup>**

A perfect summer outing, cruising around the Thimble Islands on the famous "Sea Mist" boat. First discovered in 1614 by Adrien Block, these islands were used for everything from farming to quarrying granite, from bootlegging to hiding Captain Kidd's treasure. Captain Kidd sailed here in 1665 and you can still feel his presence today. Join the Captain and crew of the Sea Mist as you tour the famous Thimble Islands off the coast of Branford. For nearly sixty years, 1000s of seafarers have enjoyed tours and charters of the Long Island Sound with Thimble Island Cruise. 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 to get into the boat*). The Thimble Islands tour is \$15 (cash only) to be paid when you board, and lunch at the *Chowder Pot* is on your own.

**Monday, July 17<sup>th</sup> and/or Monday July 31<sup>st</sup> depart MSC at 10:15am | Bus Fee: \$3**

**We welcome any suggestions for trips that you may have, please feel free to call,  
or email me with your wonderful ideas.  
(203) 245-5695 or gillespiee@madisonct.org**



## JULY MENU

<b>Mon. 3</b>	Tortilla Soup, Buffalo Mozzarella Ravioli, Boston Cream Pie
<b>Tues. 4</b>	Happy 4th of July!
<b>Wed. 5</b>	Split Pea Soup, Chicken Kiev and Strawberry Cream Pie
<b>Thurs. 6</b>	Cream of Asparagus Soup, Grilled Flank Steak with Roasted Peppers, Ice Cream
<b>Fri. 7</b>	Rhode Island Clam Chowder. Fish Tacos with Soft Tortilla, Key Lime Pie
<b>Mon. 10</b>	Chicken & Lentil Soup, Cavatelli, Broccoli & Sausage, Sorbet
<b>Tues. 11</b>	Navy Bean & Ham Soup, Turkey Club, Brownies
<b>Wed. 12</b>	Mushroom Barley Soup, Pork Piccata and Blueberry Pound Cake
<b>Thurs. 13</b>	White Bean & Sausage Soup, Chicken Marsala, Chocolate Cream Pie
<b>Fri. 14</b>	Manhattan Clam Chowder, Grilled Salmon with Melon BBQ, Chocolate Cake
<b>Mon. 17</b>	Tomato Soup, Crab Cakes, Coconut Cream Pie
<b>Tues. 18</b>	Egg Drop Soup, Stuffed Cabbage, Blondies
<b>Wed. 19</b>	Gumbo, Mac & Cheese and Blueberry Pie
<b>Thurs. 20</b>	Cream of Mushroom Soup, Fish & Chips, Apple Cake
<b>Fri. 21</b>	New England Clam Chowder, Stuffed Flounder, Lemon Meringue Pie
<b>Mon. 24</b>	Potato Soup, Grilled Chicken & Avocado Caesar Salad, Tiramisu
<b>Tues. 25</b>	Tuscan Chicken & Pasta Soup, Pulled Pork Sandwich, Banana Pound Cake
<b>Wed. 26</b>	Beef Vegetable Soup, Short Ribs, Peach Pie
<b>Thurs. 27</b>	Italian Wedding Soup, Chicken Cacciatore, Cookies
<b>Fri. 28</b>	Seafood Bisque, Mussels in Garlic & White Wine, Ice Cream Sandwich
<b>Mon. 31</b>	Chicken Florentine Soup, Roast Pork Loin, Apple Pie

*“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.~That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed.”*

**SIGN-UP GUIDELINES: Madison Residents:** May begin signing up **Monday, June 26<sup>th</sup>** **Non-Madison Residents:** May begin signing up **Wednesday, June 28<sup>th</sup>**. ● All participants must be active members of the Madison Senior Center or a guest. Members may bring a guest one time but on the second visit they must become a member ● When you call to make your reservations, please let us know if you are dining **Indoors** or **Drive-Through**. **Please Note: if you opt for the Drive-Through lunch, soup is not included.** ● **To cancel or change a lunch reservation, call (203) 245-5627** no later than 9am the day of your reservation to be eligible for a refund. ● Menu items are subject to change depending on availability. ● **The cost of all meals is \$7**, payable at time of reservation by check or credit card.

## BACK PAGES

### **BRIDGE COURSE INTEREST SURVEY**

If you are potentially interested in taking a bridge class at the Senior Center, please take Bill Segraves' poll to see what courses might be of greatest interest, at <https://www.surveymonkey.com/r/9TC2DK9>. Bill is a bridge instructor at the Senior Center. There will also be printed copies available at the Senior Center Reception Desk.

## CAR WASH

### **SUPPORTING MEALS ON WHEELS**

### **PROVIDED BY YOUTH VOLUNTEERS FROM MADISON YOUTH & FAMILY SERVICES**

**When:** Monday, July 17<sup>th</sup> at 1:30 - 3:30pm

**Where:** Madison Senior Center

**Fee:** by donation please give generously for a great cause