

# Madison events

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# The First Selectman's Corner

## LOVE YOUR LOCAL

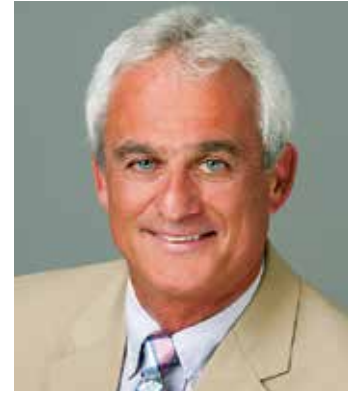
Saturday November 26 marked Small Business Saturday when American Express encouraged everyone to "Shop Small." It's a great concept, and it's one we in Madison need to take seriously. Our local shops, restaurants and Inns represent the lifeblood of our downtown district as do those at the circle and at the east and west ends of town. These businesses bring people to Town, where they can fall in love with Madison and maybe decide to come back or stay.

There's another reason to shop local. These businesses sponsor our teams and support our fundraisers. We have carwashes at the Sunoco station. We sell Girl Scout cookies on the sidewalk and have bake sales at Stop & Shop. Our local businesses are part of the fabric of our community.

## OUR OTHER "LOCALS"

During this holiday season and into the New Year, let's remember our first responders – our volunteer firefighters, who respond day and night, no matter the call or circumstance. Remember the police men and women who protect us and often show up as the first responders to accidents and other emergencies. Finally, remember our ambulance corps. We are fortunate to have a local ambulance association devoted to our Town. Due to reasons

beyond their control and too complex to explain here, they run a deficit each year from their operations. If you could step up to their appeal, or even give as a holiday act of goodwill. All donations are appreciated. Please send checks to: Madison Emergency Medical Services, 9 Old Route 79, Madison, CT 06443.



Tom Banisch, First Selectman

## DOWNTOWN CENTER PROJECT UPDATE

The Downtown Center Project Phase II has begun and we are in the process of bringing power to the underground network that will power the lights and the irrigation system that has so far been fed from temporary service. Elimination of the old utility poles will happen in the spring. During this phase we will also "rejuvenate" the Tuxis Walkway with a new surface and attention-getting entries at both ends. The walkway will provide a pleasant means of access between the train station and the Downtown.

Tom Banisch, First Selectman

A photograph of a well-decorated living room. In the center is a light-colored sofa with a yellow throw pillow and floral patterned pillows. A white coffee table is in front of the sofa. To the left is a patterned armchair. To the right is a side table with a lantern and a vase of flowers. A large window with patterned curtains is in the background. A dark oval logo with white text is overlaid on the coffee table.

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### Parkinson's Exercise Program

East Shore Region Adult & Continuing Education is hosting classes. *Beat Parkinson's Today* is an exercise program designed specifically to improve Parkinson's symptoms.

There are presently 12 classes per week in 4 locations in CT with almost 50 Parkinson's clients participating. Results have been astounding. Clients have improved gait, balance, fine motor control, explosive movement, attitude, self-image, and fatigue. Some have lowered their dosage of their medications.

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Stuffed Whole Chickens (3 different stuffings)  
Stuffed Cornish Hens (3 different stuffings)  
Stuffed Turkey Breast (2 different stuffings)  
Stuffed Turkey Thighs (2 different stuffings)

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Marinated Boneless Chicken Breast  
Marinated ½ Chickens  
Marinated Chicken Thighs  
Marinated cubed Chicken Thighs  
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Marinated & Rubbed Steaks



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Zesty Italian  
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### SAUSAGE PATTIES

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Turkey  
Breakfast Rope

### STUFFED PINWHEELS

Beef-Mushroom & Mozzarella or Spinach & Mozzarella  
Chicken-Buffalo or Sorrento  
Pork-Original or Spinach & Mozzarella

### SUNDAY SAUCE ITEMS

Beef or Pork Bracciola  
Sauce Packs

### PORK ITEMS

Stuffed Pork Chops (6 different stuffings)  
Stuffed Pork Crown Roast (2 different stuffings)  
Stuffed Pork Roast (2 different stuffings)  
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# Winter Classes at Bauer Park

Madison's Agricultural and Environmental Center, 257 Copse Road

## MINI-EXPLORERS

Fridays, 10:00-11:30 am

December 9 – Fascinating Fishes

January 13 – Cool Nights

January 27 – Birds of Winter

February 10 – Animal Tracks and Traces

February 24 – It's Sugaring Time!

Come join in the fun of exploring! We will learn about nature and science through activities such as hiking, singing, games, reading and making crafts. Indoor/outdoor programs – dress for the weather.

For preschoolers ages 3-5, accompanied by an adult.

\$12

## LOCAL OWLS

Sunday, January 22

3:30-5:30 pm

Owls are amazing birds of prey. Indoors, participants will learn about their haunts and habits. Before swallowing their prey, owls separate out what they can't digest and toss the pellet out of their roost. By dissecting these sterilized pellets and assembling the bones found in them we will discover what they eat. Then, the

group will take owl calls outside to see if we can get our local owls to answer back.

Recommended for adults and children 5 years and older.

Children must be accompanied by an adult.

\$10

## BUCKET TOWERS AND WATER SLIDES

Thursday, February 2

2:00-4:00 pm

Join Cool-ology for fast-paced, educational STEM challenges. Children will utilize the engineering design process to design and create fun, creative and useful contraptions sure to thrill and delight!

Ages 7-10

\$15

## UNVEIL THE SECRETS OF TREES IN WINTER: THE BEAUTY OF TWIGS AND BUDS

Sunday, February 19

1:00-3:00 pm

Learn the tricks of identifying trees in winter by their bark and growth form in the forest. Then, come inside to explore the beauty

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of their twigs and buds. These intricate structures tell the story of a tree's past and foretell its burst into lush green life in the spring. This class will change how you see trees and connect you with their marvels. Dress for the weather and a short easy walk. For adults and high school students.

\$10



Learn about maple sugaring at Bauer Park.

### FAMILY MAPLE SUGARING

Sunday, February 26

2:30-4:00 pm

Come learn how maple syrup is made, from tree to table. We'll tap some of Bauer Park's maple trees, taste the sap, and learn how to turn it into syrup (which we'll also taste!). Information on where to acquire sugaring supplies, and when, where and how to tap the maple trees in your own yard will be provided. Boots are recommended as we'll be hiking into the woods to tap the trees. Recommended for adults and children ages 3 and older. Children must be accompanied by an adult. \$5

Registration and more information at [www.madisonct.org/recreation](http://www.madisonct.org/recreation) or in the Madison Beach & Recreation Office. Questions? Call 203-245-5623.

Learn about upcoming events at Bauer Park at: [www.facebook.com/bauerparkmadisonct](http://www.facebook.com/bauerparkmadisonct). Educational programs can be arranged for school, scout and community groups at Bauer Park, Rockland Preserve and the town beaches. Contact the Beach & Recreation Office at 203-245-5623 for more information.

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# Madison Police Department



Between December 11th and December 13th the Madison Police Department will be hosting a national assessment team as part of our Commission on Accreditation for Law Enforcement Agencies, Inc. (CALEA) accreditation process. The

Madison Police Department received our Certificate of Advanced Accreditation at the Spring 2014 CALEA conference following our very successful, 2013 initial on-site assessment. The Madison Police Department must now demonstrate its ongoing compliance in order to maintain our accreditation status.

CALEA is an internationally recognized accreditation program and is known as the “Gold Standard” in public safety. The CALEA accreditation process is a voluntary program wherein an agency must comply with the “best practices” in law enforcement, and over 450 specific standards in the areas of: role, responsibilities, and relationships with other agencies; organization, management, and administration; personnel administration; law enforcement operations, operational support,

and traffic law enforcement; detainee and court-related services; and auxiliary and technical services. The Madison Police Department is one of nineteen law enforcement agencies in the State of Connecticut to be accredited by CALEA.

In addition to our CALEA assessment for the Madison Police Department, we will also be seeking an additional accreditation for the Madison Emergency Communications Center. Such accreditation requires the addition of a national assessor to the assessment team, as well as the compliance with an added 170 standards. Achieving this accreditation will make the Madison Police Department the only dual accredited agency in the northeast and one of only .3% of law enforcement in the country to hold such a distinction.

As part of the assessment process, there will be a public hearing in the Madison Police Department Community Room on Monday December 12, 2016 at 6:00pm where members of the public are encouraged to share their comments on the department’s ability to comply with the CALEA standards.



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# Madison Art Society



August 17 by Mike Eagle, watercolor

The Madison Art Society will hold its annual members show at the Scranton Memorial Library January 29 –

February 25, 2017. The show, featuring artwork in all fine art media, will be held in the community room and can be viewed during regular library hours. The opening reception, to which the public is welcome, will be on February 5 from 1:30 – 3:30 pm. The reception is a great time to brighten the winter, greet friends and neighbors and meet the artists. In conjunction with the show there will be a critique of selected works by Granby artist, William Simpson on February 19 from 1:30 - 3:30 pm.

The 250 members of the Madison Art Society are committed to the support of the arts along the shoreline. The society offers lectures and artist demos throughout the year, many exhibition opportunities and an active plein air painting group and winter studio. For more information visit: [madisonartsociety.blogspot.com](http://madisonartsociety.blogspot.com).

Visit our website at: <http://www.madisonct.org/>

We hope you will find our website to be a useful tool to find updated information and explore our wonderful community.

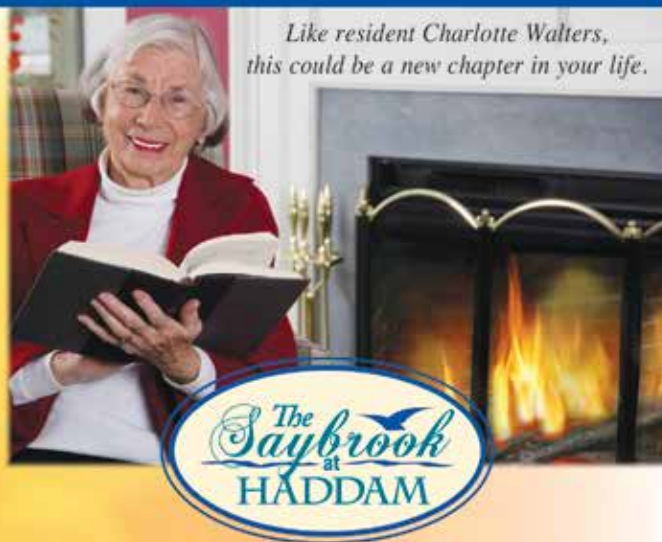
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# Madison Historical Society



Courtesy of Historical Society WAR-DOG221

The Madison Historical Society will present the Frederick Lee Lectures, to be held at the First Congregational Church of Madison beginning in January 2017. The three-part lecture series, now in its tenth year, will focus on stories from the Great War. The talks complement the society's exhibition, *Over Here, Over There: Madison in World War I*, which will reopen in April at Lee's Academy on the Town Green, with a companion exhibit at the Memorial Town Hall.

Author and historian Mark Albertson will open the series with his "Decisive Day" talk on January 8. Charting the course of

American history from the Louisiana Purchase to the First World War, his presentation will explain how the United States rose to the status of global superpower from its colonial roots.

At the second lecture, on February 12th, Ann Bausum, winner of the prestigious Children's Book Guild Award for nonfiction literature, will tell the story of Sergeant Stubby. Stubby, a short brindle bull terrier mutt, served with the 102nd Infantry of the American Expeditionary Forces and was officially a decorated war hero. During his time at the front, Stubby earned one wound stripe and three service stripes. His story is one of bravery, heroism and loyalty.

The series will close on March 12 with a dramatic presentation on the American Ambulance Field Service by George King and Dr. Jeff Klinger. The all-volunteer field service was comprised of young, college-educated men who felt it was their responsibility to be where the action was and who sought adventure. The talk will tell the story of several members of the service in their own words using letters and journals from the front.

The events are open to members and the public, at a cost of \$4 and \$5 respectively. We look forward to seeing you there!



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## Madison Beach and Recreation News

It is that time of year when we begin to think of warmer weather and planning ahead. Some important dates to keep in mind for the spring are as follows:

1. Boat Rack Renewal Period is March 1 to March 31, 2017. You should receive a renewal form in the mail. If you would like an upgrade, you **MUST** renew the original rack and indicate on the same form that you would like to upgrade your rack.  
 New Boat Rentals begin in April and you will be contacted as we work through our wait lists. If you are not on our wait list, you can call up and request to be added or stop in the office.
2. West Wharf Mooring Post Lottery Applications must be received in our office by March 31, 2017. Applications are available in the Beach and Recreation Office starting February 1, 2017.
3. Beach Parking Stickers and Daily Tags go on sale beginning April 3, 2017. Residents/taxpayers are eligible to purchase seasonal parking stickers for each registered vehicle in the household. Non-residents may purchase daily guest tags only. Parking stickers and tags are required for the three town beaches beginning on Saturday, May 27 2017 through Labor Day. You can stop in or request stickers by mail by sending the required documents. Sticker form and list of valid required documents can be found on the website at [www.madisonct.org/recreation](http://www.madisonct.org/recreation). Requests by mail must be accompanied by a self-addressed stamped envelope.
4. Community Garden Renewals must be submitted by March 31, 2017. Renewal forms will be mailed to current gardeners only. New rentals will begin in mid to late April.
5. Beach and Recreation Programs are continuously being added on our website as we get new program information. To see a complete listing go to [www.madisonct.org/recreation](http://www.madisonct.org/recreation) and click the "online registration" button. You do not need a password to browse, however, if you would like to register online, you will need to create an account. Our program brochure is not as current as it is only uploaded 4 times a year, whereas our online registration site is updated frequently.

Find information for Rockland Preserve, Singletracks of Rockland and Bauer Park all on [www.madisonct.org/recreation](http://www.madisonct.org/recreation). You can also find us on Facebook, under Madison Recreation and Bauer Park in Madison CT.

## Attention Madison Veterans and Families

The Town of Madison has established a Veterans' Advisory Committee, which is now available to you as a resource for questions and concerns. This is a result of a requirement by the State of Connecticut. You can contact The Veterans' Advisory Committee through the Madison Town Clerk's office.

Please call 203-245-5672 for any needed assistance. Your request will then be referred to a committee member who will contact you. (If you have an emergency situation, please contact 911.) All communications are confidential. Thank you for your service. We look forward to working with you.



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## Madison Public Schools

The Madison Public Schools have been conducting a School Utilization Study to address the issues of declining enrollment and the condition of our facilities, as well as to ensure our facilities support the district's instructional vision.

The district is now prepared to move to the next phase of this study. The Board of Education, together with the Boards of Finance and Selectmen and the Superintendent of schools, will pursue the concept of a two-elementary school district. This decision was based on three criteria: parity among the elementary schools, project cost, and school location.

This next phase of the study will also address renovations to the Polson Middle School and consideration of the optimal location for the District's Pre-K program. A geotechnical study, an environmental review, a wetland review, civil/drainage/utilities analysis, a traffic review, hazardous materials testing review and an updated enrollment study will also be conducted. We will conduct a site plan test fit in order to get a better understanding of the required scope of the interior work needed to complete the project. We look forward to beginning the next phase of this process.

## The Natural World

Appreciation of the natural world is a communication with nature in a language learned most fluently as a child.

Children are naturally curious about nature and it is imperative to nurture this sense of wonder at an early age. The health of our children and the health of our environment are dependent upon this. The two are inseparable. In a world where the average American child spends 7 hours looking at screens, playing outside is more of a once in a while occurrence rather than an everyday experience. This has serious consequences. Obesity is an obvious consequence that we hear a lot about these days. But there are many subtle effects of our disconnect with the natural world. Concern over this has prompted the term Nature-deficit disorder coined by Richard Louv, author of "Last Child in the Woods." Nature - deficit disorder is not a formal diagnosis, but a way to describe the psychological, physical and cognitive costs of human alienation from nature, particularly for children in their vulnerable developing years.

On a more positive note there are many benefits that can come from encouraging children to connect with nature. Studies show that kids who regularly experience the natural world

**continued on page 12**



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## THE NATURAL WORLD... continued from page 11

are happier, healthier, more confident, more focused and more relaxed. In Scott D. Sampson's book, "How to raise a Wild Child," he discusses the importance of getting children outside connecting with nature. But let's be honest, it is not always easy to get kids to willingly participate as they get older and more independent. Computers, TV, video games etc. are tough competition and busy organized activity schedules don't help. Even recess at school is limited in order to make time for required curriculum. So what can we do to help our children connect with nature? First, start at an early age. As soon as possible get babies outside by taking

walks in the woods or on the beach. This is beneficial for both you and your baby. Allow toddlers to bring all their senses into play by encouraging them to smell, touch and listen. (Be careful that they understand the danger of taste). Scott D. Sampson gives three key words to guide parents in encouraging kids to connect with nature: Notice, Engage, Wonder. By noticing, we simply point out beautiful or interesting things found in nature. We pause to take notice and open our senses. By engaging, we allow our children to play freely, taking some risks and in doing this they having fun while learning. To wonder is to ignite curiosity by asking questions.

Don't let the cold whether stop you from venturing outside. Nature is just as beautiful in the winter. Putting up bird feeders together is a wonderful way to observe nature with kids. Watching the birds can even be done from inside the house on those bitter cold days when frost bite is a concern. Drawing and painting nature from inside the house is another way to keep connected all year round. Let your imagination run wild with your child and see what fun it is to play again!

Melissa Blundon - CANP, AOLCP  
Madison Earth Care Landscape

## Women's Club of Madison

### BABYSITTING SEMINAR

This year the Women's Club will be sponsoring their 46th Babysitting Seminar. Forty-six years ago, it was started as a service program and has been in continuous service since then. Recently we joined with the Beach and Recreation Department. They do the advertising and registration for us for a 20% fee.

The program, which is offered to students both male and female ages 11 through 13, is run by our members and consists of four weekly classes held at the Polson Middle School. Each week we have a different presenter from our local community emergency services. Police, fire and ambulance do a wonderful job of educating the students on any and all emergencies that may occur and how to best handle them. One week is devoted to a local pediatrician who instructs the students on the handling of babies and young children, signs and symptoms of medical issues such as allergies and asthma.

Certificates will be awarded at the completion of the course: ALL FOUR CLASSES MUST BE ATTENDED. Classes will take place at Polson Middle school March 1st, 8th, 15th and 22nd, 6:30 - 8:00 pm. Registration may be done online at [www.madisonct.org](http://www.madisonct.org) or in person at the Beach & Recreation Department. Cost \$40.00. Register early as the classes fills up fast. There is a MAXIMUM OF 40 STUDENTS ALLOWED PER CLASS, NO EXCEPTIONS. Watch for registration on the town website as they do not mail out the brochure with program information anymore.

## Middlesex Hospital Low-Dose CT Scans

### LUNG CANCER SCREENING PROGRAM

Although lung cancer is a very serious type of cancer, if it's detected in its earliest stages and appropriate and coordinated treatment is provided, a cure is possible. Studies have shown that low-dose CT scans have the potential to catch lung cancer in its early stages, which means that it's more likely to be cured. Since early lung cancer generally has no symptoms, lung cancer screening is

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very important. Middlesex Hospital offers low-dose CT scans that can detect lung cancer in its early stages (Stage 1 or 2). They're recommended for people at high risk for lung cancer (smokers and ex-smokers who are 50 years old or older). The test takes only ten minutes and there's no preparation needed beforehand. A physician order is required for the scan and it's covered by private insurance, Medicare and Medicaid.

Middlesex Hospital's multidisciplinary teams of oncologists, radiologists, nurses, social workers and other health professionals have years of experience diagnosing and treating lung cancer patients, using all of the latest treatments and technologies at their disposal. Our comprehensive approach to treatment means that we don't just focus on the cancer, we focus on the whole person — body, mind and spirit — from the time of diagnosis through survivorship.

For more information about the low-dose CT scan for lung cancer, call Renée Frost, Lung Cancer Nurse Navigator, Middlesex Hospital Cancer Center, at 860-358-2066.

## WALK for Vista Sets Fundraising, Participation Records



Vista member Cody Clark (a Westbrook resident) receiving a high-five during the event.

Nearly 300 people took steps to make a positive impact at the WALK for Vista fundraiser on Oct. 30 in Madison, raising nearly \$67,000 for Vista Life Innovations, a post-secondary education program supporting individuals with disabilities.

This year's event stands to net a record high of \$64,000. Proceeds from the WALK benefit Vista's programs and

continued on page 14

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[www.madisonct.org](http://www.madisonct.org)

## WALK FOR VISTA... continued from page 13

services as well as the Ed Gallant Financial Aid Fund, which provides scholarship opportunities to Vista's students and members.

The event also set a record for the highest number of participants with 294 registered walkers over 32 fundraising teams. Among the participants were State Senator Ted Kennedy Jr. of Branford and State Rep. Noreen Kokoruda of Madison.

Held from Vista's Madison Campus on

Bradley Road, the WALK featured 3 and 5 mile routes through the heart of downtown Madison and along the shoreline. Participants enjoyed a warm-up led by Valley Shore YMCA and a musical send-off from the Lancraft Fife and Drum Corps.

Vista would like to thank event sponsors Walgreens, Essex Printing, Shore Publishing and Vornado Realty Trust.

Vista Life Innovations is a 501©3 nonprofit

organization. Vista's mission is to provide services and resources to assist individuals with disabilities achieve personal success. For more information about Vista, please visit our new website: [www.vistalifeinnovations.org](http://www.vistalifeinnovations.org).

Vanessa Pereira  
Organizational Communications  
Coordinator  
Vista Life Innovations  
107 Bradley Road Madison, CT 06443  
860-399-8080 ext. 263

## How to Get Noticed

By the time we reach our 40's many of us find ourselves applying more than one product to get the desired results that used to come for free when we were in our 20's. In order to get the best results from your anti-aging products, they should be applied in a specific order.

Cleansing is an important first step. You should be using a cleanser that is specifically designed for your face and not any

old thing that you have in the shower. Some cleansers that contain ingredients like glycolic and salicylic acids might be too harsh for over 40 skin. If you use a good facial cleanser, you should not need a toner. And when it comes to drying, please put down the hand towel. Reach for a tissue and pat your skin dry.

By the age of 40 all women should incorporate a serum into their daily routine. Moisturizing is essential for hydration, but a serum



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can help repair damage. My personal favorites are serums that contain growth factors. You should wait for a few minutes for your serums to dry before applying a moisturizer. So use that time to do something - brush your teeth, dry your hair. Just something so you won't notice the time. If you're new to layering products, it will make your new routine much easier.

Your next step is a sunscreen. This is the most important step and is often neglected. You should be in the habit of wearing a separate sunscreen every day, not only in the summer months. Many women seek out moisturizers that have an SPF and think that they have adequate protection from harmful UV rays. While

this is a good first line of defense, it is not enough protection. You should be using a separate sunscreen that contains either Zinc or Titanium Dioxide for maximum protection.

Aging is a complex process and one product or procedure rarely gives the desired result. Most skin rejuvenation plans include more than one topical treatment and tightening or volumizing procedures to enhance the results. Start making a plan now! Call for a free consultation.

Susan O'Malley, M.D., Sonas Med Spa  
203 245-2227 [www.sonasmedspa.com](http://www.sonasmedspa.com).

## Chronic Dry Eyes

Dry eye is a disease that affects millions of people. Normally, blinking helps replenish our tear film which provides the moisture eyes need to stay comfortable. A healthy cornea facilitates clear vision and a healthy tear film supplies nutrients that are necessary for corneal health. The tear film protects our eyes by fighting off infection and removes environmental debris that can cause ocular allergies.

The high usage of electronic devices has resulted in a decrease in our blink rate causing red, itchy, gritty, burning, and tired eyes. Contrary to what people may think, excessive tearing is a sign of dry eye disease. Though dryness can be transient, it becomes problematic and potentially vision threatening when it persists into Chronic Dry Eye disease.

A poor tear film on your ocular surface can lead to inflammation of the cornea which can lead to blurry vision. In severe cases, corneal scarring may lead to permanent vision impairment.

Certain medical conditions may also cause Chronic Dry Eyes. Autoimmune diseases (e.g., Sjogrens, Rheumatoid

Continued on page 16



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## CHRONIC DRY EYES... continued from page 15

Arthritis, Lupus, etc.), Bell's Palsy, Menopause, Skin disease (e.g., Rosacea, eczema, etc.), and thyroid disorders are only some of the more common conditions. Medications such as anti-histamines, anti-depressants, birth control pills, tranquilizers, and certain blood pressure medications can also cause dry eyes.

Fortunately, there are many treatment options available for dry eye disease. It is important to customize and tailor these treatment options to each individual and what is best for their eyes. Regardless of the severity or cause, dry eye disease should be addressed and treated accordingly before it threatens vision.

Middlesex Eye Physicians  
 860-347-7466  
 Middlesexeye.com

## Holiday Wine Gifts

With the wide variety of wines from different countries picking out a gift can be interesting and fun. If the person on your list likes Pinot Grigio, surprise them with Vernaccia or Vermentino from Italy. Similar to P. G. they have good acidity and a crisp finish. If you need something fruitier, the wines from Vouvray are made of Chenin Blanc. This style will serve your purpose. In the sweet realm you will need to go with a Moscato or an Auslese Riesling from Germany.

There are many choices for choosing a light red aside from Pinot Noir. Cru Beaujolais which represent one of the 10 villages in Beaujolais, are made of the Gamay grape. It's light and lively with medium fruit. These wines are better quality than a Beaujolais Village. Slightly more zesty would be something from the Southern Rhone Valley, also from France.

If your looking for a bolder red, try a California Cabernet Sauvignon, rich with soft tannins. Not to mention a French Bordeaux, Rioja from Spain and not to leave out the big dry wines of Barolo in Piedmont, and Brunello in Tuscany, Italy. Of course don't forget these other bold and interesting wines: Red Zinfandel from California, Amarone's from Italy, Malbec's from Argentina, Shiraz from Australia and Red blends from around the world.

There's a great big world of wine out there.

Happy shopping and don't forget to pick one or two for yourself! Happy Holidays!!

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# Madison Senior Center



The Northern Lights, Iceland

Madison Senior Center has several exciting bucket trips in far off places lined up for next year. They include one to the Galapagos Islands (9/11/17 – 9/18/17) and the spectacular display of flora and fauna there. One to Iceland to hopefully see the Northern Lights (10/28/17 - 11/3/17) in one of the places they display most magnificently. Lastly, a trip to cruise the Amazon and visit the Inca Empire (10/24/17 – 11/3/17). Check with the Senior Center on the dates and times for

the travel presentations that we will have for each of them.

We will also be offering several fun day trips to experience fun places and events such as the West Point Dress Parade, the Culinary Institute of America, a trip to Boston to See the Tall Ships and much more! Check with the Senior Center for the details.

Also, to ensure you have plenty of Christ-



Connecticut Yuletide Carolers

mas Spirit, on December 15 we are having our Annual Holiday Luncheon prepared by our very popular chef Kevin Wolfe. Lunch starts at 11:30. We will also enjoy Connecticut Yuletide Carolers! They will perform traditionally garbed as Victorian Carolers, and their songs will fill the Café with the bright sounds of the season, bringing holiday cheer to all.

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## Madison Land Conservation Trust



Join the Madison Land Trust for a winter hike on February 5th

The Land Trust will offer its annual Groundhog Hike on Sunday, February 5th at 1:00 pm. More 2017 hike dates, locations and trail maps can be found at [www.madisonlandtrust.org](http://www.madisonlandtrust.org).

The hike will be on the Indian Rock Shelters trail in North Madison. This trail is named for the shallow caves that may have served as a winter home for members of the Hammonasset tribe. Within the rock ledges that form the western boundary of the trail are several protected spots to find shelter. It's possible to scramble up to the ledges and climb inside, imagining what it would be like to spend the night. The ledges also offer fantastic views of the surrounding area. The shelters overlook the headwaters of the Neck River, which flows south to Long Island Sound. The land trust owns much of the land bordering the river, allowing hikers to follow its course on other trails in town.

To get to the Indian Rock Shelters trail, take Summer Hill Road, North of Route 80 to the second left, Twilight Drive. Turn left on Lake Drive and park at the cul-de-sac. Hikers should wear sturdy boots or snowshoes and be dressed for the weather. Dogs are welcome but must be on a leash. To see a photo album of the trail, visit [www.facebook.com/madisonlandtrust](http://www.facebook.com/madisonlandtrust).

# season's greetings



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