

SENIOR CENTER SERVICES

GREENWICH SENIOR CENTER:

Open Monday thru Friday
9:00 am to 4:00 pm

Front Desk 203/862-6700

Administrator
Laurette Helmrich 203/862-6720

Program Specialist
Lynn Mason 203/862-6721

Administrative Staff Assistant I
Deana Salerno 203/862-6700

Morrison, Inc. Food Services
Executive Chef Teddy Torchon 203/862-6725

Commission on Aging (CoA):

Open Mon thru Fri, 8:00 am to 4:00 pm

Director

Lori Contadino, MS 203 862-6710

Administrative Staff Assistant II
Chicky Krois 203 862-6710

Greenwich Dept. of Health:

The Health Suite is located on the ground Floor.

Public Health Nurse: Free walk-in visits

Tuesdays from 12:30 pm to 2:00 pm

Health Suite 203 862-6730

Dept of Health 203 622-7859

Luncheon by Morrison Foods, Inc.

A hot meal is served Mon thru Fri between 12 & 1pm.
Please make reservations the **day before** at front desk by 11:00 am.

For Monday, please call the Friday before.

Reservations the day of the lunch will not guarantee you a meal.

Noon meal prices: Dining in: **\$5.00**
To-Go: **\$5.50**

TechLounge:

(Formerly SeniorNet, lower level)

Andrea Anthony 203-862-6734

Senior Tax Relief:

Applications for State and Local Senior Tax Relief must be submitted between February 1 and May 15. Forms will be mailed to prior recipients who may complete the forms required, including copies of their income tax return and social security documents, and send them to the Assessor **before March 15**. After March 15, completed applications must be dropped off at the Assessors Office prior to the deadline of **May 15**. New applicants may come to the Assessor's Office for assistance.

Assessor's Office 203-622-7885

Social Services:

(Town Hall Number) 203-622-3831

Linda Sandiaes, LCSW 203-622-7797

Senior Center Office Hours

Tuesdays: 9:00 am - 11:00 am

Rent Rebate: May 1 Through Oct 15

9:00 am - 11:00 am

By appointment only

Contact: Jayne Wilson for more information

Dept. of Human Services 203-622-6458

Energy Assistance: Oct 15 thru April 30

Shut-offs, out of oil, emergency issues

By appointment only

Dept. of Human Services 203 622-3800

Alzheimer's Assoc Office Hours:

Shannon Jordan 860-329-9403

10:00 am to 3:00 pm

2nd Weds of month, lower level

Transportation:

Please sign up for transportation the **day before** you wish to come to the center. Reservations can be made at the front desk until 1:00 pm

203 862-6700

In case of cancellation please call TAG: 203 637-4345

USE: (Utilize Senior Energy)

A no-fee employee referral service for adults aged 50 plus. Located on the ground floor. Please visit UtilizeSeniorEnergy.org for more information.

Open Mon thru Fri 203-862-6712

Hours are 9:30 am to 12:30 pm

Director

Michael Amoroso 203-862-6712



Greenwich Senior Center

299 Greenwich Avenue

June 2018

www.greenwichct.org

203-862-6700

NEW CLASSES

Painting at Grass Island

Painting & Pizza

Water Aerobics @
Byram Pool (Full)

Monday Afternoon
T'ai Chi

Sing with the
Silvertones

Educational
Programs

Tech Lounge

Wellness Lectures

What Boomers
Should Know About
Hepatitis C

Hands-off CPR
w/GEMS

SENIOR CENTER
CLOSED FOR
MEMORIAL DAY

MAY 28, 2018

Greenwich Commission on Aging Distinguished Lecture Series

Resilience, Grit & Growth Thriving in Challenging Times

June 14, 2018, 7:00 p.m.
Free admission

Crisis can create difficulties and challenges. For some, these challenges may prove insurmountable while others find strength and resilience allows emergence. Still others may grow – developing new skills and insights as they work through life's challenges. In this session we will explore ways that both resilience or growth can be nurtured.

Kenneth J. Doka, PH.D.

Dr. Ken Doka is a Professor of Gerontology at the Graduate School of The College of New Rochelle and Senior Consultant to the Hospice Foundation of America. He has appeared on CNN and ABC's Nightline. He has an ongoing blog for Psychology Today entitled Good Mourning. A prolific author, he has published several books and authored over 100 articles and book chapters.

Greenwich Library, Cole Auditorium
101 West Putnam Avenue, Greenwich

Questions? Call 203-862-6710

Reservations recommended.
Please book online:
<https://www.aging2.com/greenwich>



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GREENWICH SENIOR CENTER PROGRAM REGISTRATION
JULY, AUGUST, SEPTEMBER

3rd Quarter 2018 Registration Worksheet

Member Registration Starts **Monday, June 11th** at 9:00 am in Main Office.

****Please complete this form in advance and have payment ready.**

At this time, we can only accept cash or checks.

Make checks payable to: *Friends of the Greenwich Senior Center*
or have them stamped at registration.

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Classes will be filled on a first come, first served basis. Classes with fewer than 10 registrants will be canceled.

If you have any questions, please call us ahead of registration at:
203-862-6721, 203-862-6700 or 203-862-6720

SELECT	CLASS/EVENT	DATES	TIME	INSTRUCTOR	FEE
	Advanced Art	Mon 6/9 – 7/13	9:30 am	Gordon	\$20
	Painting & Pin-wheels	Thursday 6/28	5–7:30pm	Gordon	\$25
	Family Paint Night	Thursday 7/26	5–7:30pm	Gordon	\$25
	Forever Fit (12 wks)	Weds 7/11 - 26	4:30–5:15 pm	Rosa	\$10
	Boom ! (12 weeks)	Thurs 7/5 - 20	4:30-5:15 pm	Lombardo	\$10
	T'ai Chi (12 weeks)	Thurs 7/5 - 20	4:30-5:15 pm	Wrenn	\$10
	A Night of Magic	Weds 9/26	5 -7:30 pm	Ben Zabin	\$15
	Total Brain Health Memory 1.0	Weds 9/5 10/24 (Senior Center)	10:30-11:30pm	Senior Center Staff	\$20
	Total Brain Health Memory 2.0	Fri 9/21 – 11/9 (Greenwich Lib)	10:30-11:30pm	Senior Center Staff	\$20
				TOTAL DUE:	

Name: _____ Phone #: _____

Senior Center Member? Yes ____ No ____ Email: _____

Date: _____ Check Number: _____

- TRIVIA
- REBUS
1. Gerald Ford
2. A net
3. Jordan, Nile, Tigris, Euphrates
4. Manhattan, Bronx, Queens, Staten Island, Brooklyn
5. Harvard, Princeton, Cornell, Yale, Brown, Dartmouth, Univ of PA, Columbia
6. Alaska, California, Texas, New Mexico, Montana
1. Walk in the Park
2. Too Funny For Words
3. Small Man with a Big Mouth
4. Working Nine to Five
5. Night on the Town
6. Big Fish in a Little Pond

NEW CLASSES & HAPPENINGS

- ⇒ Drawing & Painting at Grass Island w/Chris Gordon Fridays June 8, 15 & 22. \$10 for all 3 classes. Register in Main Office.
- ⇒ Painting & Pinwheels: Explore your creative self. All levels welcome to join in a night of guided painting and instruction. Pinwheel sandwiches and refreshments provided. June 28, 2018. 5:00 pm - 7:30 pm in the new Art Studio. \$25 per person. Reg Req.
- ⇒ Family Paint Night: Bring a loved one and together, enjoy a memorable evening creating a painting you will always treasure. Beginners and all ages welcome. July 26, 2018 5:00 pm - 7:30 pm Pizza and refreshments included. \$25 per person. Reg. Required
- ⇒ “Let’s Talk”: A time to engage in spirited discussion with fellow members and our friend Sue Nadel about issues of the day, both universal and personal. Thursday July 26th 11 am - 11:45 am (FL).
- ⇒ New Medicare cards are on the way. See Page 10 !
- ⇒ Registration for July, August & September classes and events will begin Monday June 11th in the main office. See new Sample Registration Form on Page 14. First come, first served.

UPCOMING EVENTS

- ⇒ COMMUNITY LISTENING SESSION: AGE-FRIENDLY GREENWICH Monday June 11th 10:30 am Main Dining Room
- ⇒ The Caregiver Circle Presents: “Embracing Age” (See Page 5)
- ⇒ Westchester Broadway Theatre “Anything Goes” July 11, 2018 \$65 includes bus, 3 course meal, show and all gratuities.
- ⇒ A Night of Magic: Join us for a pizza dinner followed by World Class Magician Ben Zabin September 26, 2018. \$15. Stay tuned for further details and location.

EDUCATIONAL PROGRAMS

Greenwich Emergency Medical Service (GEMS)

Learn the Life Saving Technique:
"Hands - only CPR"

1:15 pm Main Dining Room
Thursday June 7, 2018

Greenwich Department of Health
Robin Clark-Smith

Presents:

*"What Boomers Need to Know About
Hepatitis C"*

Wednesday June 13th - MDR
5:15 pm

First Light Home Care

Presents:

Ask the Experts:
Attorney & Homecare

5:30 - 7:30 pm Main Dining Room
Monday June 18, 2018
Free - Prior Registration Required



Helping Those You Love When
They Need Help

Presented by Susan Nadel, LCSW
11:30 am Main Dining Room
Thursday June 21, 2018

PLANNED GIVING

As you prepare your legacy for your family and community, please consider making a tax-deductible bequest to The Friends of the Greenwich Senior Center. Your contribution will help us to provide vitally needed support and services to our members.

If you would like to designate a gift to a specific program or "To Honor" a loved one, please tell us and we will do our best to meet your wishes.

If you have any questions, please call Laurette Helmrich, Greenwich Senior Center Administrator at (203) 862-6720.

Trivia

1. What president was shot while walking to California Governor Jerry Brown's office?
2. What was a gladiator armed with, in addition to a dagger and spear?
3. What are the 4 rivers responsible for watering the Fertile Crescent
4. What are the 5 boroughs of New York City?
5. List the 8 Ivy League schools.
6. What are the five largest US states by land area?

REBUS PUZZLES

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ANSWERS ON PAGE 14

HELPFUL INFORMATION

HOW TO BECOME A MEMBER:

- Membership is **free** to any Greenwich Resident aged 62 or better. Hours of operation are Mon thru Fri 9:00 am - 4:00 pm.
- Joining is easy! Register with any Senior Center staff member who will issue you a key tag.
Note: There is a \$5 fee to replace lost key tags.
- Just swipe the tag at the screen in our front lobby, choose your programs for the day on the touch screen, and you're good to go!
- We offer annual parking passes that must be renewed each Jan for \$5. **Note:** Members are required to utilize the Senior Center a minimum of **12 times per year** in order to qualify for the pass. Your current CT license plate number is required for our records.
- WiFi is free of charge to all members.

HOW TO HAVE BREAKFAST AND OR LUNCH WITH US

Sign up at front desk or by phone (203/862-6700) one day prior or on Friday for Monday lunch. Lunch sign-up ends each day promptly at 11:00 am. Please indicate if you choose to dine in or take out when signing up.

Alternative luncheon items: Must be ordered prior to 11:00 am. Absolutely no changes will be accepted after that time.

Please be advised:

- If you sign up the same day as you wish to have lunch, we cannot guarantee you a meal for that day.
- Due to the increased volume of lunches served, we may run out of an item on the menu.
- Meals are subject to change and substitutions may occur.

“To-Go” Lunches:

- Subject to availability and cost an additional 50 cents.
- Must be picked up between 12:30 pm and 1:00 pm and cannot be held for later.
- Packed standard, no substitutions allowed.
- If you wish to take home an additional to-go meal, you must wait until everyone has been served.

The following fees are now in effect:

Coffee	\$1.00 (Free Refills)
Muffin or Toast with Coffee	\$1.50
Two muffins or Toast with Coffee	\$3.00
Lunch	\$5.00
To Go Lunch	\$5.50
Soup, Salad & Beverage	\$2.00
Dessert & Coffee	\$2.00
Pre Paid Lunch Coupon Books	\$90.00 (20 lunches/10% Discount)

Sorry, no substitutions on breakfast or luncheon items

Lunch Tickets are non refundable due to loss or theft and are not redeemable for cash at any time.

SENIOR CENTER PARTIES, TRIPS, & EVENTS:

Although the majority of programs are free, there are fees associated with our trips, theme/holiday parties and some programs. A staff member will be available Monday thru Friday 9:00 am to 4:00 pm to assist with trip/event sign-ups and table assignments. Fees are payable by cash or check. Please make checks payable to: “Friends of the Greenwich Senior Center” or for your convenience, we can stamp the check for you. The Senior Center is not responsible in whole or in part to trip participants for any loss or damage to persons or property. **There are No Refunds, No Party Reservation Transfers, and No To-Go Meals at any Senior Center Events.**

TRANSPORTATION SERVICE:

Bus service between your home and the Senior Center is provided Mon thru Fri by the Transportation Association of Greenwich (TAG). Your arrival at the Center is ~ 9:00 am and departure is at 2:45 pm. Please sign up for transportation the **day before** you wish to come to the Center. Reservations can be made at the Front Desk until 1:00 pm or call 203-862-6700 the day before to have your name placed on the transportation list. In case of cancellation please call TAG directly at 203 637-4345

Join

AGING2.0

LOCAL

GREENWICH, CT

Aging2.0 Greenwich is a new initiative leading the charge toward tomorrow's narrative of later life. Join our meetings and conversation to support thought leaders and innovators taking on the biggest challenges and opportunities in aging across an interdisciplinary, intergenerational community of older adults, professionals, senior care providers and entrepreneurs.

Questions? Greenwich@aging2.com

Join us:
<https://www.aging2.com/greenwich>

Embracing Age

SPRING 2018 SCHEDULE

Tuesday, June 26th - The Art of Communication

Effective communication is an important life skill that enables us to better understand and connect with the people around us. It allows us to build respect and trust, resolve differences and foster environments where problem solving, caring, affection and creative ideas can thrive.

Caregivers have the important role of helping a loved one with a multitude of tasks. Caregiving with family can bring up conflicts. Effective communication skills serve a key role in successfully resolving conflict, and help to build stronger, deeper relationships.

Presented by Roni Lang, LCSW, Greenwich Hospital Center for Healthy Aging

The Caregiver Circle is a three part series that will take place at Greenwich Library, in the 2nd Floor Meeting Room from 6:00pm to 7:30pm. Contact reception@theRiverHouse.org to register.

Caregiver Circle is a Collaboration between:

Caregiver Circle was co-founded with the assistance of:



299 ON THE AVENUE LUNCHEON JUNE 2018

CHEF TEDDY TORCHON MENU IS SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Light Breakfast Served Mon thru Fri 9:15-10:15am</i>	<i>Home Made Hot Soup & Fresh House Salad Served Daily</i>	INTRODUCING: <i>Teddy's Tuesdays: Chef Torchon will focus each Tuesday meal on a different country. This month includes Paris, The Islands, Mexico & China</i>		1 Vegetable Soup Baked Cod w/Tartar Baked Potato Carrots Fresh Baked Cookies
4 Chicken Rice Soup Eggplant Green Salad Garlic Bread Fresh Fruit	5 <i>WELCOME TO PARIS</i> French Onion Soup Coq au Vin Green Beans Almondine Sweet Potato au gratin	6 Potato Leek Soup Pot Roast w/Gravy Brown Rice Cauliflower Yellow Cake	7 Black Bean Soup Roasted Turkey Au gratin Potato Seasoned Broccoli Pumpkin Pie	8 Minestrone Soup Baked Salmon w/Salted Onions Mashed Potatio Fresh Broccoli
11 Italian Wedding Soup Baked Ziti Garlic Bread Escarole Chocolate Cake	12 <i>WELCOME TO THE ISLANDS</i> Butternut Squash Soup Curry Chicken Coconut Rice & Peas Grilled Vegetables Bread Pudding	13 Lentil Soup Baked Pork Chop Baked Potato Seasoned Spinach Custard w/Berries	14 Turkey Noodle Soup Meatloaf W/Gravy Mashed Potatoes Oriental Vegetables Brownie	15 Tomato Soup Seafood Newburg over White Rice Fresh Green Beans Fresh fruit
18 Barley Soup Chicken Marsala Hot German Potato Salad Green Beans Lemon Meringue Pie	19 <i>WELCOME TO MEXICO</i> Chicken Tortilla Soup Grilled Corn & Tomatoes Beef Portabello Cinnamon Churros	20 Turkey Orzo Soup Orange Glazed Chicken Brown Rice Mixed Vegetables Vanilla Pudding	21 Split Pea Soup Mad & Cheese Seasoned Spinach Chocolate Tart	22 Cream of Spinach Soup Baked Tilapia w/Lemon Baked Sweet Potato Zucchini Lemon Ice
25 Vegetable Rice Soup Spaghetti with Meat Sauce Garlic Bread Carrots Fresh Fruit	26 <i>WELCOME TO CHINA</i> Spinach Egg Drop Soup Mongolian Beef Vegetable Fried Rice Custard Tart	27 Italian Harvest Soup Chicken Sataty Mashed Sweet Potato Brussel Sprouts Fresh Cookies	28 Cream of Carrot Soup Salisbury Steak Mashed Potato Yellow Squash Fruit Pie	29 Pasta Fagioli Soup Fish Piccata White Rice Mixed Vegetable Banana Pudding Page 6

- **Guard your card.** Do not share your Medicare card or number with anyone other than your doctor, and when you do get your new card, destroy your current one to safeguard your information and begin using the new one.

If you are enrolled in Medicare and want to get more information about the new Medicare cards or learn when you may be receiving yours, you can look online at <https://www.medicare.gov/>. You can also sign up for email notifications about the new card if you are interested. CMS will be mailing the new Medicare cards to the address you have on file with the Social Security Administration (SSA). If you would like to verify the mailing address on file with SSA to ensure delivery of your new Medicare card, please go online to <https://www.ssa.gov/myaccount> or call 1-800-772-1213. It is especially important that anyone who has recently moved or changed address to contact SSA to verify they have the correct mailing address on file.

If you have any questions about the new Medicare cards or your Medicare benefits, you can call 1-800-MEDICARE (1-800-633-4227) to get the most current information. TTY users can call 1-877-486-2048.

-CMS-

Contact the Greenwich Commission on Aging for additional information or assistance 203-862-6710

New Medicare cards are headed to beneficiaries

What you should know

Spring 2018

The Centers for Medicare & Medicaid Services (CMS) has started issuing new Medicare cards that no longer contain people's Social Security number. Between now and April 2019 everyone enrolled in Medicare will receive a new card, for free and via the U.S. mail, with a new Medicare number as part of our efforts to help protect people's identities and to safeguard against fraud.

Unfortunately, there are some individuals/bad actors who are trying to use this transition to get the personal information of, or money from, people enrolled in Medicare who are waiting for their new Medicare card. Beware of anyone who contacts you about your new Medicare card. Medicare will never ask you for personal or private information in order for you to get your new Medicare number and card, and will not ask you for money. Here are some useful tips to remember:

- **Medicare will never contact you** to verify your Medicare number or to ask for other personal information so you can obtain your new Medicare card. If someone does ask for this information, do not give them your personal information.
- **Don't pay for your new Medicare card.** It's free. If anyone calls or approaches you and says you need to pay for the new Medicare card, it is not true and you shouldn't provide your financial information or give them any money.

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SENIOR CENTER PROGRAMS

Art Classes w/Chris Gordon (6-wk sessions)

Beginner Classes:

For those who want to find a new artistic skillset painting with acrylic paints in a creative & supportive learning environment. Non-artists and beginner painters welcome.

Advanced Classes:

For experienced painters looking for guidance in expanding their acrylic painting style and technique.

To Register (Required):

Contact Chris: cmgordon@optonline.net
\$20 Registration fee payable to Lynn or Laurette in main office of Senior Center

Balsic Balance w/Wendy Rosa

Join fellow enthusiastic participants in a creative approach to whole body balance and core strength.

Bingo

Fridays @ 10:30am. Winners receive a small cash prize. Cost of cards is 25 cents. Buy as many as you want.

Body Balance & Stability w/Linda

A great way to strengthen your core and build total body strength. Class is conducted with or without a chair.

Birthday Luncheon

To help members' celebrate their birthday, they will receive a voucher for a free lunch, courtesy of the GREATS, to be used at their choice of date and time. (You must sign up ahead of time at front desk!)

Bridge Play

Join other members for an afternoon of informal bridge. Check calendar for game dates and times.

Chair & Floor Yoga w/Paula & Jeannie

Jeannie Stevens and Paula Schooler bring participants all the spiritual, physical and mental benefits of Yoga in a chair and on the floor! Held in the Far Lounge.

Chimers:

Join our Chiming group in making beautiful Music with hand held Schulmerich in a fun and friendly atmosphere. No music skills Necessary.

FIT AFTER '50' w/Wendy Rosa

Get fit, improve balance, tone your body And have fun at the same time.

Floor Yoga w/Jeanne & Paula

Hatha postures that challenge the body, mind and spirit. It's the real thing folks! Floor mat is required. Namaste.

Forever Fit:

Designed to help intermediate levels increase strength, balance and cardio endurance. Using various equipment and your own body weight, participants will be challenged to complete moves set for time or a certain number of repetitions. Achieve ur fitness goals in this class's nonstop, upbeat friendly atmosphere."

Garden Center Workshop

Held every month From Oct to March. Create lovely live arrangements. Sign-up required. Limit: 18 participants per class.

Italian Lessons w/Luciana

Learn Italian grammar from experienced educator Luciana Orzano in a structured forum. Classes meet every week.

I've Fallen But I Learned How To Get Up

Join us in learning about ways to avoid falling, and what to do if you do fall. What do you do first, and how do you attempt to get back up? Must be able to get on floor.

Joint Power w/Wendy

Join instructor Wendy Rosa for a series of slow, static, healing movements. Scientifically proven to combat arthritis Pain in seniors. Props and music are used for program enhancement.

Knitting Knotch/Needlework Groups

All levels welcome. Create any item of your choice. Instruction offered on Wed mornings w/Debbie.

Lectures/Presentations & Evening Series

Professional guest speakers present on an array of interesting and informative topics including healthcare, wellness, history, nature, elder law and financial planning. Never a sales pitch. Forums are purely educational. Refreshments & giveaways at many sessions!

Live Entertainment

Talented musical artists perform for your pleasure. Dance & sing the morning or afternoon away! Check calendar for dates and times.

NYT Crosswords w/Ed Stein

Not your grandmother's crosswords folks!

Pickup Tabletop Games

Random card/ board game sessions throughout the day, Mon thru Fri.

Pilates Gold w/Jeanne

Challenge your body to static stretching and toning. On the floor, or in a chair. Mats required.

Quilting Patch

All are welcome to join this cheerful group. Some instruction provided

Shopping w/The TAG Bus Driver

Go shopping at Shop Rite of Stamford/ Walmart Rte.7 Norwalk/ Christmas Tree Shop. Limit: 2 bags per person. Sign up at the front desk. Check calendar for dates. Limit: 20 shoppers.

Silvertones Choir

A group of enthusiastic seniors who love to sing. Travel to area facilities/ organizations & events to perform live! Two rehearsals per month.

Special Events/Parties & Trips

Check the Lantern & Center flyers for upcoming fun gatherings at very affordable fees.

Surfing USA & Beyond

Join us as we 'surf the internet' as a group. Everyone will get a chance to suggest a topic and as a group we will decide where to go from there on the SmartBoard.

T'ai Chi w/Bill Wrenn

Learn the moves and wellness benefits of this ancient art from a Certified Master. A safe form of exercise that strengthens core balance, increases mental function, and tones the body. Classes can be held outdoors, weather permitting. Afternoon and Evening classes.

TechLounge

A variety of computing classes to meet today's demand. Only \$5 per class. Check calendar for class days and times. Newly renovated!

Total Body/Mind Wellness Programs

Credentialed professionals discuss modern mind/body health related topics. See calendar for dates and times.

Total Brain Health: Memory 1.0 2.0

Total brain healthy living course. Evidence based! 8 weeks for only \$20. See staff for courses and sign up.

We've Got Your Back w/Wendy Lee

Pro-active strength and toning class to combat and prevent back issues.


Zumba Gold w/Wendy Rosa

All the benefits of regular Zumba for seniors now twice per week! Great music & moves. We rock out to the latest tunes. It's the real thing.

June 2018

Calendar of Events

Programs Subject To Change

Monday	Tuesday	Wednesday	Thursday	Friday
PROGRAM LOCATION: CR- Craft Room (downstairs) FL- Far Lounge GL- Greenwich Library OS- Offsite MDR- Main Dining Room L- TechLounge	"If a June night could talk, it would probably boast it invented romance." - Bern Williams		FUN FACTS Birthstone: Pearl & Alexandrite Named for: Juno, the Roman Goddess of Marriage & wife of Jupiter Birth Flower: Rose or Honeysuckle In the Southern Hemisphere, June is the Equivalent of December	1 9:30 Painting Session - CR 10:00 Fit After '50' w/Wendy - FL 10:30 BINGO! - MDR 1:00 Chess & Bridge Play - CR 1:15 Movie: Flamenco, Flamenco
4 9:30 Advanced Art - CR 9:30 Basic Balance Class w/Wendy - FL 1:00 Chess & Bridge Play - CR 1:30 Zumba Gold w/Wendy - MDR 2:15 Joint Power w/Wendy - FL 6:00 TOTAL BRAIN HEALTH - GL	5 9:45 Chair Yoga w/Jeanne - FL 10:00 Quilting Patch - CR 10:45 T'ai Chi w/Bill - FL 1:00 Floor Yoga w/Jeanne - FL 2:00 Pilates Gold w/Jeanne - FL	6 10:00 Chair Yoga w/Paula - FL 11:00 Floor Yoga w/Paula - FL 11:00 Documentary: Treasures of the Earth: Metals 1:00 SHOPPING @ SHOPRITE 1:45 Zumba Gold w/Wendy - MDR 4:30 Forever Fit w/Wendy - FL	7 9:15 Body Balance & Stability w/Linda - FL 10:00 Knitting Knotch - CR 10:45 Chimers Rehearse - MDR 1:00 Italian Lessons w/Luciana - CR 1:15 Hands-Off CPR w/Greenwich EMS 2:15 We've Got Your Back w/Wendy - FL 4:30 BOOM ! w/Linda Lombardo - FL 5:30 T'ai Chi w/Bill Wrenn - FL	8 9:30 Painting Session - CR 9:30 Painting at Grass Island (Reg Req) 10:00 Fit After '50' w/Wendy - FL 10:30 BINGO! - MDR 1:00 Chess & Bridge Play - CR 1:15 Movie: Kedi (The Cats of Istanbul)
11 9:30 Advanced Art - CR 9:30 Basic Balance Class w/Wendy - FL 10:30 Community Listening Session Age Friendly Greenwich - MDR 1:00 Chess & Bridge Play - CR 1:30 Zumba Gold w/Wendy - MDR 2:15 Joint Power w/Wendy - FL 3:00 T'ai Chi w/Will Morrison - FL	12 9:45 Chair Yoga w/Jeanne - FL 10:00 Quilting Patch - CR 10:45 GREATS Open Meeting - MDR 1:15 Crosswords w/Ed Stein - MDR 1:00 Floor Yoga w/Jeanne - FL 2:00 T'ai Chi w/Bill Wrenn - FL or Outside	13 9:30 Beginner Art - CR 10:00 Chair Yoga w/Paula - FL 11:00 Floor Yoga w/Paula - FL 11:00 Documentary: Origins: The Helicopter , Scuba & Space Travel 1:45 Zumba Gold w/Wendy - MDR 4:30 Forever Fit w/Wendy - FL 5:15 What Boomers Should Know About Hepatitis C	14 9:15 Body Balance & Stability 10:00 Knitting Knotch - CR 10:40 Silvertones Rehearse - MDR 11:15 Helping Those You Love When They Need Help - SUE Nadel 1:00 Italian Lessons w/Luciana - CR 2:15 We've Got Your Back w/Wendy - FL 4:30 BOOM ! w/Linda Lombardo - FL 5:30 T'ai Chi w/Bill Wrenn - FL	15 9:30 Painting Session - CR 9:30 Painting at Grass Island (Reg Req) 10:00 Fit After '50' w/Wendy - FL 10:30 BINGO! - MDR 1:00 Chess & Bridge Play - CR 1:15 Movie: Diana: 7 Days That Shook the World
18 9:30 Advanced Art - CR 9:30 Basic Balance Class w/Wendy - FL 1:00 Chess & Bridge Play - CR 1:30 Zumba Gold w/Wendy - MDR 2:15 Joint Power w/Wendy - FL 3:00 T'ai Chi w/Will Morrison - FL 5:30 Ask the Experts (Prior Reg Req)	19 9:45 Water Aerobics w/Wendy - OS 9:45 Chair Yoga w/Jeanne - FL 10:00 Quilting Patch - CR 10:45 T'ai Chi w/Bill Wrenn - FL or Outside 1:00 Floor Yoga w/Jeanne - FL 2:00 Pilates Gold w/Jeanne - FL	20 10:00 Chair Yoga w/Paula - FL 11:00 Floor Yoga w/Paula - FL 11:00 Documentary: Top 10 Secrets & Mysteries 1:00 SHOPPING @ SHOPRITE 1:45 Zumba Gold w/Wendy - MDR 4:30 Forever Fit w/Wendy - FL	21 9:15 Body Balance & Stability w/Linda - FL 10:00 Knitting Knotch - CR 10:45 Chimers Rehearse - MDR 1:00 Italian Lessons w/Luciana - CR 1:20 HEALTHY EATING AFTER 50 - MDR 2:15 We've Got Your Back w/Wendy - FL 4:30 BOOM ! w/Linda Lombardo 5:30 T'ai Chi w/Bill Wrenn - FL	22 9:30 Painting Session - CR 9:30 Painting at Grass Island (Reg Req) 9:45 Water Aerobics w/Wendy - OS 10:30 BINGO! - MDR 1:00 Chess & Bridge Play - CR 1:15 Movie: Harry & Snowman
25 9:30 Basic Balance Class w/Wendy - FL 9:30 Trip to Walmart 1:00 Chess & Bridge Play - CR 1:30 Zumba Gold w/Wendy - MDR 2:15 Joint Power w/Wendy - FL 3:00 T'ai Chi w/Will Morrison - FL	26 9:45 Water Aerobics w/Wendy - OS 9:45 Chair Yoga w/Jeanne - FL 10:00 Quilting Patch - CR 10:45 T'ai Chi w/Bill Wrenn - FL or Outside 1:00 Floor Yoga w/Jeanne - FL 2:00 Pilates Gold w/Jeanne - FL	27 9:30 Beginner Art- CR 10:00 Chair Yoga w/Paula - FL 11:00 Floor Yoga w/Paula - FL 11:00 Documentary: Nature's Weirdest Events 1:45 Zumba Gold w/Wendy - MDR 4:30 Forever Fit w/Wendy - FL	28 9:15 Body Balance & Stability w/Linda - FL 10:00 Knitting Knotch - CR 10:45 Silvertones Rehearse - MDR 1:00 Italian Lessons w/Luciana - CR 2:15 We've Got Your Back w/ Wendy - FL 5:00 Painting & Pizza - CR 5:30 T'ai Chi w/Bill Wrenn - FL	29 9:30 Painting Session - CR 9:45 Water Aerobics w/Wendy - OS 10:30 BINGO! - MDR 1:00 Chess & Bridge Play - CR 1:15 Movie: Visions of Puerto Rico