

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 Jonathon Lindley

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 the 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, complet-
ed 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
Thursdays: 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 per 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 UtilizeSeniorEner-
gy.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

LANTERN



January 2018



299 Greenwich Ave., Greenwich, CT 06830

www.greenwichct.org

Main Phone: 203-862-6700

Jan. Programs:

“Water Aerobics”

Tuesday Afternoon
Yoga w/Jeannie

Thursday evening
T'ai Chi w/Bill

Music w/Lynn

Surfin' USA & Beyond

Garden Education
Center

Tech Lounge

The Chimers Rehearse

The Silvertones Return

Senior Center Closed

January 1st

January 15th



View/ Like Us On The Town of Greenwich Facebook Page, plus check out our programs on Twitter!

THANK YOU TO OUR GENEROUS SPONSORS!



NEW CLASSES & HAPPENINGS

WATER AEROBICS w/Wendy Rosa
(class is already full but stay tuned for future classes)

BACK BY POPULAR DEMAND!! The Silvertones will resume regular rehearsals in late January (date and time will be determined in early January)

Call Lynn Mason 203/862-6721 for more information

THANK YOU TO OUR GENEROUS SPONSORS!



Coxe & Graziano
FUNERAL HOME

Yale
NewHaven
Health
Greenwich
Hospital



Greenwich
Library

PREMIER
home health care services, inc.



Town Of Greenwich Local Property Tax Relief – 2016 Grand List

For Eligible Seniors 65 and over

- ♦ In addition to the State Elderly Tax Relief Program, the Town of Greenwich has implemented a local tax relief program for seniors. Please return the application to the Assessor's Office by the deadline of **May 15th, 2017**.

GENERAL ELIGIBILITY GUIDELINES:

- ♦ Age 65 years or older or surviving spouse over age 60 by December 31st, 2016
- ♦ Greenwich taxpayer for at least one year
- ♦ Reside at the property for at least 183 days a year (primary residence)
- ♦ Residence may not exceed \$1,277,010 in assessed value on the 2016 Grand List
- ♦ Must first apply for tax relief under State programs for which applicant is eligible
- ♦ Income from all sources may not exceed \$65,500 (including gross Social Security payments). Refer to the current Town Ordinance for specific income requirements
- ♦ Applicant must not owe delinquent taxes to the Town
- ♦ Total tax relief may not exceed amounts defined in the current Town Ordinance

TAX RELIEF FOR THE DEFERRAL AND CREDIT PROGRAMS BASED UPON 2016 INCOME

| CREDIT | |
|--------------------|---------|
| Qualifying Income | Credit |
| Less than \$26,001 | \$2,317 |
| \$26,001-39,000 | \$1,585 |
| \$39,001-54,500 | \$1,219 |
| \$54,501-65,500 | \$610 |

| DEFERRAL |
|---|
| Taxpayers with income to \$65,500 may defer up to \$3,000. Taxes deferred will be payable to the Town on the death of the taxpayer or the transfer of the property. Interest will be charged on the deferred amount. Refer to the Town Ordinance for details. |

FILING PERIOD:

The filing period is **February 1st through May 15th, 2017**. You or your representative must fill-in your name and address, sign and date the application and complete questions 1 - 9.

DOCUMENTATION NECESSARY:

- ♦ Proof of age (if new applicant)
- ♦ 2016 Federal Income Tax Return
- ♦ Copy of documentation of all qualifying income, including SSA-1099(s)

DOCUMENTS PROVIDED WILL NOT BE OPEN TO PUBLIC INSPECTION & WILL BE HELD IN STRICT CONFIDENCE.

**ASSESSOR'S OFFICE - TOWN HALL – 101 FIELD POINT ROAD
GREENWICH, CONNECTICUT**

SENIOR CENTER PROGRAMS

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

Beginner Classes:

Open to Greenwich Senior Center Members who want to find a new artistic skillset painting with acrylic paints in a creative & supportive learning environment. Non-artists and beginner painters welcome.

Intermediate/Advanced Classes:

Open to Greenwich Senior Center Members who are 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

Balance & Stretch w/Wendy Rosa

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

Best Seller Book Author Lectures/Signings

Various popular authors visit and present on their publications.

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.

Bridge Play

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

Birthday Luncheon

To help our 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!)

B.Y.O.B. w/Wendy Lee

"Build Your Own Back" pro-active strength and toning class to combat and prevent back issues.

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 Main Dining Room/Far Lounge. Check calendar for days and times.

Chess

A group that meets to enjoy the game.

Feldenkrais Style Movements for Arthritis

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.

Fitness Fun w/Wendy Rosa

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

Floor Yoga w/Jeannie & Paula

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

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.

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! Check program calendar for dates and times.

Pickup Tabletop Games

Random card/ board game sessions throughout the day, Mon thru Fri. Scheduled programs take room precedence.

Pilates Gold w/Jeannie

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.

Super Noggin

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

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 Lantern 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.

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.

EDUCATIONAL PROGRAMS



FUNDAMENTALS OF CARING FOR SOMEONE WITH DEMENTIA:

Some New Approaches: It's Not What You Think

Presented by: Amy Burkhard, LMSW

11 January 2018

Greenwich Senior Center

1:15 - 2:00 pm

LEAVING A LEGACY

Presented by: Ryan Ventura
First Light Home Care

17 January 2018

Greenwich Senior Center

5:30 pm - 7:00 pm

VISITING NURSE & HOSPICE OF FAIRFIELD COUNTY

"SLEEP SMART"



18 January 2018

Greenwich Senior Center

1:15 - 2:00 pm

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 in "Memory Of" 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.

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! Come in and see any Senior Center staff member who will register you and issue 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 activities 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.

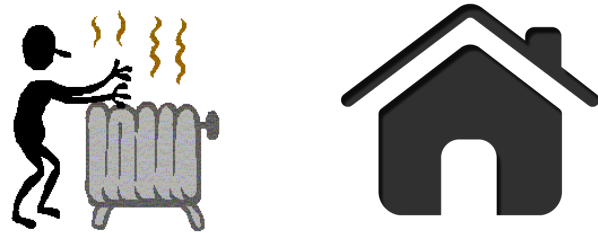
SENIOR CENTER PARTIES, TRIPS, & EVENTS:

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

Struggling to Heat Your Home This Winter?



HELP is available!

Greenwich Department of Human Services
101 Field Point Road, Third Floor
Greenwich, CT 06830
(203) 622-3800

The Connecticut Energy Assistance Program

Helps offset the winter heating costs of Connecticut’s lower-income households




Applications for gas, electric and oil customers due:
APRIL 30, 2018

FOR MORE INFORMATION OR TO SEE IF YOU QUALIFY

CALL THE GREENWICH DEPARTMENT OF HUMAN SERVICES
(203) 622-3800

| 299 ON THE AVENUE LUNCHEON JANUARY 2018 | | | | |
|--|---|---|--|--|
| CHEF JONATHAN LINDLEY’S MENU IS SUBJECT TO CHANGE | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 1  SENIOR CENTER CLOSED | 2 Pork w/mushrooms, & onions Wild Rice Cauliflower Chocolate Chip Cookies | 3 Meatloaf Mashed Potato Snap peas Yellow Cake | 4 Grilled Chicken salad Potato Chips Jello <i>No Substitutions Today !!!!</i> | 5 Lemon Baked Flounder Roast red potato Green bean & carrot medley Assorted Pies |
| 8 Baked Ziti Sauteed Spinach Fresh Fruit | 9 Beef Stew with Vegetables Egg Noodles Chocolate Cake | 10 Chicken Parmesan over spaghetti Vanilla Pudding | 11 Philly cheese steak w/onions & peppers Steak Fries Sherbet | 12 Shrimp Fettuccine Alfredo Squash Garlic bread Variety of Mousse |
| 15 MARTIN LUTHER KING JR. DAY SENIOR CENTER CLOSED | 16 Pineapple Pork Tacos Black Beans Spanish Rice Chips & Salsa Fresh Fruit | 17 Baked Lasagna Garlic Bread Chocolate Pudding | 18 Fried Chicken Macaroni & Cheese Roasted carrots Strawberry Short Cake | 19 Steak Bourguignon Over Egg noodles Apple Crisp |
| 22 Meatball Sandwich Potato wedges Broccoli Sweet Potato Pie | 23 Chicken Marsala Green beans Mash potato Vanilla pudding | 24 Veal Stew w/peas & carrots over fettuccine Diced Peaches | 25 Stuffed Cabbage  Chocolate cake | 26 Baked Salmon Asparagus Roast Potatoes Pumpkin Pie |
| 29 Pasta Primavera Garlic Bread Jello | 30 Salisbury Steak Egg Noodles Roasted Carrots Brownie | 31 Sweet & Sour Pork Brown Rice Bok Choy Pecan Pie | <i>Light Breakfast Served Mon thru Fri 9:15am - 10:15am</i> | |
| | | | | <i>Home Made Hot Soup & Fresh House Garden Salad</i> |

January 2018 LANTERN *Calendar of Events* Programs Subject To Change

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| 1  SENIOR CENTER CLOSED | 2 9:30 Water Aerobics - OS 9:45 Chair Yoga w/Jeannie - FL 10:00 Quilting Patch - CR 10:45 T'ai Chi w/Bill - FL 1:00 Floor Yoga w/Jeannie - FL 2:00 Pilates Gold w/Jeannie - FL 4:30 Afternoon Yoga w/Jeannie - FL | 3 10:00 Chair Yoga w/Paula - FL 11:00 Floor Yoga w/Paula - FL 1:45 Sing w/Lynn - FL 1:45 Zumba Gold w/Wendy - MDR | 4 9:15 Body Balance & Stability w/Linda - FL 10:00 Knitting Knotch - CR 1:00 Italian Lessons w/Luciana - CR 2:15 B.Y.O.B. w/ Wendy Lee Rosa - FL 5:30 T'ai Chi w/Bill Wrenn - FL | 5 9:30 Painting Session - CR 10:00 Fitness Fun w/Wendy - FL 10:30 BINGO! - MDR 1:00 Chess & Bridge Play - CR 1:30 <i>Ridin' The Rails</i> w/Johnny Cash - MDR |
| 8 9:30 - 12:00 FREE Open Computer Lab - TL 9:30 Basic Balance Class w/Wendy - FL 1:30 Zumba Gold w/Wendy - MDR 2:15 Feldenkrais Style Movements w/Wendy - FL | 9 9:30 Water Aerobics - OS 9:45 Chair Yoga w/Jeannie - FL 10:00 Quilting Patch - CR 10:45 GREATS Open Meeting - MDR 1:00 Floor Yoga w/Jeannie - FL 1:15 GARDEN EDUCATION CENTER - CR 2:00 T'ai Chi w/Bill - FL 4:30 Afternoon Yoga w/Jeannie - FL | 10 10:00 Chair Yoga w/Paula - FL 11:00 Floor Yoga w/Paula - FL 12:00 Lunch Music w/Jay Louden 1:00 SHOPPING @ SHOPRITE 1:45 Zumba Gold w/Wendy - MDR | 11 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 Sterling Care Presents: "Fundamentals of Caring for Someone with Dementia" 2:15 B.Y.O.B. w/Wendy Rosa - FL | 12 9:30 Painting Session - CR 10:00 Fitness Fun w/Wendy - FL 10:30 BINGO! - MDR 1:00 Chess & Bridge Play - CR |
| 15  MARTIN LUTHER KING JR DAY SENIOR CENTER CLOSED | 16 9:30 Water Aerobics - OS 9:45 Chair Yoga w/Jeannie - FL 10:00 Quilting Patch - CR 10:45 T'ai Chi w/Bill - FL 1:00 Floor Yoga w/Jeannie - FL 2:00 Pilates Gold w/Jeannie - FL 4:30 Afternoon Yoga w/Jeannie - FL | 17 10:00 Chair Yoga w/Paula - FL 11:00 Floor Yoga w/Paula - FL 1:45 Sing w/Lynn - FL 1:45 Zumba Gold w/Wendy - MDR 5:30 - 7:30 Leaving A Legacy <i>w/Ryan Ventura - MDR</i> | 18 9:15 Body Balance & Stability w/Linda - FL 10:00 Knitting Knotch - CR 1:00 Italian Lessons w/Luciana - CR 1:15 VISITING NURSE & Hospice Presents: "Sleep Smart" - MDR 2:15 B.Y.O.B. w/Wendy Lee Rosa - FL 5:30 T'ai Chi w/Bill Wrenn - FL | 19 9:30 Painting Session - CR 10:00 Fitness Fun w/Wendy - FL 10:30 BINGO! - MDR 1:00 Chess & Bridge Play - CR 1:30 Live From Austin, Texas: <i>Merle Haggard - MDR</i> |
| 22 9:30 - 12:00 FREE Open Computer Lab - TL 9:30 Basic Balance Class w/Wendy - FL 9:30 Trip to Walmart 1:30 Zumba Gold w/Wendy - MDR 2:15 Feldenkrais Style Movements - FL w/Wendy - FL | 23 9:30 Water Aerobics - OS 9:45 Chair Yoga w/Jeannie - FL 10:00 Quilting Patch - CR 10:45 T'ai Chi w/Bill Wrenn - FL 1:00 Floor Yoga w/Jeannie - FL 2:00 Pilates Gold w/Jeannie - FL 4:30 Afternoon Yoga w/Jeannie - FL | 24 10:00 Chair Yoga w/Paula - FL 11:00 Floor Yoga w/Paula - FL 11:00 SURFIN' USA & BEYOND w/Lynn - MDR 1:45 Zumba Gold w/Wendy - MDR | 25 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 2:15 B.Y.O.B. w/ Wendy Lee Rosa - FL 5:30 T'ai Chi w/Bill Wrenn - FL | 26 9:30 Painting Session - CR 10:00 Fitness Fun w/Wendy - FL 10:30 BINGO! - MDR 1:00 Chess & Bridge Play - CR |
| 29 9:30 - 12:00 FREE Open Computer Lab - TL 9:30 Basic Balance Class w/Wendy - FL 1:30 Zumba Gold w/Wendy - MDR 2:15 Feldenkrais Style Movements - FL | 30 9:30 Water Aerobics - OS 9:45 Chair Yoga w/Jeannie - FL 10:00 Quilting Patch - CR 10:45 T'ai Chi w/ Bill - FL 1:00 Floor Yoga w/Jeannie - FL 1:30 SURFIN' USA & BEYOND w/Lynn - MDR 2:00 Pilates Gold w/Jeannie - FL 4:30 Afternoon Yoga w/Jeannie - FL | 31 10:00 Chair Yoga w/Paula - FL 11:00 Floor Yoga w/Paula - FL 1:45 Sing w/Lynn - FL 1:45 Zumba Gold w/Wendy - MDR | SUPER MOON: 1/1/2018 SUPER BLUE MOON: 1/31/2018  | PROGRAM LOCATION: CR - Craft Room FL - Far Lounge GL - Greenwich Library OS - Offsite MDR - Main Dining Room L - TechLounge |