

# 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 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

**MAY 2018**  
www.greenwichct.org 203-862-6700

## NEW CLASSES

Beginner Art  
Advanced Art  
Painting Circle

## Music Programs

Sing with  
The Silvertones

Lunchtime Music  
w/Jay Loudon

The Chimers

## Educational Programs

TrivWorks  
Tech Lounge  
Wellness Lectures

I've Fallen But I  
Learned How To Get  
Up

SENIOR CENTER  
CLOSED FOR  
MEMORIAL DAY

MAY 28, 2018



Join us to shake, rattle & **ROLL!**

Friday, May 11, 2018 5:00-8:00 p.m.

50's style dress optional (Doors open at 4:30)

Tickets: \$10 includes seated dinner

Eastern Greenwich Civic Center, 90 Harding Road, Old Greenwich, CT

Dinner, music, digital photo booth, soda jerks,  
hula-hoop contest, game show and "celebrity" appearances

Transportation available. Seating is limited.

Purchase tickets before May 5 at

Greenwich Senior Center, 299 Greenwich Avenue

Questions? Call Chicky (203) 862-6710



Thank you to our generous sponsors:

**Community Pacesetter:** Sterling Care

**Town Leaders:** Assisted Living Locators, At Home in Greenwich,  
Coxe & Graziano Funeral Home, Greenwich Hospital, Greenwich Library,  
Premier Home Health Care Services, Inc. & River House Adult Day Center

**District Organizers:** The Caregiver Resource Center, Friends of Nathaniel Witherell,  
Morrison Community Living & Visiting Angels

**Neighborhood Advocates:** Alzheimer's Association, Call-A-Ride, ComForCare Home Care,  
Elizabeth's Home Health Care, First Light Home Care, The Greens at Greenwich, Greenview Pharmacy, LLC,  
Greenwich Association of Realtors, Greenwich Chaplaincy, Greenwich Department of Health,  
Greenwich Department of Human Services, Greenwich EMS, Greenwich Fire Dept., Greenwich Home Care,  
Greenwich Police Dept., Greenwich Woods Health Care Center, Hill House Senior Residence,  
The Housing Authority of the Town of Greenwich, Jewish Family Services of Greenwich, King Street Rehab,  
Leo P. Gallagher & Son Funeral Home, Meals on Wheels of Greenwich, Merry Go Round, Inc.,  
Neighbor to Neighbor, Oasis Senior Advisors, O'Brien Care Management Services, Osborn Home Care,  
Research Center for Clinical Studies, Inc., Right at Home, Southwest Regional Mental Health Board,  
Sunrise Senior Living, Sutton Land, LLC and Utilize Senior Energy

View/ Like Us On The Town of Greenwich Facebook Page




**THANK YOU TO OUR GENEROUS SPONSORS!**

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**THANK YOU TO OUR GENEROUS SPONSORS!**



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*home health care services, inc.*



  
**AssistedLiving**  
Locators®





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.

Greenwich Library, Cole Auditorium.

Reservations recommended. Call 203-862-6710



## GREATS ELECTIONS

The **GREATS** is a “club” within the Senior Center with a board of 20 elected members, who in turn elect their officers. The GREATS does fundraising, manages its own funds, contributing to worthwhile Senior Center projects. They are also a “sounding board” for programs that take place at the Senior Center and a great source of ideas and suggestions. If you are interested in running for the GREATS Board of Directors, know that you will have to attend all meetings, board meetings, as well as the open meeting which follows. Interested persons should express their desire to run by **May 2, 2018**. Candidates will fill out a card (provided by Staff) which will be placed in a secure box. Election Day is **May 7, 2018 from 9:30 - 3:30 pm in the TV Lounge**. There will be **NO Absentee Ballots**. You must come in to cast your own ballot.

On **June 12, 2018**, the new Board of Directors will vote for their Executive Board.

***Come in and VOTE!***

4. Quite Right  
3. Matinee

2. Deep in Thought  
1. See For Yourself

## NEW CLASSES & HAPPENINGS

**WELCOME!!**

**PLEASE STOP BY AND GIVE A WARM WELCOME TO OUR NEW EXECUTIVE CHEF: TEDDY TORCHON!!**

- **PAINTING CIRCLE w/ELANIT LINDER (Sheraton Caregivers):**  
**Friday May 3, 2018 10:30 am Craft Room. Materials provided. Non-artists welcome. Free**
- **ADVANCED ACRYLIC PAINTING: PAINTING GLASS AND REFLECTION:**  
Instructor Christine Gordon 6 Mondays: May 7, 14, 21 & June 4, 11, 18.  
9:30 am - 11:30 am (New Art Studio on lower level).  
For experienced painters only. Register in Main Office. \$20
- **BEGINNER ACRYLIC PAINTING:** Instructor: Christine Gordon 6 Wednesdays: May 16, 30 & June 13, 27 & July 11, 25. 9:30 am - 11:30 am. (New Art Studio on lower level). Non-artists & Beginners welcome. Register in Main Office. \$20

## UPCOMING EVENTS

- ⇒ **TRIV WORKS:** May 3, 2018 1:20 pm in Main Dining Room
- ⇒ **GREATS Board Election:** MAY 7, 2018 9:30 - 3:30 pm in TV Lounge
- ⇒ **Flashback Friday: Fabulous 50's !** May 11, 2018 5 - 8:00 pm Eastern Greenwich Civic Center. Stay tuned for more details
- ⇒ **The Caregiver Circle Presents: “Embracing Age”** (See Page 10)
- ⇒ **Westchester Broadway Theatre “Anything Goes”** July 11, 2018 \$65 includes bus, 3 course meal, show and all gratuities.

# EDUCATIONAL PROGRAMS

## "THE UPSIDE OF DOWNSIZING"

Presented by: Zehava Davis  
"A to Z"  
National Moving Management  
Services for Seniors

Tuesday May 8, 2018  
1:15 pm Main Dining Room

## TECH LOUNGE TUESDAY CLASSES

### AMAZING WORLD OF GOOGLE

May 8, 2018  
1:00 - 3:00 PM

### WINDOWS 10

May 22, 2018  
1:00 - 3:00 PM



## "HOW TO MAKE CHANGES"

Presented by Susan Nadel, LCSW

Thursday May 17, 2018  
11:30 am Main Dining Room

## VISITING NURSE & HOSPICE OF FAIRFIELD COUNTY

*Presents:*

## "EATING HEALTHY AFTER 50"

Thursday MAY 24, 2018  
1:15 pm Main Dining Room

## 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.

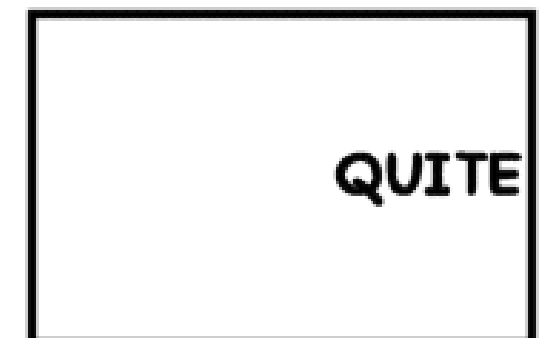
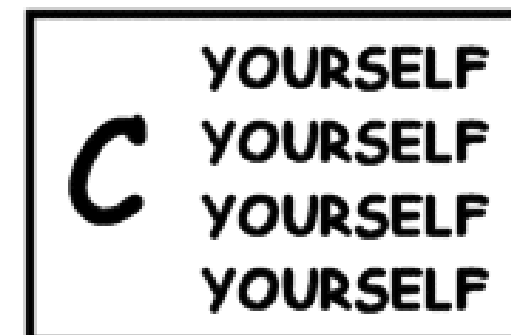
If you have any questions, please call Laurette Helmrich, Greenwich Senior Center Administrator at (203) 862-6720.

## Palindromes

**Palindromes** are words or phrases that read the same in both directions, e.g. **EYE**, or **RACECAR**, or **MADAM I'M ADAM**. Here are a few good ones:

- Do geese see God
- Was it Eliot's toilet I saw
- Murder for a jar of red rum
- Some men interpret nine memo
- Never odd or even
- A man, a plan, a canal - Panama
- A man, a plan, a cam, a yak, a yam, a canal - Panama
- A man, a plan, a cat, a ham, a yak, a yam, a hat, a canal - Panama
- A man, a plan, a canoe, pasta, heros, rajahs, a coloratura, maps, snipe, percale, macaroni, a gag, a banana bag, a tan, a tag, a banana bag again (or a camel), a crepe, pins, spam, a rut, a rolo, cash, a jar, sore hats, a peon, a canal - panama.

## REBUS PUZZLES





# 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! 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 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



## THE AGING2.0 LOCAL | GREENWICH STREET TEAM



The Aging2.0 Local | Greenwich Street Team is entirely made up of members of our community who are committed to helping seniors age well. From left to right: Adonis Filpo, Dr. Allison Ostroff, Lori Contadino, Elena Felitto, Ricki Goldstein, Steve Katz, Paul Doyle, Heather Keane, and (not pictured) Susan Doyle.

## WHAT IS AGING2.0?

Aging2.0® is a global, innovative network on a mission to accelerate innovation to improve the lives of older adults around the world. Aging2.0 connects, educates and supports a robust ecosystem of entrepreneurs, technologists, designers, investors, senior care providers and older adults themselves through community events, startup programs and content.

## JOIN THE GREENWICH CHAPTER

It is free to join the Aging2.0 Local | Greenwich community. Sign up at [www.aging2.com/Greenwich](http://www.aging2.com/Greenwich) and fill in the "Join the Movement" form. When your information is completed, click "Join Us" to start receiving chapter updates and content.

To learn more about Aging2.0 | Local Greenwich, visit [www.aging2.com/greenwich](http://www.aging2.com/greenwich) or follow us on Twitter & Instagram (@aging2greenwich)!



## 299 ON THE AVENUE LUNCHEON MAY 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>	<b>1</b> French Onion Soup Roasted Chicken Mashed Potatoes Asparagus Fresh Fruit	<b>2</b> Vegetable Soup Open-faced Turkey Sandwich w/gravy Buttered Corn Banana Pudding	<b>3</b> Chicken Rice Soup Pineapple baked Pork Chops Baked Potato Oriental Blend Apple Crisp	<b>4</b> Turkey Noodle Soup Creole Style Fish Rice Pilaf Seasoned Spinach Jello
<b>7</b> Split Pea Soup Baked Ziti Garlic Bread Seasoned Broccoli Banana Pudding	<b>8</b> Beef Barley Soup Baked Ham w/Raisin Sauce Au Gratin Potatoes Seasoned Carrots Lemon Ice	<b>9</b> Cream of Spinach Soup Orange Glazed Chicken Boiled Red Potatoes Brussel Sprouts Yellow Cake	<b>10</b> Potato Leek Soup Spaghetti w/Sausage Meat Mixed Vegetables Chocolate Tart	<b>11</b> Tuscan Soup Vera Cruz Style-Baked Fish Herbed Couscous Zucchini Lemon Meringue Pie
<b>14</b> Lentil Soup Cheesy Mac & Cheese Breaded Tomatoes Fruit Crisp	<b>15</b> Cream of Carrots Pasta Florentine Roasted Yellow Squash Garlic Bread Fresh Baked Cookies	<b>16</b> Chicken Soup Beef Burgundy over Egg Noodles Southwest Corn Chocolate Pudding	<b>17</b> Black Bean Soup Roast Turkey w/gravy Mashed Potato Green Beans Cranberry Sauce Fruit Pie	<b>18</b> Turkey Rice Soup Fish Florentine Brown Rice Season Peas Angel Cake
<b>21</b> Cream of Spinach Soup Herb Chicken Leg Quarter Quinoa Carrots Cookies	<b>22</b> Turkey Noodle Soup Meatloaf w/Gravy Mashed Sweet Potato Cauliflower Fresh Fruit	<b>23</b> Italian Wedding Soup Vegetable Lasagna Garden Salad Dinner Roll Ice Cream	<b>24</b> Ginger Carrot Soup Honey Mustard Chicken Brown Rice Escarole Vanilla Pudding	<b>25</b> Minestrone Soup Herb-crusted Tilapia Baked Potato Roast Carrots Fruit Pie
<b>28</b> Immunity Soup Eggplant Parmesan Garden Salad Garlic Bread Yellow Cake	<b>29</b> Turkey Orzo Soup Salisbury Steak w/Shallot Gravy Mashed Potatoes Collard Greens Fruit Pie	<b>30</b> Lentil Soup Pork Tenderloin Cheesy Polenta Seasoned Spinach Banana Pudding	<b>31</b> Tomato Soup Stuffed Chicken White Rice Mixed Vegetable Jello	<i>Home Made Hot Soup &amp; Fresh House Salad Served Daily</i> Page 6

Are you a Greenwich resident age 45 or older?



# The Town of Greenwich

WANTS TO

HEAR FROM

YOU!



We will award five \$100 value gift cards to randomly selected survey participants!

The Town of Greenwich Commission on Aging is conducting a confidential survey about making the Town of Greenwich a community that is friendly for all ages.

We want to make Greenwich a better place for you!

Online: <https://www.surveymonkey.com/r/agefriendlygreenwich>

Paper surveys available at:

The Main Greenwich Library  
Byram & Cos Cob branches  
Perrot Memorial Library

Greenwich Town Hall  
Greenwich Senior Center  
Bruce Museum



All responses will be kept completely confidential.

Questions? Please contact [agefriendly@greenwichct.org](mailto:agefriendly@greenwichct.org)



# Embracing Age

SPRING 2018 SCHEDULE

## Tuesday, May 22nd - The Unexpected Trip: Preventing Falls

Falls and fall related injuries are among the most serious and common medical problems experienced by older adults. Learn simple fall prevention measures and avoid “the unexpected trip.”

*Presented by James Sullivan, President and Managing Director of Ikor and Ange Katz, Trauma Injury Prevention & Outreach Coordinator for Westchester Medical Center*

## 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](mailto:reception@theRiverHouse.org) to register.

Caregiver Circle is a Collaboration between:

Caregiver Circle was co-founded with the assistance of:



# 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](mailto: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.

## Bridge Play

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

## 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!)

## 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 Far Lounge.

## Chess

A group that meets to enjoy the game.

## 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 your 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.

## Healthy Brain: Memory 1.0

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

## 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.


## 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.

# May 2018

# Calendar of Events

Programs Subject To Change

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>MAY FUN FACTS</u></b> Birthstone: Emerald Named for Greek Goddess of Fertility: Maia Birth Flower: Lily of the Vallley In the Southern Hemisphere, May is the Equivalent of November	<b>1</b> 9:45 Chair Yoga w/Jeannie - <i>FL</i> 10:00 Quilting Patch - <i>CR</i> 10:45 T'ai Chi w/Bill - <i>FL</i> 1:00 Floor Yoga w/Jeannie - <i>FL</i> 2:00 Pilates Gold w/Jeannie - <i>FL</i> <b>MAY DAY</b>	<b>2</b> 10:00 Chair Yoga w/Paula - <i>FL</i> 11:00 Floor Yoga w/Paula - <i>FL</i> <b>11:00 Documentary: Galapagos Part 2</b> 1:00 I've Fallen But I Learned How to Get Up <b>1:00 SHOPPING @ SHOPRITE</b> 1:45 Zumba Gold w/Wendy - <i>MDR</i> <b>4:30 Forever Fit w/Wendy - FL</b>	<b>3</b> 9:15 Body Balance & Stability w/Linda - <i>FL</i> 10:00 Knitting Knotch - <i>CR</i> 10:30 Chimers Rehearse - <i>MDR</i> <b>1:15 Trivia Challenge w/TRIVWORKS !!!</b> 1:00 Italian Lessons w/Luciana - <i>CR</i> 2:15 Spine Time w/Wendy Rosa - <i>FL</i> <b>4:30 BOOM ! w/Linda Lombardo - FL</b> 5:30 T'ai Chi w/Bill Wrenn - <i>FL</i>	<b>4</b> 9:30 Painting Session - <i>CR</i> 10:00 Fit After '50' w/Wendy - <i>FL</i> <b>10:30 Painting Circle - CR</b> 10:30 BINGO! - <i>MDR</i> 1:00 Chess & Bridge Play - <i>CR</i> <b>1:15 Movie: Deep Water: The First Around the World Boat Race</b>
<b>7</b> 9:30 - 3:30: GREATS Board Election In the TV Lounge 9:30 - 12:00 FREE Open Computer Lab <b>9:30 Advanced Art - CR</b> 9:30 Basic Balance Class w/Wendy - <i>FL</i> 1:00 Chess & Bridge Play - <i>CR</i> 1:30 Zumba Gold w/Wendy - <i>MDR</i> <b>2:15 Joint Power w/Wendy - FL</b> <b>6:00 TOTAL BRAIN HEALTH - GL</b>	<b>8</b> 9:45 Chair Yoga w/Jeannie - <i>FL</i> 10:00 Quilting Patch - <i>CR</i> <b>10:45 GREATS Open Meeting - MDR</b> <b>1:00 Tech Class: Amazing World of Google TL</b> 1:00 Floor Yoga w/Jeannie - <i>FL</i> <b>1:15 THE UPSIDE OF DOWNSIZING w/ZEHAVA DAVIS of A to Z Moving</b> 2:00 T'ai Chi w/Bill - <i>FL</i>	<b>9</b> 10:00 Chair Yoga w/Paula - <i>FL</i> 11:00 Floor Yoga w/Paula - <i>FL</i> <b>11:00 Documentary: Take Every Wave Pt 1</b> 1:00 I've Fallen But I Learned How to Get Up 1:45 Zumba Gold w/Wendy - <i>MDR</i> <b>4:30 Forever Fit w/Wendy - FL</b>	<b>10</b> 9:15 Body Balance & Stability w/Linda - <i>FL</i> 10:00 Knitting Knotch - <i>CR</i> 10:30 Silvertones Rehearse - <i>MDR</i> 1:00 Italian Lessons w/Luciana - <i>CR</i> 2:15 Spine Time w/Wendy Rosa - <i>FL</i> <b>4:30 BOOM ! w/Linda Lombardo - FL</b> 5:30 T'ai Chi w/Bill Wrenn - <i>FL</i>	<b>11 SENIOR CENTER OPEN 9:00 am - 1:00 pm</b> 9:30 Painting Session - <i>CR</i> 10:00 Fit After '50' w/Wendy - <i>FL</i> 10:30 BINGO! - <i>MDR</i> <b>5 - 8 pm: Flashback Friday: Fabulous 50's Eastern Greenwich Civic Center</b>
<b>14</b> 9:30 - 12:00 FREE Open Computer Lab <b>9:30 Advanced Art - CR</b> 9:30 Basic Balance Class w/Wendy - <i>FL</i> 1:00 Chess & Bridge Play - <i>CR</i> 1:30 Zumba Gold w/Wendy - <i>MDR</i> <b>2:15 Joint Power w/Wendy - FL</b> <b>6:00 TOTAL BRAIN HEALTH - GL</b>	<b>15</b> 9:45 Chair Yoga w/Jeannie - <i>FL</i> 10:00 Quilting Patch - <i>CR</i> 10:45 T'ai Chi w/Bill - <i>FL</i> 1:00 Floor Yoga w/Jeannie - <i>FL</i> 2:00 Pilates Gold w/Jeannie - <i>FL</i>	<b>16</b> 9:30 Beginner Art - <i>CR</i> 10:00 Chair Yoga w/Paula - <i>FL</i> 11:00 Floor Yoga w/Paula - <i>FL</i> <b>11:00 Documentary: Take Every Wave 2</b> 1:00 I've Fallen But I Learned How to Get Up <b>1:00 SHOPPING @ SHOPRITE</b> 1:45 Zumba Gold w/Wendy - <i>MDR</i> <b>4:30 Forever Fit w/Wendy - FL</b>	<b>17</b> 9:15 Body Balance & Stability 10:00 Knitting Knotch - <i>CR</i> <b>10:30 NO CHIMERS!!!</b> <b>11:15 HOW TO MAKE CHANGES - SUE N.</b> 1:00 Italian Lessons w/Luciana - <i>CR</i> 2:15 Spine Time w/Wendy Rosa - <i>FL</i> <b>4:30 BOOM ! w/Linda Lombardo - FL</b> 5:30 T'ai Chi w/Bill Wrenn - <i>FL</i>	<b>18</b> 9:30 Painting Session - <i>CR</i> 10:00 Fit After '50' w/Wendy - <i>FL</i> 10:30 BINGO! - <i>MDR</i> 1:00 Chess & Bridge Play - <i>CR</i> <b>1:15 Movie: K2 Siren of the Himalayas</b>
<b>21</b> 9:30 - 12:00 FREE Open Computer Lab <b>9:30 Advanced Art - CR</b> 9:30 Basic Balance Class w/Wendy - <i>FL</i> 1:00 Chess & Bridge Play - <i>CR</i> 1:30 Zumba Gold w/Wendy - <i>MDR</i> <b>2:15 Joint Power w/Wendy</b> <b>6:00 TOTAL BRAIN HEALTH - GL</b>	<b>22</b> 9:45 Chair Yoga w/Jeannie - <i>FL</i> 10:00 Quilting Patch - <i>CR</i> 10:45 T'ai Chi w/Bill Wrenn - <i>FL</i> 1:00 Floor Yoga w/Jeannie - <i>FL</i> <b>1:00 Tech Class - GMAIL</b> <b>1:15 Crosswords w/Ed Stein - MDR</b> 2:00 Pilates Gold w/Jeannie - <i>FL</i>	<b>23</b> 10:00 Chair Yoga w/Paula - <i>FL</i> 11:00 Floor Yoga w/Paula - <i>FL</i> <b>11:00 Documentary: Treasures ov the Earth: Gems</b> 1:00 I've Fallen But I Learned How to Get Up 1:45 Zumba Gold w/Wendy - <i>MDR</i> <b>4:30 Forever Fit w/Wendy - FL</b>	<b>24</b> 9:15 Body Balance & Stability w/Linda - <i>FL</i> 10:00 Knitting Knotch - <i>CR</i> 10:30 Silvertones Rehearse - <i>MDR</i> 1:00 Italian Lessons w/Luciana - <i>CR</i> <b>1:20 HEALTHY EATING AFTER 50 - MDR</b> 2:15 Spine Time w/Wendy Rosa - <i>FL</i> <b>4:30 BOOM ! w/Linda Lombardo</b> 5:30 T'ai Chi w/Bill Wrenn - <i>FL</i>	<b>25</b> 9:30 Painting Session - <i>CR</i> 10:00 Fit After '50' w/Wendy - <i>FL</i> 10:30 BINGO! - <i>MDR</i> 1:00 Chess & Bridge Play - <i>CR</i>
<b>28 SENIOR CENTER CLOSED FOR MEMORIAL DAY</b> 	<b>29</b> 9:45 Chair Yoga w/Jeannie - <i>FL</i> 10:00 Quilting Patch - <i>CR</i> 10:45 T'ai Chi w/Bill Wrenn - <i>FL</i> 1:00 Floor Yoga w/Jeannie - <i>FL</i> 2:00 Pilates Gold w/Jeannie - <i>FL</i>	<b>30</b> <b>9:30 Beginner Art- CR</b> 10:00 Chair Yoga w/Paula - <i>FL</i> 11:00 Floor Yoga w/Paula - <i>FL</i> <b>11:00 Documentary: Animal Odd Couples</b> 1:45 Zumba Gold w/Wendy - <i>MDR</i> <b>4:30 Forever Fit w/Wendy - FL</b>	<b>31</b> 9:15 Body Balance & Stability w/Linda - <i>FL</i> 10:00 Knitting Knotch - <i>CR</i> 10:30 Chimers Rehearse - <i>MDR</i> 1:00 Italian Lessons w/Luciana - <i>CR</i> 2:15 Spine Time w/ Wendy Rosa - <i>FL</i> <b>4:30 BOOM ! w/Linda Lombardo - FL</b> 5:30 T'ai Chi w/Bill Wrenn - <i>FL</i>	<b>PROGRAM LOCATION:</b> <b>CR- Craft Room (downstairs)</b> <b>FL- Far Lounge</b> <b>GL- Greenwich Library</b> <b>OS- Offsite</b> <b>MDR- Main Dining Room</b> <b>L- TechLounge</b>