

# 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

**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 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

299 Greenwich Avenue

# JULY 2018

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

203-862-6700

### NEW CLASSES

**BOOM !**

**Forever Fit**

**Friday Movies**

**Mon Afternoon &  
Thurs Eve T'ai Chi**

**Family Paint Night**

**Water Aerobics @  
Byram Pool (Full)**

**Wednesday  
Documentaries**

**Educational  
Programs**

**Wellness Lectures**

**Diabetes Workshop**

**Easy Downsizing  
w/Object Therapy**

**SENIOR CENTER  
CLOSED FOR  
INDEPENDENCE DAY**

**JULY 4, 2018**

## JOIN US FOR A TRIP TO THE WESTCHESTER BROADWAY THEATRE TO SEE COLE PORTER'S



**\*\* Winner of 3 Tony Awards including Best Musical Revival**

**\*\* One of the greatest Tap Dancing musicals of all time**

**\*\* A brassy nightclub singer, a starry-eyed stowaway and Public Enemy  
No. 13 are booked on a transatlantic luxury liner bound for romance  
and laughter.**

**\*\* Includes "I Get a Kick Out of You," "You're the Top," "It's De-Lovely,"  
"Blow, Gabriel, Blow", "Friendship," "All Through the Night," and many  
more!**

**\*\* ANYTHING GOES is a show not to be missed!**

**Wednesday, July 11, 2018**

**\$65.00 includes bus, 3 course meal, gratuities & show  
Time: Bus Leaves Senior Center at 10:15 am Sharp  
Returns ~ 4:15 pm**

**View/Like Us On The Town of Greenwich Facebook Page**

THANK YOU TO OUR GENEROUS SPONSORS!

# Sterling Care



HOME CARE  
WITHOUT  
COMPROMISE

 **Sterling Care**  
VISITING NURSES,  
REHABILITATION THERAPISTS,  
COMPANIONS & HOMEMAKERS



203.532.0500  
235 GLENVILLE RD., 3rd floor  
GREENWICH, CT 06831  
[www.sterlingcare.com](http://www.sterlingcare.com)

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*home health care services, inc.*



  
**AssistedLiving**  
Locators®





**GREENWICH SENIOR CENTER PROGRAM REGISTRATION**  
**JULY, AUGUST, SEPTEMBER**

3rd Quarter 2018 Registration Worksheet

Member Registration Starts **Monday, June 11<sup>th</sup>** 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.**

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  |
|--------|-------------------------------|---------------------------------|----------------|---------------------|------|
|        | Casino Trip - Mohegan Sun     | Weds 8/29                       | 7:30 - 6:30 pm | Helmrich            | \$20 |
|        | Family Paint Night            | Thursday 7/26                   | 5–7:30pm       | Gordon              | \$25 |
|        | Forever Fit (12 wks)          | Weds 7/11 - 9/26                | 4:30–5:15 pm   | Rosa                | \$10 |
|        | Boom ! (12 weeks)             | Thurs 7/5 - 9/20                | 4:30-5:15 pm   | Lombardo            | \$10 |
|        | A Night of Magic              | Weds 9/26                       | 5 - 7:30 pm    | Ben Zabin           | \$15 |
|        | T'ai Chi (12 weeks)           | Thurs 7/5 - 9/20                | 4:30-5:15 pm   | Wrenn               | \$10 |
|        | Total Brain Health Memory 1.0 | Weds 9/5 10/24 (Senior Center)  | 10:30-11:30 am | Senior Center Staff | \$20 |
|        | Total Brain Health Memory 2.0 | Fri 9/21 – 11/9 (Greenwich Lib) | 10:30-11:30 am | Senior Center Staff | \$20 |
|        |                               |                                 |                | TOTAL DUE:          |      |

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Senior Center Member? Yes \_\_\_ No \_\_\_ Email: \_\_\_\_\_

Date: \_\_\_\_\_ Check Number: \_\_\_\_\_

July TRIVIA

1. Thomas Jefferson & John Adams
2. Quintilis
3. 24
4. Rocket was Saturn 5, Mission was Apollo 11, Lunar module was “Eagle”
5. Wimbledon
6. Taxation without Representation

REBUS

1. Vitamin A Deficiency
2. One in a Million
3. End up behind Bars
4. Robin Hood
5. Who’s In Charge
6. Trip Around the World

**NEW CLASSES & HAPPENINGS**

- ⇒ **Monday Night T'ai Chi with Bill Morrison:** *Learn the principles of T'ai Chi. Improve balance & walking with the Yang Style Short Form.*
- ⇒ **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 Pinwheel Sandwiches and refreshments included. \$25 per person. Reg. Required. Non - members welcome.*
- ⇒ **“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).*
- ⇒ **Total Brain Health Memory 1.0 & 2.0:** *See Page 11.*
- ⇒ **Walk the Distance w/Wendy:** *Tuesday mornings beginning in September. Stay tuned for further details.*
- ⇒ *Registration for July, August & September classes and events is in progress. See new Sample Registration Form on Page 14. First come, first served.*

**UPCOMING EVENTS**

- ⇒ **Diabetes Workshop** (6 Mondays) see page 4
- ⇒ **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. First Presbyterian Church. Transportation is available. \$15

# EDUCATIONAL PROGRAMS



## DIABETES WORKSHOP

For more info, visit [cthealthyliving.org](http://cthealthyliving.org)

6 Mondays 4 pm - 6:30 pm- CR  
July, 9, 16, 23, 30, Aug 6, 13, 2018

**Free but Registration Required**

Call: Luis 203-717-1753 or  
Francia 203-413-4457

## Make Decluttering Easy with Object Therapy

*presented by:*

**Elanit Linder**

Executive Care

July 12, 2018

10:30 am

Main Dining Room

Light Refreshments will be provided



Time to Talk: Discussion Group

Facilitated by Susan Nadel, LCSW

Thursday July 26, 2018

11:15 am Far Lounge

## Total Brain Health Preview

Experience the Total Brain Health  
Approach to Memory

LEARN WHY 'FORGETTING CAN BE MORE OF A '  
PROBLEM WITH NEVER GETTING IT IN THE FIRST  
PLACE & WHAT YOU CAN DO TO IMPROVE  
REMEMBERING NAMES, LISTS & NUMBERS.

## 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.

## July Trivia

1. Which 2 Presidents died on July 4, 1826, the 50th anniversary of the adoption of the Declaration of Independence?
2. What was the Roman name for July before the Roman Senate changed it to July in honor of Julius Caesar ?
3. 200 printed copies of the Declaration of Independence were originally made. How many survive today?
4. On July 20, 1969, Neil Armstrong and Buzz Aldrin walked on the moon. What was the name of their spacecraft?
5. What is the famous sports tournament which takes place in July ?
6. What was the major objection the colonists had to being ruled by Britain?

## REBUS PUZZLES

VIT MIN

MILL1ION

BARD  
BARN  
BARE

HOROBOD

CHAWHOWHORGE

T  
RWORLDP  
I

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

\*\*\*\*\*

The Greenwich Department of Human Services  
is currently taking applications for the  
**STATE OF CONNECTICUT RENT REBATE PROGRAM**

Application filing period from April 1<sup>st</sup> 2018 through October 1<sup>st</sup> 2018

State law provides a program for renters who are elderly or disabled and whose annual income does not exceed certain limits. Under this program, a check is directly remitted to an approved applicant by the State. These checks represent partial refunds of rental and utility payments. Persons renting an apartment, cooperative housing or even leasing a mobile home space may be eligible.

**Maximum Allowable Annual Income (2017 Benefit Year)**

**Single Person -\$35,300.00 Married Couple - \$43,000.00**

Rent Rebates can be up to \$900.00 for married couples and \$700.00 for single applicants.

If you would like to apply or for more information, please call **Greenwich Department of Human Services at 203-622-3800** or Office of Policy and Management at 1-860-418-6280.

**DOCUMENTS NEEDED TO APPLY FOR A RENT REBATE**

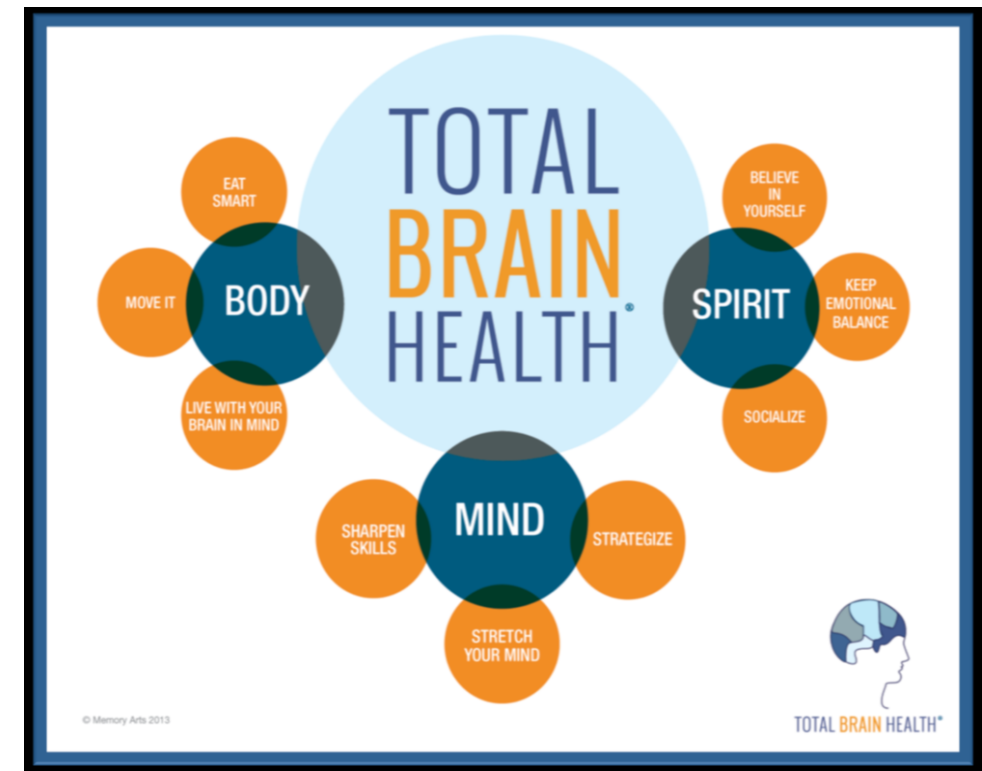
- **Proof of Age or Disability** - TPQY (Statements from Social Security) **OR**  
Social Security 1099 benefit statement from YEAR 2017
- **Proof of TOTAL RENT AND UTILITIES paid during YEAR 2017**  
**ACCEPTABLE PROOF**
- Account history from utility company - Landlord statement/housing statement or 12 cancelled checks showing total paid in 2017
- **Proof of all income received from all sources during YEAR 2017** - includes Social Security, SSDI, pension, wages, interest dividends or any other income not listed here.
- **2017 Social Security Benefit Statement (1099).** Call 1-800-772-1213 for a copy
- **W-2 statement** - for earned income
- **2017 Tax Return with 1099's and W-2's for all items**



# 299 ON THE AVENUE LUNCHEON JULY 2018

CHEF TEDDY TORCHON MENU IS SUBJECT TO CHANGE

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|--|---|---|---|---|
| <b>2</b><br>Lentil Soup<br>Beef Stroganoff<br>Over Noodles<br>Cauliflower<br>Cookie                  | <b>3</b><br><u>Welcome to Germany</u><br>Vegetable Soup<br>Kielbasa<br>w/Sauerkraut<br>Roasted Potato<br>German<br>Chocolate Cake             | <b>4</b><br>CLOSED FOR<br>INDEPENDENCE<br>DAY   | <b>5</b><br>Chicken Soup<br>Chicken Cacciatore<br>Mashed Potatoes<br>Green Beans<br>Vanilla Pudding | <b>6</b><br>Potato Leek Soup<br>Creole Style Fish<br>Rice Pilaf<br>Fresh Carrots<br>Fruit Pie                 |
| <b>9</b><br>Split Pea Soup<br>Shepherd's Pie<br>Green Beans<br>Ice Cream                             | <b>10</b><br><u>Welcome to India</u><br>Indian Winter Soup<br>Butter Chicken<br>White Rice<br>Carrot Cake                                     | <b>11</b><br>Cream of Spinach<br>Soup<br>Mac & Cheese<br>Roasted Fresh<br>Tomatoes<br>Chocolate Pudding   | <b>12</b><br>Barley Soup<br>Herb Pork Loin<br>Au Gratin Potatoes<br>Mixed Vegetables<br>Pumpkin Pie | <b>13</b><br>Chicken Noodle<br>Soup<br>Baked Stuffed<br>Fish<br>Sweet Mashed<br>Cauliflower<br>Chocolate Cake |
| <b>16</b><br>Black Bean Soup<br>Sweet & Sour Pork<br>Mashed Potatoes<br>Broccoli<br>Fresh Fruit      | <b>17</b><br><u>Welcome to Italy</u><br>Minestrone<br>Baked Rigatoni<br>w/Italian Sausage,<br>Peppers & Onions<br>Cannoli                     | <b>18</b><br>Turkey Orzo Soup<br>Salisbury Steak<br>Brown Rice<br>Yellow Squash<br>Banana Pudding   | <b>19</b><br>Vegetable Soup<br>Open-faced Turkey<br>Broccoli<br>Yellow Cake                         | <b>20</b><br>Italian Wedding<br>Soup<br>Oven Fried Fish<br>Baked Potato<br>Carrots<br>Lemon Ice               |
| <b>23</b><br>White Bean Soup<br>Baked Ziti<br>Garlic Bread<br>Fresh Cookies                          | <b>24</b><br><u>Welcome to Portu-<br/>gal</u><br>Portuguese<br>Chourico & Kale<br>Soup<br>Portuguese Paella<br>Portuguese Rice                | <b>25</b><br>French Onion Soup<br>Roasted Turkey<br>Mashed Sweet<br>Potatoes<br>Green Beans<br>Baked Custard  | <b>26</b><br>Vegetable Rice<br>Soup<br>Chicken Piccata<br>Herb Couscous<br>Green Beans<br>Cream Pie | <b>27</b><br>Tomato Soup<br>Baked Fish<br>w/Lemon Butter<br>Sauce<br>White Rice<br>Peas<br>Ice Cream          |
| <b>30</b><br>Cream of Carrot<br>Soup<br>Beef & Vegetable<br>Stir Fry<br>White Rice<br>Banana Pudding | <b>31</b><br><u>Welcome to the<br/>Dominican Republic</u><br>Dominican<br>Sancocho Soup<br>Dominican Pork<br>Sausage & Rice<br>Butter Cookies | <b>INTRODUCING:</b><br>Teddy's Tuesdays: Chef Torchon<br>will focus each Tuesday meal on a<br>different country. This month<br>Includes: Germany, India, Italy,<br>Portugal, The Dominican Republic |   | <b>Light<br/>Breakfast<br/>Served<br/>Mon thru<br/>Fri<br/>9:15-10:15am</b>                                   |



## Memory 1.0:

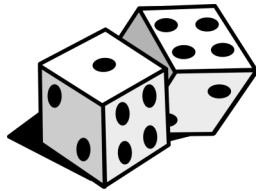
- Learn how memory works and why we forget
- Strategies for boosting attention & improving retention
- How we can better remember names, places and lists, regardless of our age
- 8 Wednesday classes 10:30 am – 11:30 am
- September 5 - October 24, 2018
- Senior Center Art Studio
- \$20 for entire course

## Memory 2.0:

- Learn more advanced level memory strategies.
- Includes Personal Best Challenge
- 8 Friday classes 10:30 am – 11:30 am
- September 21 – November 9, 2018
- Greenwich Library 2<sup>nd</sup> Floor Meeting Rm (9/28 in the 'Jewel Room')
- \$20 for entire course
- Prerequisite: Total Brain Health Memory 1.0 or Super Noggin

Space is limited so register early with Lynn Mason 203-862-6721

Join The Greenwich Senior Center for:



# A Day At MOHEGAN SUN CASINO

Wednesday August 29<sup>th</sup>

PRICE: \$20.00

GUESTS OF MEMBERS ARE WELCOME!

DEPARTURE: 7:30 AM  
FROM: Greenwich Senior Center  
299 Greenwich Ave.  
RETURN: 6:30 PM (approx.)

REGISTRATION IN MAIN OFFICE

## 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

Basic 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!)

BOOM ! A fast-paced, challenging workout developed to improve strength, flexibility and endurance

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/Jeannie & 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.

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/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.

T'ai Chi

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.



# July 2018

# Calendar of Events

Programs Subject To Change

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  |
|--|--|---|--|---|
| <b>2 ****NO ADVANCED ART !! ****</b><br>9:30 Basic Balance Class w/Wendy - <i>FL</i><br>1:00 Chess & Bridge Play - <i>CR</i><br>1:30 Zumba Gold w/Wendy - <i>MDR</i><br><b>2:15 Joint Power w/Wendy - FL</b><br><b>3:00 T'ai Chi w/Will Morrison - FL</b>  | <b>3</b> 9:45 <b>Water Aerobics w/Wendy - OS</b><br>9:45 Chair Yoga w/Jeanne - <i>FL</i><br>10:00 Quilting Patch - <i>CR</i><br>10:45 T'ai Chi w/Bill - <i>FL</i><br>1:00 Floor Yoga w/Jeanne - <i>FL</i><br>2:00 Pilates Gold w/Jeanne - <i>FL</i>  | <b>4</b><br><b>SENIOR CENTER CLOSED</b><br><b>FOR</b><br><b>INDEPENDENCE DAY</b><br>   | <b>5</b> 9:15 Body Balance & Stability w/Linda - <i>FL</i><br>10:00 Knitting Knotch - <i>CR</i><br>1:00 Italian Lessons w/Luciana - <i>CR</i><br><b>1:15 Trivia - MDR</b><br>2:15 We've Got Your Back w/Wendy - <i>FL</i><br><b>4:30 BOOM ! w/Linda Lombardo - FL</b><br>5:30 T'ai Chi w/Bill Wrenn - <i>FL</i>  | <b>6</b> 9:30 Painting Session - <i>CR</i><br><b>9:45 Water Aerobics w/Wendy - OS</b><br>10:30 BINGO! - <i>MDR</i><br>1:00 Chess & Bridge Play - <i>CR</i><br><b>1:15 Movie: Switzerland &amp; A Rhine River Cruise - MDR</b> |
| <b>9</b> 9:30 <b>Advanced Art - CR</b><br>9:30 Basic Balance Class w/Wendy - <i>FL</i><br>1:00 Chess & Bridge Play - <i>CR</i><br>1:30 Zumba Gold w/Wendy - <i>MDR</i><br><b>2:15 Joint Power w/Wendy - FL</b><br><b>3:00 T'ai Chi w/Will Morrison - FL</b><br><b>4 - 6 pm Diabetes Workshop - CR</b>                          | <b>10</b><br><b>9:45 Water Aerobics w/Wendy - OS</b><br>9:45 Chair Yoga w/Jeanne - <i>FL</i><br>10:00 Quilting Patch - <i>CR</i><br>1:00 Floor Yoga w/Jeanne - <i>FL</i><br>2:00 T'ai Chi w/Bill - <i>FL</i>   | <b>11</b> 9:30 <b>Beginner Art - CR</b><br><b>10:00 Westchester Broadway Theatre</b><br>10:00 Chair Yoga w/Paula - <i>FL</i><br>11:00 Floor Yoga w/Paula - <i>FL</i><br><b>11:00 Documentary: Wild China</b><br><b>1:00 SHOPPING @ SHOPRITE</b><br>1:45 Zumba Gold w/Wendy - <i>MDR</i><br><b>4:30 Forever Fit w/Wendy - FL</b> | <b>12</b> 9:15 Body Balance & Stability w/Linda - <i>FL</i><br>10:00 Knitting Knotch - <i>CR</i><br><b>10:30 Easy Downsizing w/Object Therapy</b><br>1:00 Italian Lessons w/Luciana - <i>CR</i><br><b>1:15 Trivia - MDR</b><br>2:15 We've Got Your Back w/Wendy - <i>FL</i><br><b>4:30 BOOM ! w/Linda Lombardo - FL</b><br>5:30 T'ai Chi w/Bill Wrenn - <i>FL</i>                | <b>13</b> 9:30 Painting Session - <i>CR</i><br><b>9:45 Water Aerobics w/Wendy - OS</b><br>10:30 BINGO! - <i>MDR</i><br>1:00 Chess & Bridge Play - <i>CR</i><br><b>1:15 Movie: 'Hachi' w/Richard Gere - MDR</b>                |
| <b>16</b> 9:30 <b>Advanced Art - CR</b><br>9:30 Basic Balance Class w/Wendy - <i>FL</i><br>1:00 Chess & Bridge Play - <i>CR</i><br>1:30 Zumba Gold w/Wendy - <i>MDR</i><br><b>2:15 Joint Power w/Wendy - FL</b><br><b>3:00 T'ai Chi w/Will Morrison - FL</b><br><b>4 - 6 pm Diabetes Workshop - CR</b>                         | <b>17</b> 9:45 <b>Water Aerobics w/Wendy - OS</b><br>9:45 Chair Yoga w/Jeanne - <i>FL</i><br>10:00 Quilting Patch - <i>CR</i><br>10:45 T'ai Chi w/Bill Wrenn - <i>FL or Outside</i><br>1:00 Floor Yoga w/Jeanne - <i>FL</i><br>2:00 Pilates Gold w/Jeanne - <i>FL</i>  | <b>18</b><br>10:00 Chair Yoga w/Paula - <i>FL</i><br>11:00 Floor Yoga w/Paula - <i>FL</i><br><b>11:00 Documentary: Anaconda - MDR</b><br>1:45 Zumba Gold w/Wendy - <i>MDR</i><br><b>4:30 Forever Fit w/Wendy - FL</b>   | <b>19</b> 9:15 Body Balance & Stability -<br>10:00 Knitting Knotch - <i>CR</i><br>1:00 Italian Lessons w/Luciana - <i>CR</i><br>2:15 We've Got Your Back w/Wendy - <i>FL</i><br><b>4:30 BOOM ! w/Linda Lombardo - FL</b><br>5:30 T'ai Chi w/Bill Wrenn - <i>FL</i>   | <b>20</b> 9:30 Painting Session - <i>CR</i><br><b>9:45 Water Aerobics w/Wendy - OS</b><br>10:30 BINGO! - <i>MDR</i><br>1:00 Chess & Bridge Play - <i>CR</i><br><b>1:15 Movie: A Dog Year w/Jeff Bridges - MDR</b>             |
| <b>23</b> 9:30 <b>Advanced Art - CR</b><br>9:30 Basic Balance Class w/Wendy - <i>FL</i><br><b>9:30 Trip to Walmart</b><br>1:00 Chess & Bridge Play - <i>CR</i><br>1:30 Zumba Gold w/Wendy - <i>MDR</i><br><b>2:15 Joint Power w/Wendy - FL</b><br><b>*****3:00 NO T'AI CHI *****</b><br><b>4 - 6 pm Diabetes Workshop - CR</b> | <b>24</b> 9:45 <b>Water Aerobics w/Wendy - OS</b><br>9:45 Chair Yoga w/Jeanne - <i>FL</i><br>10:00 Quilting Patch - <i>CR</i><br>10:45 T'ai Chi w/Bill Wrenn - <i>FL or Outside</i><br>1:00 Floor Yoga w/Jeanne - <i>FL</i><br><b>1:45 Crosswords w/Ed Stein - MDR</b><br>2:00 Pilates Gold w/Jeanne - <i>FL</i> | <b>25</b> 9:30 <b>Beginner Art - CR</b><br>10:00 Chair Yoga w/Paula - <i>FL</i><br>11:00 Floor Yoga w/Paula - <i>FL</i><br><b>11:00 Documentary: Garth Brooks</b><br>1:45 Zumba Gold w/Wendy - <i>MDR</i><br><b>4:30 Forever Fit w/Wendy - FL</b>   | <b>26</b> 9:15 Body Balance & Stability w/Linda - <i>FL</i><br>10:00 Knitting Knotch - <i>CR</i><br><b>11:15 Time to Talk - Sue Nadel - FL</b><br>1:00 Italian Lessons w/Luciana - <i>CR</i><br>2:15 We've Got Your Back w/Wendy - <i>FL</i><br><b>4:30 BOOM ! w/Linda Lombardo - FL</b><br>5:30 T'ai Chi w/Bill Wrenn - <i>FL</i><br><b>5 - 7:30 pm Family Paint Night - CR</b> | <b>27</b> 9:30 Painting Session - <i>CR</i><br><b>9:45 Water Aerobics w/Wendy - OS</b><br>10:30 BINGO! - <i>MDR</i><br>1:00 Chess & Bridge Play - <i>CR</i><br><b>1:15 Movie: No Reservations - MDR</b>                       |
| <b>30</b> 9:30 <b>Advanced Art - CR</b><br>9:30 Basic Balance Class w/Wendy - <i>FL</i><br>1:00 Chess & Bridge Play - <i>CR</i><br>1:30 Zumba Gold w/Wendy - <i>MDR</i><br><b>2:15 Joint Power w/Wendy - FL</b><br><b>3:00 T'ai Chi w/Will Morrison - FL</b><br><b>4 - 6 pm Diabetes Workshop - CR</b>                         | <b>31</b> 9:45 <b>Water Aerobics w/Wendy - OS</b><br>9:45 Chair Yoga w/Jeanne - <i>FL</i><br>10:00 Quilting Patch - <i>CR</i><br>10:45 T'ai Chi w/Bill Wrenn - <i>FL or Outside</i><br>1:00 Floor Yoga w/Jeanne - <i>FL</i><br>2:00 Pilates Gold w/Jeanne - <i>FL</i>  |    | <b>FUN FACTS</b><br>Birthstone: Ruby, symbolizes Contentment<br>Named for: Julius Caesar<br>Birth Flower: Waterlily or Larkspur<br>In the Southern Hemisphere, July is the equivalent of January   | <b>PROGRAM LOCATION:</b><br><b>CR- Craft Room (downstairs)</b><br><b>FL - Far Lounge</b><br><b>GL - Greenwich Library</b><br><b>OS- Offsite</b><br><b>MDR- Main Dining Room</b><br><b>L - TechLounge</b>                      |