

HELPFUL SENIOR CENTER INFO

HOW TO BECOME A MEMBER:

Membership is **free** to any Greenwich Resident aged 55 or better. **Beginning on July 1, 2017 you must be 62 or better** to join the Senior Center. Our hours of operation are Mon thru Fri 9:00am-4:00pm. Come in and see a friendly staff member who will register you and provide a tour. Stay for lunch and see why we're the best kept secret in Town. Joining is easy! See any Senior Center staff member and we'll enter you in the MySeniorCenter database. You will also be issued a key tag for our MySeniorCenter swipe system at no charge. There is a \$5 fee to replace lost key tags. Just swipe the card at the screen in our front lobby, choose your activities for the day on the touch screen, and you're good to go! It's our mission to keep the process very user-friendly and welcoming. We also offer annual parking passes that must be renewed each Jan for \$5. Members are required to utilize Senior Center programs for a minimum of 12 times per year in order to qualify for the pass. Your current CT license plate number is required to obtain a pass.

HOW TO HAVE BREAKFAST AND OR LUNCH WITH US PLUS NEW CHANGES BEGINNING JULY 1:

Due to increased costs and operational budget cuts the meal fees are changing. It has been 10 years since the last adjustment and we hope you agree that we are still the best value in town. You may continue to purchase your pre-paid coupon books at the current rate through **May 31, 2017** and they will be honored after the new rates are implemented. Current prices will remain in effect until July 1, 2017.

The following fees have gone into 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	\$100.00 (20 lunches)

Sorry, no substitutions on breakfast or luncheon items

If you're dining with us or taking it to go, please sign up at the Front Desk or place your order over the phone the **day before** by calling **203-862-6700**. Monday's lunch sign up list will be available on the previous Friday. Lunch signup ends each day promptly at 11:00AM. If you decide to order a luncheon item off the alternative menu, you must do so before 11:00AM. **Absolutely NO changes will be accepted after that time.** Please be advised that if you sign up the same day as you wish to have lunch we cannot guarantee you a meal for that day. Also, due to the increased volume of lunches served, we may run out of an item on the menu. Please be advised that substitutions may occur. For your convenience, we offer "To-Go" Lunches for an additional 50 cents. They are packed standard and **no substitutions** are allowed. Please indicate if you choose to dine in or take out when signing up on the phone or in person at the front desk. To-Go Lunches must be picked up between 12:30PM and 1:00PM, are subject to availability, and cannot be held. **If you care to take home an additional to-go meal, you must wait until everyone has been served.** Lunch Tickets are non refundable due to loss or theft and are not redeemable for cash at any time. **Note: the Administrative Office will be closed between 12:00PM and 1:00PM during regular business hours. If you are paying with a \$20 bill, you must wait to the end of the lunch line.**

EXCITING SENIOR CENTER ACTIVITIES:

Classes, performances, professional lectures, health forums plus WiFi are **free of charge** and open to any Senior Center Member. Due to space limitations, we occasionally require sign ups prior to a specific program or event which is done on a first come, first served basis. Activities are advertised in the monthly Lantern Newsletter, event flyers, daily/ Sunday Greenwich Time Senior Page/ Greenwich Post/ News/ Sentinel/ Citizen newspapers, Greenwich Patch online, WGCH AM 1490 Radio, Constant Contact, all of the Town's libraries, Greenwich Town Hall, our Facebook page, and The Official Town of Greenwich Web Site.

SENIOR CENTER PARTIES, TRIPS, & EVENTS:

Although the majority of our programs are free, there are fees associated with our trips and 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: "Senior Citizens GREATS Club-Old Town Hall" or for your convenience, we can stamp the check for you. If you would like to send a check in to reserve your seat, simply contact Program Coordinator Suzanne Testani at 203-862-6721 to inquire about event availability/ seating arrangements and TAG transportation. 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 to and from your home to the Senior Center is provided daily Monday thru Friday by the Transportation Association of Greenwich (TAG). Your arrival at the Center is approx. 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.

POLICY AND PROCEDURE MANUAL:

Senior Center Policy & Procedure Manuals are available for review at the Front Desk or in the Program Coordinator's work area. They can also be purchased for \$5.00 a copy.



Senior Center

LANTERN September 2017

The go-to place for Greenwich residents aged 62 and "better"



299 Greenwich Ave., Greenwich, CT 06830

www.greenwichct.org

Main Phone: 203-862-6700

Aug Programs:

NYT Crosswords w/ Ed Stein

The Charming Chimers Rehearse

Important Fall Painting Class Info

Forgiveness Understood



Leave Your Legacy With



TechLounge Classes Return



Panel Discussion on Planning



The Greenwich Senior Center and

Senior Helpers Present A Presentation On

ART THERAPY

RENÉE PASTOLOVE, MS, ATR-BC, LCAT

Thursday, September 28th 1:15PM

Greenwich Senior Center MDR



**GREENWICH COMMISSION ON AGING - GREENWICH DEPARTMENT OF HEALTH
GREENWICH HOSPITAL
PRESENT**

The 3rd Annual HEALTH & WELLNESS EXPO

THURSDAY OCTOBER 5, 2017 9:00AM to 1:00PM EGCC

FOR ADULTS AGED 55 & "BETTER"

**TEAM TRIVIA EVENT professionally presented by TRIVWORKS TO IMPROVE YOUR BRAIN
& IMPROVE YOUR HEALTH
WIN FABULOUS PRIZES!**



"Total Brain Health" Debut at the Event!

Coffee & Snacks
Flu & Pneumonia Vaccines
"Medicare In A Minute" Booth
Blood Pressure / Cholesterol Screening
Community Resources
Free Lunch
Transportation Available



Live Entertainment w/ Them G's

courtesy of Greenwich Home Care

Tues Sept 12, 1:15PM

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

THANK YOU TO OUR GENEROUS SPONSORS!



Register for Fall 2017 Painting Classes

Beginner Acrylic Painting Session Fee: \$15

Begins Wednesday, September 13

Intermediate/Advanced Acrylic Painting Session Fee: \$15

(Session 1)

Begins Monday, September 11

Intermediate/Advanced Acrylic Painting Session Fee: \$15

(Session 2)

Begins Monday, October 30

“Pastries and Paint”

A fun, delicious & creative evening with friends!

Details coming soon!

Art Journaling

Details coming soon!

Registration and Questions about classes
should email painting instructor

Chris Gordon:
cmgordon@optonline.net

*Registration fees payable to Senior Center Staff
in main office .*

**See flyers in lobby for more class details.
Registration required**



You're Invited!

“How To Leave A Legacy”

Free Seminar Thur Sept 21 1:15pm-2:15pm Greenwich Senior Center MDR

Learn how to leave your positive and productive mark on your community and the world. This class will give you the best resources to accomplish this in a productive and lasting manner. On the MDR SMARTboard

Free healthy snacks for all and helpful takeaway info for all!



FirstLight™

HOME CARE



with
Ryan Ventura



SENIOR CENTER PROGRAM A-Go Go

Balance & Stretch w/ Wendy Lee

Join fellow enthusiastic participants for 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

Takes place on Fridays @ 10:30am. Winners receive a small cash prize. Cost of cards is \$1. 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 seniors for an afternoon of informal bridge. Check calendar for game dates and times.

Birthday Luncheon

Members' birthdays are celebrated on the last Tuesday of each month with a free lunch, courtesy of the GREATS.

(Sign up ahead at front desk is a must!)

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.

Famous People, Places, & Events

An informative monthly presentation/ discussion w/ professional lecturer Art Gottlieb, CSA, MSW. See calendar for interesting monthly topics.

Feldenkrais Style Movements For Arthritis w/ Wendy Lee

Join Instructor Wendy Lee 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 Lee

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.

Interesting Lectures/ Presentations/ Evening Series

Professional guest speakers present on an array of interesting and informative topics of interest to individuals aged 62 and better ranging from healthcare to wellness, history/ nature, to elder law and financial planning. Never a sales pitch. Forums are purely educational. Refreshments & giveaways at many sessions!

Knitting Knotch/ Needlework Groups

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

Live Entertainment

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

Multi-Level Art Classes w/ Chris

Both novices and experienced artists are welcome. Some materials provided. Participate in local exhibitions. Peer/ professional assistance from expert Chris Gordon available depending on the class.

NYT Crosswords w/ Ed Stein

Not your grandmother's crosswords folks! Check activities calendar for dates and times.

Pickup Tabletop Games

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

Pilates Gold w/ Jeannie

Challenge your bod 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

Twice every month on Fridays go shopping at Shop Rite of Stamford and once per month shop at Walmart Rte.7 Norwalk/ Christmas Tree on a Mon. 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 led by professional Music Director Pamela Kuhn. 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.

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.

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 Lee

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

PROACTIVE VS REACTIVE

**Plan
Prepare
Protect**



An Informative Evening of Discussion Sponsored by:
Greenwich Senior Center, Linda Ziac – The Caregiver Resource Center,
Donna Castronovo Esq. - Ivy Barnum & O'Mara, Jen Graziano - Coxe & Graziano

Wednesday, September 27th 5:00PM-7:30PM

Greenwich Senior Center
299 Greenwich Avenue

Listen to an expert panel of speakers discuss the topics of advanced healthcare and legal planning as well as caregiving needs, and ensuring your final wishes are carried out.

Question & Answer session to follow.

Refreshments will be served.

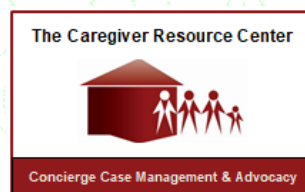
No cost to attend. To reserve a space please contact Laurette Helmrich at 203-862-6720 by September 24th.

*Senior Center is handicapped accessible from the rear of the building on Bruce Place,
next to the Public Safety Complex

This event is being sponsored by:

**Greenwich
Senior
Center**

**Coxe & Graziano
FUNERAL HOME**



The Greenwich Senior Center and Senior Helpers Present

ART THERAPY



Thursday, September 28th 1:15-2:15pm

Greenwich Senior Center-MDR

RENÉE PASTOLOVE, MS, ATR-BC, LCAT

In a gentle and relaxed atmosphere Renee's clients find venues for authentic self-expression. Art making produces powerful images and symbols that offer a lens into the uniqueness of our own lives. Through the creative process her clients discover freedom in self-expression and find release from anxiety and fear.

Learn more about:

How to channel your inner artist and enhance your sense of well being

How to preserve the dignity and independence of your loved ones through Home Care

Plus, receive free giveaways & healthy snacks!

www.seniorhelpers.com/fairfieldcounty-ct (203) 930-1589

www.seniorhelpers.com/westchestercounty-ny (914) 539-7575



SENIOR CENTER SERVICES

Senior Centers:

Open Monday thru Friday
9:00AM to 4:00PM

Front Desk 203 862-6700

Administrator
Laurette Helmrich 203 862-6720

Program Coordinator
TBA 203 862-6721

Administrative Staff Assistant I
Deana Salerno 203 862-6700

Morrison, Inc. Food Services
Chef Manager
Johnathan Lindley 203-862-6725

Commission on Aging (CoA):

Open Mon thru Fri
8:00AM to 4:00PM

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 of the Senior Center.

A Public Health Nurse is in on Tuesdays
from 12:30PM to 2:30PM—Free walk-in visits

Health Suite 203 862-6730
Dept of Health 203 622-7864

Luncheon by Morrison Foods, Inc.

A delicious hot meal is served Mon thru Fri at the Senior Center
between 12:00PM & 1:00PM. Please make reservations the **day
before** at the front desk until 11:00AM. If interested in dining on a
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

Executive Chef
Johnathan Lindley 203 862-6725

Senior Tax Relief:

The Greenwich Assessor's Office is accepting applications for Tax
Relief for income limited Seniors or totally disabled homeowners
beginning February 1, 2014. New applicants may visit or call the
Assessor's Office for assistance.

Assessor's Office 203-622-7885

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 and they 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, the 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
Thursdays: 9:00AM - 11:00AM
To make an appointment contact the CoA
203-862-6710

Rent Rebate: May 15 Through Oct 1
9:00AM - 11:00AM

By appointment only
Contact: Jayne Wilson for more information
Dept. of Social Service 203 622-6458

Energy Assistance: Nov 1 thru April 30
Mon (By App Only)
Shut-offs, out of oil, emergency issues
12:30PM-2:00PM
Dept. of Social Service 203 622-3800

Alzheimer's Assoc Office Hours:

Shannon Jordan 860-329-9403
10:00AM to 3:00PM
1 Wed 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 1:00PM
203 862-6700

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

USE: (Utilize Senior Energy)

A no-fee employee referral service for adults aged 50 plus. Lo-
cated on the ground floor of the Senior Center. Please visit Utiliz-
eSeniorEnergy.org for more information.

Open Mon thru Fri 203-629-8032
Hours are 9:30AM to 12:30PM

Director
Michael Amoroso 203 629-8032

299 ON THE AVENUE LUNCHEON












SEPTEMBER 2017

CHEF JONATHAN LINDLEY'S MENU IS SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
Light Breakfast Served Mon through Fri 9:15AM to 10:15AM	Home Made Hot Soup & Fresh House Salad Served Daily			1 Baked Cod Summer squash Roasted Potatoes
4 Senior Center Closed for Labor Day No Lunch	5 Fried Chicken Mac and Cheese Collard Greens	6 Bolognese Over Fettuccine Spinach	7 Pork Chops Corn on the Cobb Roasted Red Potatoes	8 Baked Haddock String Beans and Carrots Orzo Pilaf
11 Turkey Sandwich with Cranberry Sauce And Stuffing Side Salad	12 Chicken and Vegetable Stir Fry Over White Rice	13 Sloppy Joe Potato Chips Corn On the Cobb	14 Pulled Pork Tacos With Lettuce, Tomatoes and Cheese Tortilla Chips Fresh Salsa and Guacamole	15 Marinated Steak Twice Baked Potato with Bacon and Cheddar Roasted Vegetables
18 Grilled Chicken Caesar Salad Garlic Parmesan Bread	19 Sausage Peppers and Onions White Rice	20 Liver and Onions Mash Potatoes Vegetable Capri Blend	21 Mushroom Swiss Burger with Onions Potato Wedges	22 Creamy Shrimp Fettucine with Spinach Garlic Bread
25 Baked Ziti Broccoli Garlic Bread	26 Birthday Lunch Roasted Turkey Dinner Mashed Sweet Potato Stuffing Green Beans	27 Philly Cheese Steak Potato Chips Cole Slaw	28 Chicken Alfredo with Broccoli	29 Fish Cakes Roasted Red Potatoes Spinach

September 2017 LANTERN Calendar of Events

Programs Subject To Change

Monday	Tuesday	Wednesday	Thursday	Friday
Activity Room/ Off Site Program Location Legend: CR -Craft Room FL -Far Lounge GL -Gr Library OD -Outdoors MDR -Main Dining Room TL -TechLounge	Medicare D Open Enrollment OCTOBER 15, 2017 TO DECEMBER 7, 2017 ARE YOU PAYING TOO MUCH FOR YOUR PRESCRIPTION DRUGS AND INSURANCE COVERAGE? CALL THE GREENWICH COMMISSION ON AGING TO SCHEDULE A FREE APPOINTMENT WITH A TRAINED, EXPERIENCED COUNSELOR. 203-862-6710		New TechLounge Classes For The Fall! Tues Sept 12, 19, 26 1:00PM 	1 9:30 FREE Open Computer Lab-TL 10:00 Fitness Fun w/ Wendy Lee Rosa-FL 10:30 BINGO!-MDR 1:00 Chess & Bridge Play-CR 1:00 Pickup Tabletop Games-Locations of Play Vary
4 Labor Day Holiday  Senior Center Building Closed NO PROGRAMS	5 9:45 Chair Yoga w/ Jeannie Stevens -Labate-FL 10:00 Quilting Patch-CR 10:45 T'ai Chi w/ Bill Wrenn-FL/- OD 1:00 Floor Yoga w/ Jeannie Stevens -Labate-FL 1:00 Pickup Tabletop Games-Locations of Play Vary 2:00 Pilates Gold w/ Jeannie Stevens -Labate-FL	6 10:00 Chair Yoga w/ Paula Schooler-FL 11:00 Floor Yoga w/ Paula Schooler-FL 1:00 Shopping @ ShopRite 1:00 Pickup Tabletop Games-Locations of Play Vary 1:45 ZUMBA Gold w/ Wendy Lee Rosa-MDR	7 9:15 Body Balance & Stability w/ Linda-FL 10:00 Knitting Knotch-CR 10:30 Silvertones Rehearsal-MDR 1:00 Italian Lessons w/ Luciana-CR 1:00 Pickup Tabletop Games-Locations of Play Vary 1:15 NYT Crosswords w/ Ed Stein-MDR 2:15 B.Y.O.B. w/ Wendy Lee Rosa-FL	8 9:30 Painting Session-CR 9:30 FREE Open Computer Lab-TL 10:00 Fitness Fun w/ Wendy Lee Rosa-FL 10:30 BINGO!-MDR 1:00 Chess & Bridge Play-CR 1:15 The Charming Chimers Rehearse-MDR
11 9:30 Shop at Walmart, Rte 7, Nwlk 9:30 Advanced Art Class (Reservations Required)-CR 9:30 Basic Balance Class w/ Wendy Lee-FL 1:00 Pickup Tabletop Games-Locations of Play Vary 1:30 ZUMBA Gold w/ Wendy Lee Rosa-MDR 2:15 Feldenkrais Style Movements w/ Wendy Lee Rosa-FL	12 9:45 Chair Yoga w/ Jeannie Stevens Labate-FL 10:00 Quilting Patch-CR 10:45 GREATS Open Meeting-MDR 1:00 Facebook 101-TL 1:00 Floor Yoga w/ Jeannie Stevens -Labate-FL 1:15 Live Entertainment w/ "Them G's" by Greenwich Home Care 2:00 T'ai Chi w/ Bill Wrenn-FL/OD  	13 9:30 Beginner Art Class (Reservations Required)-CR 10:00 Chair Yoga w/ Paula Schooler-FL 11:00 Floor Yoga w/ Paula Schooler-FL 1:00 Pickup Tabletop Games- Locations of Play Vary 1:45 ZUMBA Gold w/ Wendy Lee Rosa-MDR	14 9:15 Body Balance & Stability w/ Linda-FL 10:00 Knitting Knotch-CR 1:00 Pickup Tabletop Games-Locations of Play Vary 1:15 Forgiveness Understood w/ VNA-MDR SMARTboard 2:15 B.Y.O.B. w/ Wendy Lee Rosa-FL 	15 9:30 Painting Session-CR 9:30 FREE Open Computer Lab-TL 10:00 Fitness Fun w/ Wendy Lee Rosa-FL 10:30 Super Noggins (Reservations Required)-GL 10:30 BINGO!-MDR 1:00 Chess & Bridge Play-CR 1:15 Joseph in Egypt w/ Bill Horn-MDR SMARTboard
18 9:30 Advanced Art Class (Reservations Required)-CR 9:30 Basic Balance Class w/ Wendy Lee-FL 1:00 Pickup Tabletop Games- Locations of Play Vary 1:30 Zumba Gold w/ Wendy Lee Rosa-MDR 2:15 Feldenkrais Style Movements w/ Wendy Lee Rosa-FL	19 9:45 Chair Yoga w/ Jeannie Stevens-FL 10:00 Quilting Patch-CR 10:45 T'ai Chi w/ Bill Wrenn-FL/OD 1:00 iPhone Workshop-TL 1:00 Pickup Tabletop Games-Locations Vary 1:00 Floor Yoga w/ Jeannie Stevens -Labate-FL 2:00 Pilates Gold w/ Jeannie Stevens -Labate-FL 	20 10:00 Chair Yoga w/ Paula Schooler-FL 11:00 Floor Yoga w/ Paula Schooler-FL 1:00 Shopping @ ShopRite 1:00 Pickup Tabletop Games- Locations of Play Vary 1:45 ZUMBA Gold w/ Wendy Lee Rosa-MDR	21 9:15 Body Balance & Stability w/ Linda-FL 10:00 Knitting Knotch-CR 10:30 Silvertones Rehearsal-MDR 1:00 Italian Lessons w/ Luciana-CR 1:00 Pickup Tabletop Games-Locations of Play Vary 1:15 How To Leave A Legacy-w/ Ryan Ventura on the MDR SMARTboard 2:15 BYOB-FL 	22 9:30 Painting Session-CR 9:30 FREE Open Computer Lab-TL 10:00 Fitness Fun w/ Wendy Lee Rosa-FL 10:30 BINGO!-MDR 1:00 Chess & Bridge Play-CR 1:15 The Charming Chimers Rehearse-MDR
25 9:30 Advanced Art Class (Reservations Required)-CR 9:30 Basic Balance Class w/ Wendy Lee-FL 1:00 Pickup Tabletop Games-Locations of Play Vary 1:30 ZUMBA Gold w/ Wendy Lee Rosa-MDR 2:15 Feldenkrais Style Movements w/ Wendy Lee Rosa-FL	26 9:45 Chair Yoga w/ Jeannie Stevens-FL 10:00 Quilting Patch-CR 10:45 T'ai Chi w/ Bill Wrenn-FL/OD 1:00 iPad Explained-TL 1:00 Pickup Tabletop Games-Locations of Play Vary 1:00 Floor Yoga w/ Jeannie Stevens -Labate-FL 2:00 Pilates Gold w/ Jeannie Stevens -Labate-FL 	27 9:30 Beginner Art Class (Reservations Required)-CR 10:00 Chair Yoga w/ Paula Schooler-FL 11:00 Floor Yoga w/ Paula Schooler-FL 1:00 Pickup Tabletop Games- Locations of Play Vary 1:45 ZUMBA Gold w/ Wendy Lee Rosa-MDR 5:00 Plan, Prepare & Protect Panel Discussion Forum-MDR 	28 9:15 Body Balance & Stability w/ Linda-FL 10:00 Knitting Knotch-CR 1:00 Italian Lessons w/ Luciana-CR 1:00 Pickup Tabletop Games-Locations of Play Vary 1:15 Art Therapy with Renee Pastolove, ATR, LCAT- MDR SMARTboard 2:15 B.Y.O.B. w/ Wendy Lee Rosa-FL 	29 9:30 Painting Session-CR 9:30 FREE Open Computer Lab-TL 10:00 Fitness Fun w/ Wendy Lee Rosa-FL 10:30 BINGO!-MDR 1:00 Chess & Bridge Play-CR 1:15 The Charming Chimers Rehearse-FL