

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
Thuesdays: 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

February 2018

299 Greenwich Ave, Greenwich, CT 06830 www.greenwichct.org 203-862-

The Silvertones Return

Egypt's Greatest
Warrior w/Bill Horn

Lunchtime Music
w/Jay Louden

"Water Aerobics"

Thursday evening
T'ai Chi w/Bill

Music w/Lynn

Country Western
Friday Film Series

Garden Education
Center

Tech Lounge

The Chimers Rehearse

Senior Center
Closed

February 19th



SPRING/SUMMER TRIPS:

HIL-STEAD MUSEUM MAY 16, 2018

WESTCHESTER BROADWAY THEATRE
"ANYTHING GOES" July Date TBD

AMERICAN HEART MONTH

View/ Like Us On The Town of Greenwich Facebook Page

THANK YOU TO OUR GENEROUS SPONSORS!



NEW CLASSES & HAPPENINGS

- Silvertones rehearsal: Thursday February 1st @ 10:30 am and every other Thursday after with Director Jon Hunt
- Enjoy the music of pianist Jay Loudon while you dine: February 1 & 22 @ noon
- Trivial Pursuit 2/1 & 2/15 at 1:20
- "Total Brain Health" 8 week class beginning Monday April 9th. 6:00pm - 7:30pm @ Greenwich Library. See page 10 for registration details.
- Summer Water Aerobics in the new Byram Pool Tuesdays 9:30 am Thursdays @ 3:30 pm

UPCOMING EVENTS

- ⇒ Saint Patrick's Day Party featuring singer Gary Kahn Friday March 16th, Eastern Greenwich Civic Center
- ⇒ Wednesday March 28th: "World Wildlife" live animals presented by: The Animal Embassy courtesy of the GREATS
- ⇒ The Larry Ayce Duo : Regional favorite Larry Ayce (vocals & smoking guitar) & Vocalist Doreen Marie, former Nashville session artist. Courtesy of the GREATS Tuesday April 10, 2018

THANK YOU TO OUR GENEROUS SPONSORS!



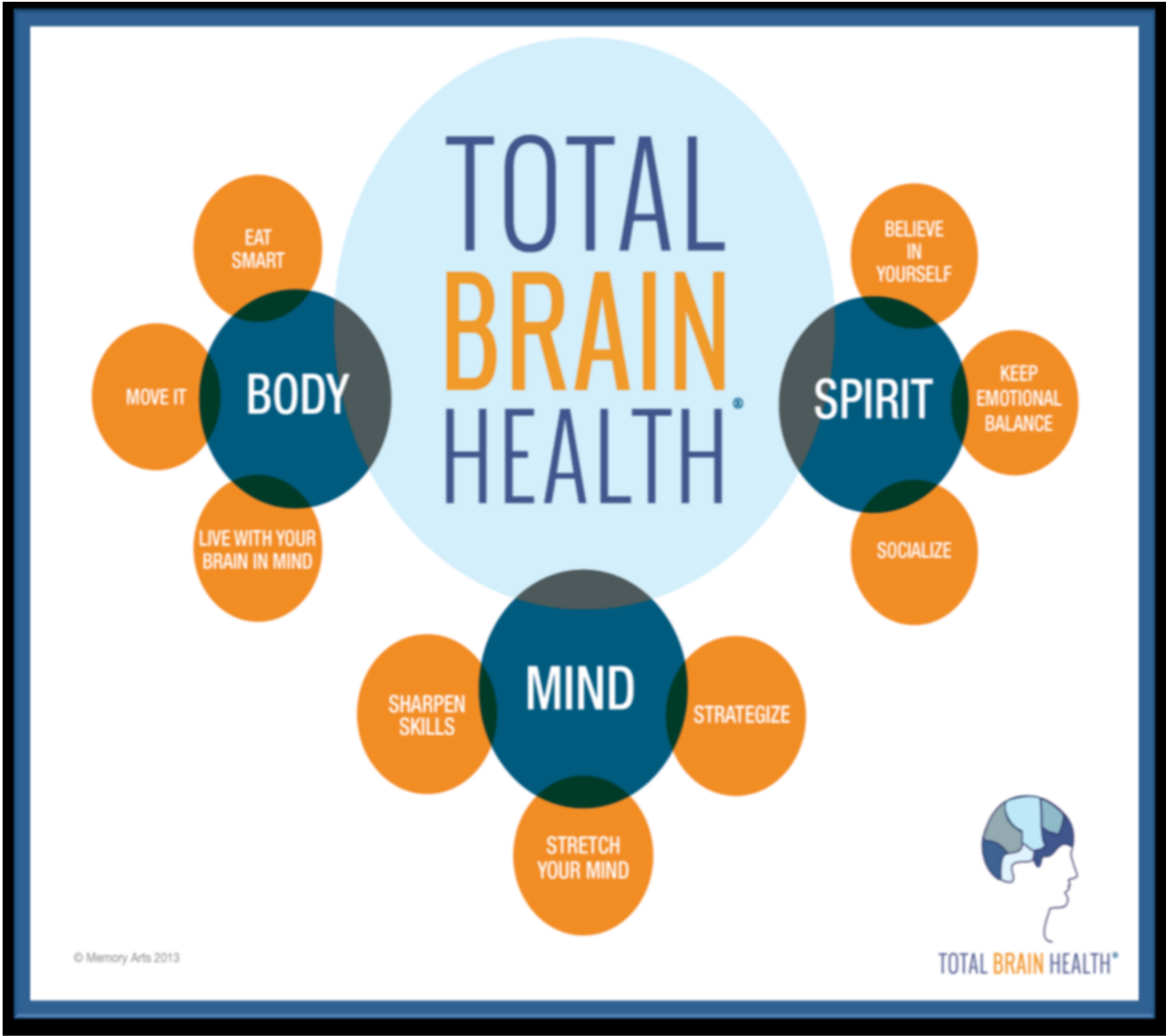
Greenwich
Library



THE TOTAL BRAIN HEALTH BLUEPRINT: TAKING ACTION FOR BETTER COGNITIVE WELLNESS

Designed by Dr. Cynthia Green and follow-up to lecture:
“Welcome To The Brain Age”

8 Mondays beginning April 9th @ Greenwich Library 6 - 7:30 pm (\$20 for series)
To register call Lynn Mason 203-862-6721



Puzzle Answers from Page 8

1. Bigger & Better

2. Top Secret

3. Back to Square 1
4. For Instance

5. 3 Blind Mice

6. Nobody is Above the Law

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



HOW STRESS AFFECTS YOUR HEART HEALTH

Presented by: Sue Nadel, LCMSW
Counselor, Liberation Programs

22 February 2018
Greenwich Senior Center
11:30 - Noon

HEALTHY BLOOD PRESSURE

Presented by: Visiting Nurse &
Hospice of Fairfield County

8 February 2018
Greenwich Senior Center
1:15 pm - 2:15 pm

LEAVING A PERSONAL LEGACY

Presented by: Ryan Ventura
First Light Home Care

27 February 2018
Greenwich Senior Center
1:15 pm - 2:15 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 “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.

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

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(Answers on Page 10)

299 ON THE AVENUE LUNCHEON FEBRUARY 2018				
CHEF JONATHAN LINDLEY'S MENU IS SUBJECT TO CHANGE				
Monday	Tuesday	Wednesday	Thursday	Friday
There is such a thing as a free lunch Take advantage of our discounted lunch coupon books (\$90) & get 2 free lunches!	 <small>HEART HEALTHY SNACKS To keep you fueled all day long!</small>		1 Lemon Chicken Cauliflower Roast Red Potato Chocolate Chip Cookies	2 Baked Flounder Green beans & carrots Herbed White Rice Fresh Fruit
5 Sausage, peppers & onions Broccoli Garlic Roll Fresh Fruit	6 Baked ham Cream spinach w/mushrooms Roast Sweet Potato Pumpkin Pie	7 Meat Sauce Lasagna Buttered Dinner Roll Jell-o	8 Pork Tenderloin Green beans Mashed Potato Yellow Cake	9 Grilled marinated steak Brussel sprouts with bacon Scallop Potato Brownie
12 Chicken Alfredo w/Linguine & Peas Garlic Bread Tiramisu	13 Beef Stroganoff Over Egg Noodles Fresh Fruit	14 Fish Piccata Roasted Tomato & Asparagus Baked Potato Chocolate Cake	15 Kielbasa Braised Red Cabbage Potato Pancakes Apple Crisp	16 Garlic Ginger Shrimp Over Fried rice Bok Choy Assorted Pies
19 PRESIDENTS' DAY SENIOR CENTER CLOSED	20 Fried Chicken Collard Greens Potato Wedges Jell-o	21 Shepards Pie Fresh Fruit	22 Roast Turkey Steamed carrots Stuffing Vanilla Pudding	23 Salmon Green Beans Couscous Lemon Meringue Pie
26 Chicken Parm over Spaghetti Spinach Garlic Bread Cookies	27 BBQ Ribs Mac & Cheese Tossed Salad Pumpkin Pie	28 2x Chili Cheese dogs French Fries Cole slaw Assorted Desserts	Light Breakfast Served Mon thru Fri 9:15am - 10:15am	Home Made Hot Soup & Fresh House Garden Salad

February 2018

Calendar of Events

Programs Subject To Change

Monday	Tuesday	Wednesday	Thursday	Friday
	REMINDER RENEW YOUR PARKING PASS \$5.00 MUST HAVE ATTENDED SENIOR CENTER PROGRAMS 12 TIMES IN 2017		1 9:15 Body Balance & Stability w/Linda - <i>FL</i> 10:00 Knitting Knotch - <i>CR</i> 10:30 Silvertones Rehearse - MDR 1:00 Italian Lessons w/Luciana - <i>CR</i> 1:20 Trivia w/Lynn - FL 2:15 B.Y.O.B. w/ Wendy Lee Rosa - <i>FL</i> 5:30 T'ai Chi w/Bill Wrenn - <i>FL</i>	2 9:30 Painting Session - <i>CR</i> 10:00 Fitness Fun w/Wendy - <i>FL</i> 10:30 BINGO! - <i>MDR</i> 1:00 Chess & Bridge Play - <i>CR</i> 1:30 Movie: Ridin' The Rails w/Johnny Cash MDR
5 9:30 - 12:00 FREE Open Computer Lab - <i>TL</i> 9:30 Basic Balance Class w/Wendy - <i>FL</i> 1:30 Zumba Gold w/Wendy - <i>MDR</i> 2:15 Feldenkrais Style Movements w/Wendy - <i>FL</i>	6 9:30 Water Aerobics - <i>OS</i> 9:45 Chair Yoga w/Jeanne - <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/Jeanne - <i>FL</i> 2:00 Pilates Gold w/Jeanne - <i>FL</i>	7 10:00 Chair Yoga w/Paula - <i>FL</i> 11:00 Floor Yoga w/Paula - <i>FL</i> 11:00 Documentary: Antarctica 1:00 SHOPPING @ SHOPRITE 1:45 Zumba Gold w/Wendy - <i>MDR</i> 1:45 Sing w/Lynn - <i>FL</i>	8 9:15 Body Balance & Stability w/Linda - <i>FL</i> 10:00 Knitting Knotch - <i>CR</i> 10:45 Chimers Rehearse - MDR 1:00 Italian Lessons w/Luciana - <i>CR</i> 1:15 Visiting Nurse & Hospice Presents: Healthy Blood Pressure - <i>MDR</i> 2:15 B.Y.O.B. w/Wendy Rosa - <i>FL</i> 5:30 T'ai Chi w/Bill Wrenn - FL	9 9:30 Painting Session - <i>CR</i> 10:00 Fitness Fun w/Wendy - <i>FL</i> 10:30 BINGO! - <i>MDR</i> 1:00 Chess & Bridge Play - <i>CR</i>
12 9:30 - 12:00 FREE Open Computer Lab - <i>TL</i> 9:30 Basic Balance Class w/Wendy - <i>FL</i> 1:30 Zumba Gold w/Wendy - <i>MDR</i> 2:15 Feldenkrais Style Movements w/Wendy - <i>FL</i>	13 9:30 Water Aerobics - <i>OS</i> 9:45 Chair Yoga w/Jeanne - <i>FL</i> 10:00 Quilting Patch - <i>CR</i> 10:45 GREATS Open Meeting - MDR 1:00 Floor Yoga w/Jeanne - <i>FL</i> 1:15 GARDEN EDUCATION CENTER - CR 1:15 Bill Horn presents: Egypt's Greatest Warrior 2:00 T'ai Chi w/Bill - <i>FL</i>	14 10:00 Chair Yoga w/Paula - <i>FL</i> 11:00 Floor Yoga w/Paula - <i>FL</i> 11:00 SURFIN' USA & BEYOND w/Lynn - Great Love Songs - MDR 1:30 VALENTINE'S DAY w/singer Patsy Shore VALENTINE'S DAY	15 9:15 Body Balance & Stability w/Linda - <i>FL</i> 10:00 Knitting Knotch - <i>CR</i> 10:30 Silvertones Rehearse - MDR 1:00 Italian Lessons w/Luciana - <i>CR</i> 1:20 Trivia w/Lynn - FL 2:15 B.Y.O.B. w/Wendy Lee Rosa - <i>FL</i> 5:30 T'ai Chi w/Bill Wrenn - FL	16 9:30 Painting Session - <i>CR</i> 10:00 Fitness Fun w/Wendy - <i>FL</i> 10:30 BINGO! - <i>MDR</i> 1:00 Chess & Bridge Play - <i>CR</i> 1:30 Movie: The Real Patsy Cline - MDR
19 PRESIDENTS' DAY  SENIOR CENTER CLOSED	20 9:30 Water Aerobics - <i>OS</i> 9:45 Chair Yoga w/Jeanne - <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/Jeanne - <i>FL</i> 1:15 Crosswords w/Ed Stein - MDR 2:00 Pilates Gold w/Jeanne - <i>FL</i>	21 10:00 Chair Yoga w/Paula - <i>FL</i> 11:00 Floor Yoga w/Paula - <i>FL</i> 11:00 Documentary: Superstorm 2012 1:45 Zumba Gold w/Wendy - <i>MDR</i>	22 9:15 Body Balance & Stability w/Linda - <i>FL</i> 10:00 Knitting Knotch - <i>CR</i> 10:45 Chimers Rehearse - MDR 11:30 How Stress Affects Your Heart Health Liberation Programs 1:00 Italian Lessons w/Luciana - <i>CR</i> 2:15 B.Y.O.B. w/ Wendy Lee Rosa - <i>FL</i> 5:30 T'ai Chi w/Bill Wrenn - FL	23 9:30 Painting Session - <i>CR</i> 10:00 Fitness Fun w/Wendy - <i>FL</i> 10:30 BINGO! - <i>MDR</i> 1:00 Chess & Bridge Play - <i>CR</i>
26 9:30 - 12:00 FREE Open Computer Lab - <i>TL</i> 9:30 Basic Balance Class w/Wendy - <i>FL</i> 9:30 Trip to Walmart 1:30 Zumba Gold w/Wendy - <i>MDR</i> 2:15 Feldenkrais Style Movements - <i>FL</i>	27 9:30 Water Aerobics - <i>OS</i> 9:45 Chair Yoga w/Jeanne - <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/Jeanne - <i>FL</i> 1:15 Leaving A Personal Legacy - Ryan Ventura/First Light Home Care 2:00 Pilates Gold w/Jeanne - <i>FL</i>	28 10:00 Chair Yoga w/Paula - <i>FL</i> 11:00 Floor Yoga w/Paula - <i>FL</i> 1:45 Zumba Gold w/Wendy - <i>MDR</i> 1:45 Sing w/Lynn - <i>FL</i>		PROGRAM LOCATION: CR - Craft Room FL - Far Lounge GL - Greenwich Library OS - Offsite MDR - Main Dining Room L - TechLounge