



**Greenwich
Senior Center**

LANTERN



August 2017

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



299 Greenwich Ave., Greenwich, CT 06830

www.greenwichet.org

Main Phone: 203-862-6700

July Programs:

**Healthy Internet Searching w/
GHA Consumer Health Librarian**

NYT Crosswords w/ Ed Stein

**The Charming
Chimers Rehearse**

**Important Fall Painting
Class Info**

Osteoporosis Explained

**Visiting Nurse
& Hospice of Fairfield County**
Bringing Healing and Comfort to Our Community for more than 100 Years

Be Proactive with



**FREE Fri Open Computer
Lab Returns**

Getting the Most Nutritional

BANG

for Your Buck!

Join Jenna Hourani, Registered Dietitian at Grade A ShopRite of Stamford, CT, as she discusses how maintaining a healthy diet doesn't have to break the bank (and shouldn't)!

Tues Aug 15 @ 1:15PM MDR SMARTboard



Learn how to make healthy **Cool Summer Smoothies** with
Registered Dietician Lilliam Sohoo of Morrison Foods, Inc. Enjoy free samples and take-home recipes too!
Thurs Aug 10, 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!



SENIOR CENTER PROGRAM A-Go Go

Armchair Travel to Europe w/ Suzanne

DVD presentation on the Senior Center SMARTboard plus lively conversation to follow. Share your travels!

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.

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 Sept to March. Create lovely live arrangements. Sign-up required. Limit: 18 participants.

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 seniors 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.

Power Aqua Fitness w/ Suzanne

A great workout in the water, with a hint of Vinyasa Yoga. Limited class sizes. Locations vary throughout the year.

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.

Word Games on the SMARTboard w/ Suzanne for Prizes!

Challenge your brain for prizes on our new state of the art SMARTboard!

Zen-gth FUSION w/ Suzanne

In/ out of chair strength training married with a dose of gentle cardio and relaxing Zen. To finish, participants quietly meditate as lightly diffused essential oils permeate the room.

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.



KNOWLEDGE IS POWER

You're Invited!

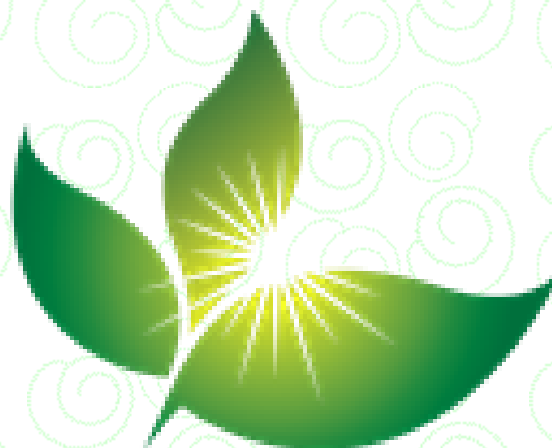
"Knowing My Options"

Free Seminar Thur Aug 24 1pm-2pm Greenwich Senior Center MDR

From explaining the options from being able to live at home to Skilled Nursing Facilities and everything in between, this class will give you the best resources to provide the best care. This session is designed to give a bird's-eye view of the options one needs to have peace of mind and safety for our loved ones on the

MDR SMARTboard

Free dessert for all!





FirstLightTM
HOME CARE



with Ryan Ventura



299 ON THE AVENUE LUNCHEON AUGUST 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	1 Baked Chicken Broccoli Quartered Potatoes	2 Spaghetti with Meat Sauce Garlic Bread	3 Smothered Pork Chops Sauteed Onions Red Potatoes Roasted Carrots	4 Baked Cod Brown Rice Squash Medley
7 Seafood Salad Potato Chips	8 Sausage Peppers and Onions Penne Pasta	9 Chef Salad Baguette Bread	10 Chicken Marsala White Rice Peas and Carrots	11 Marinated Flank Steak Baked Potato Asparagus
14 Lemon Chicken Herbed Rice Green beans	15 Roast Pork Loin Roasted Sweet Potato Cauliflower	16 Egg salad and Pasta Salad Baguette	17 Roast Turkey Peas and Carrots Mashed Potatoes with Gravy	18 Teriyaki Glazed Salmon Bok Choy White Rice
21 Mushroom Ravioli Mushroom Cream Sauce Broccoli	22 French Dip with Au Jus Tavern Fries Cole Slaw	23 Veggie Lasagna Garlic Bread	24 BBQ Pulled Pork Sandwich Cole Slaw Roasted Potato	25 Seafood Gumbo White Rice
28 Italian Sandwich Potato Chips	29 Meatloaf Mashed Potatoes Green Beans	30 Cheese Tortellini Spinach Garlic Bread	31 BBQ Ribs Corn Bread Broccoli	Home Made Hot Soup & Fresh House Salad Served With Our Luncheon

August 2017 LANTERN Calendar of		
Monday	Tuesday	Wednesday
<p>Activity Room/ Off Site Program Location Legend: CR-Craft Room FL-Far Lounge GL-Gr Library GWC-Greenwich Water Club LL-Senior Center Lower Level MDR-Main Dining Room</p> 	<p>1</p> <p>9:45 Chair Yoga w/ Jeannie Stevens -Labate-FL 10:00 Quilting Patch-CR 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</p>	<p>10:00 Chair Yoga w/ Paula 11:00 Floor Yoga w/ Paula 1:00 Shopping @ ShopRite 1:00 Pickup Tabletop Games-Locations of Play Vary 1:45 ZUMBA <i>Gold</i> w/ Wendy Lee Rosa-FL</p>
<p>7</p> <p>9:30 Shop at Walmart, Rte 7, Nwlk 9:30 Basic Balance Class w/ Wendy Lee-FL 1:00 Pickup Tabletop Games-Locations of Play Vary 1:30 ZUMBA <i>Gold</i> w/ Wendy Lee Rosa 2:15 Feldenkrais Style Movements w/ Wendy Lee Rosa-FL</p>	<p>8</p> <p>7:30 Bus Departs for the Sands Casino 9:45 Chair Yoga w/ Jeannie Stevens -Labate-FL 10:00 Quilting Patch-CR 1:00 Floor Yoga w/ Jeannie Stevens -Labate-FL 1:00 Pickup Tabletop Games-Locations of Play Vary 2:00 T'ai Chi w/ Bill Wrenn-FL/Outdoors</p>	<p>10:00 Chair Yoga w/ Paula 11:00 Floor Yoga w/ Paula 1:00 Pickup Tabletop Games-Locations of Play Vary 1:45 ZUMBA <i>Gold</i> w/ Wendy Lee Rosa-FL</p>
<p>14</p> <p>9:30 Basic Balance Class w/ Wendy Lee-FL 1:00 Pickup Tabletop Games-Locations of Play Vary 1:30 ZUMBA <i>Gold</i> w/ Wendy Lee Rosa 2:15 Feldenkrais Style Movements w/ Wendy Lee Rosa-FL</p>	<p>15</p> <p>9:45 Chair Yoga w/ Jeannie Stevens Labate-FL 10:00 Quilting Patch-CR 10:45 T'ai Chi w/ Bill Wrenn-FL/Outdoors 1:00 Pickup Tabletop Games-Locations Vary 1:00 Floor Yoga w/ Jeannie Stevens -Labate-FL 1:15 Get More Nutritional BANG For Your Buck! w/Shoprite-MDR 2:00 Pilates Gold w/ Jeannie Stevens -Labate-FL</p> 	<p>10:00 Chair Yoga w/ Paula 11:00 Floor Yoga w/ Paula 1:00 Pickup Tabletop Games-Locations of Play Vary 1:00 Shopping @ ShopRite 1:45 ZUMBA <i>Gold</i> w/ Wendy Lee Rosa-FL</p>
<p>21</p> <p>9:30 Basic Balance Class w/ Wendy Lee-FL 1:00 Pickup Tabletop Games-Locations of Play Vary 2:15 Feldenkrais Style Movements w/ Wendy Lee Rosa-FL</p>	<p>22</p> <p>9:45 Chair Yoga w/ Jeannie Stevens-FL 10:00 Quilting Patch-CR 10:45 T'ai Chi w/ Bill Wrenn-FL/ Outdoors 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</p>	<p>10:00 Chair Yoga w/ Paula 11:00 Floor Yoga w/ Paula 1:00 Pickup Tabletop Games-Locations of Play Vary 1:45 ZUMBA <i>Gold</i> w/ Wendy Lee Rosa-FL</p>
<p>28</p> <p>9:30 Basic Balance Class w/ Wendy Lee-FL 1:00 Pickup Tabletop Games-Locations of Play Vary 1:30 ZUMBA <i>Gold</i> w/ Wendy Lee Rosa 2:15 Feldenkrais Style Movements w/ Wendy Lee Rosa-FL</p>	<p>29</p> <p>9:45 Chair Yoga w/ Jeannie Stevens-FL 10:00 Quilting Patch-CR 10:45 T'ai Chi w/ Bill Wrenn-FL/ Outdoors 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</p>	<p>10:00 Chair Yoga w/ Paula 11:00 Floor Yoga w/ Paula 1:00 Pickup Tabletop Games-Locations of Play Vary 1:45 ZUMBA <i>Gold</i> w/ Wendy Lee Rosa-FL</p>

f Events			Programs Subject To Change		
Wednesday		Thursday		Friday	
2		3		4	
Paula Schooler-FL Paula Schooler-FL pRite Games-Locations Wendy Lee Rosa-MDR		9:15 Power Aqua Fitness-GWC 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 2:15 B.Y.O.B. w/ Wendy Lee Rosa-LD		9:30 Zen-gth FUSION-FL 9:30 Painting Session-CR 9:30 FREE Open Computer Lab-TL 10:30 BINGOI-MDR 1:00 Chess & Bridge Play-CR 1:00 Pickup Tabletop Games-Locations of Play Vary	
9		10		11	
w/ Paula Schooler-FL w/ Paula Schooler-FL letop Games-Locations / w/ Wendy Lee Rosa-MDR		9:15 Power Aqua Fitness-GWC 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 Cool Summer Smoothies w/ Morrison Foods, Inc-MDR 2:15 B.Y.O.B. w/ Wendy Lee Rosa-FL		9:30 Zen-gth FUSION-FL 9:30 Painting Session-CR 9:30 FREE Open Computer Lab-TL 10:30 BINGOI-MDR 1:00 Chess & Bridge Play-CR 1:15 The Charming Chimers Rehearse-FL	
16		17		18	
Paula Schooler-FL Paula Schooler-FL p Games- ay Vary ite / Wendy Lee Rosa-MDR		9:15 Power Aqua Fitness-GWC 9:15 Body Balance & Stability w/ Linda-FL 10:00 Knitting Knotch-CR 10:15 NYT Crosswords 1:00 Italian Lessons w/ Luciana-CR 1:00 Pickup Tabletop Games-Locations of Play Vary 1:15 Osteoporosis Explained-VNH of FFld County-MDR 2:15 B.Y.O.B. w/ Wendy Lee Rosa-FL		9:30 Zen-gth FUSION (DVD)-FL 9:30 Painting Session-CR 9:30 FREE Open Computer Lab-TL 10:30 BINGOI-MDR 1:00 Chess & Bridge Play-CR	
23		24		25	
v/ Paula Schooler-FL v/ Paula Schooler-FL etop Games- Play Vary l w/ Wendy Lee Rosa-MDR		9:15 Power Aqua Fitness-GWC 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 Knowing My Options w/ Ryan Ventura of First Light, Inc Refreshments-MDR SMARTboard		9:30 Zen-gth FUSION w/ Suzanne-FL 9:30 Painting Session-CR 9:30 FREE Open Computer Lab-TL 10:30 BINGOI-MDR 1:00 Chess & Bridge Play-CR 1:15 The Charming Chimers Rehearse-FL	
30		31		Thurs Aug 17, 1:15PM Osteoporosis Explained-VNH of FFLD County On The MDR SMARTboard Visiting Nurse & Hospice of Fairfield County Bringing Healing and Comfort to Our Community for more than 100 Years	
w/ Paula Schooler-FL v/ Paula Schooler-FL etop Games- Play Vary l w/ Wendy Lee Rosa-MDR		9:15 Power Aqua Fitness (final class)-GWC 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 Healthy Internet Searching w/ Carolyn English, Consumer Health Librarian, GHA-MDR 2:15 B.Y.O.B. w/ Wendy Lee Rosa-FL			

SENIOR CENTER SERVICES

Senior Center:

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

Front Desk 203 862-6700

Administrator
Laurette Helmrich 203 862-6720

Program Coordinator
Suzanne S. Testani, TRD, ADC 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: (Utilise 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

Getting the Most Nutritional **BANG** for Your Buck!



Tuesday, August 15th 1:15-2:15pm
Greenwich Senior Center

Join Jenna Hourani, Registered Dietitian at Grade A ShopRite, as she discusses how maintaining a healthy diet doesn't have to break the bank (and shouldn't)!

Register today to learn more about:

How to eat a balanced diet

Nutrition for seniors

Shopping on a budget

Free nutrition services offered at ShopRite!

Plus, receive free giveaways & healthy snacks for all!

The Greenwich Senior Center Proudly Presents
Learn how to make healthy

Cool Summer Smoothies

with

Registered Dietician Lillian Sohoo

of

Morrison Foods, Inc.



Step by step demonstration plus enjoy free samples and take-home recipes too!

Thurs Aug 10, 1:15PM Main Dining Room

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.

New age requirement!!

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)

New!

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