

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

Customer Service Representative
Maria Higbie 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

Alzheimer's Assoc Office Hours:

Shannon Jordan 860-329-9403

10:00 am to 3:00 pm

2nd Weds of month, lower level

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

Wednesdays: 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

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 call **TAG: 203 637-4345**

USE (Utilize Senior Energy):

A no-fee employee referral service for adults aged 50 plus. Located on the ground floor. Please visit UtilizeSeniorEnergy.org for more information.

Open Mon thru Fri 203-862-6712

Hours are 9:30 am to 12:30 pm

Director

Michael Amoroso

203-862-6712

Greenwich Senior Center

299 Greenwich Avenue

MAY 2019

www.greenwichct.gov

203-862-6700

New Offerings

Craft Boutique & Bake Sale

**Bruce Museum :
Introduction to the Averages**

Greenwich Choral Society

The Silvertones in Concert

Educational Presentations by our Sponsors

The Melody Men

TECH NIGHT w/the Junior League

Total Brain Health

Water Aerobics @ YWCA

The Senior Center will be closed:

MAY 17, 2019

MAY 27, 2019

Celebrate Older Americans Month with us!

Joey & Maria's

Comedy Italian Wedding Dinner Experience

Friday, May 17, 5:00 - 8:00

(Doors open at 4:30)



Tickets \$15 includes dinner, dancing theater and wedding cake!

Eastern Greenwich Civic Center, 90 Harding Rd., Old Greenwich
Transportation available. Seating limited.

Purchase tickets before May 10

at Greenwich Senior Center, 299 Greenwich Ave.

Questions? Call Maria (203) 862-6710

View/ Like Us On The Town of Greenwich Facebook Page

THANK YOU TO OUR GENEROUS SPONSORS!



MANY THANKS
TO ALL OUR
GENEROUS
SPONSORS !!



Are you Living The Way You Want To Be Remembered?

What will your defining legacy be? We spend a lifetime amassing possessions to pass them on but is that really our legacy? What will your kids tell their kids about you? What gifts of ourselves do we leave behind? Let this be a catalyst for positive, enduring change that surpasses your lifetime.

Thursday, June 13

Refreshments & Resources 6:00 pm

Lecture: 7:00 pm

Greenwich Library,
Cole Auditorium,
101 W Putnam Ave., Greenwich



FREE Tickets: <https://www.aging2.com/greenwich>



Rabbi Mitchell M. Hurvitz
Temple Shalom, Greenwich



The Rev. Mark Zabriskie
Christ Church, Greenwich

Questions? Call Maria Higbie
(203) 862-6710



To Livestream: <https://zoom.us/j/2202002000>
Pin code: 2202002000

- | | |
|-----------------|-----------------------|
| 1. Nuts | 5. Ivan |
| 2. The Trombone | 4. Wavelength |
| 3. 1935 | 9. Neither, Spain was |
| 8. Sulphur | |
| 7. Dutch | 10. 12 |

NEW CLASSES, EVENTS & HAPPENINGS

Aqua classes at the YWCA: Drop in on any of 5 Aqua classes at the YWCA. \$5/class, only pay when you attend. **Obtain registration form from the Senior Center.**

Boutique, Craft & Bake Sale: Hand knit items, jewelry, scarves, homemade goodies and more. Friday May 10th 10:45 am - 2:00 pm in the Far Lounge.

Introduction to the Averys: Please join us for this informative exploration of the lives and artwork of the talented Avery family. This discussion will open a new collaboration between the Greenwich Senior Center and the Bruce Museum. Thursday May 9th 1:00 pm - 2:00 pm. **See page 14** for further information.

Joey & Maria's Wedding: DON'T MISS THE EVENT OF THE SEASON!! See front page for details.

The Melody Men: Come enjoy the familiar strains of your favorite songs sung by the Melody Men ! Friday May 24th 1:00 pm MDR

Night Out With Your Cell Phone: Join the Junior League of Greenwich for a free and informative, interactive workshop on Cellphones and other devices. Dinner will be served and you will have a chance to win a new device. Bring your questions, your device, your reading glasses and your appetite. Wednesday May 8th 5:30 pm - 7:00 pm. This program is free but registration is required. See Page 5 for further details.

Plan, Prepare and Protect: Listen to a panel of speakers discuss the topics of advanced healthcare and legal planning, caregiving needs and ensuring your final wishes are carried out. Program is free but Please register ahead of time. See Page 6 for further information. Tuesday May 7th 1:00 pm - 2:00 pm. There will be time for Q & A.

The Greenwich Choral Society: Back by Popular demand, the GCS will perform on Tuesday May 7th at 11:00 am in the Main Dining Room.

The Silvertones Perform: Our beloved Silvertones sing on the home field. Tuesday May 21st 1:00 pm in the Main Dining Room.

Join us!

"I've Fallen and Now I Know How to Get Up"

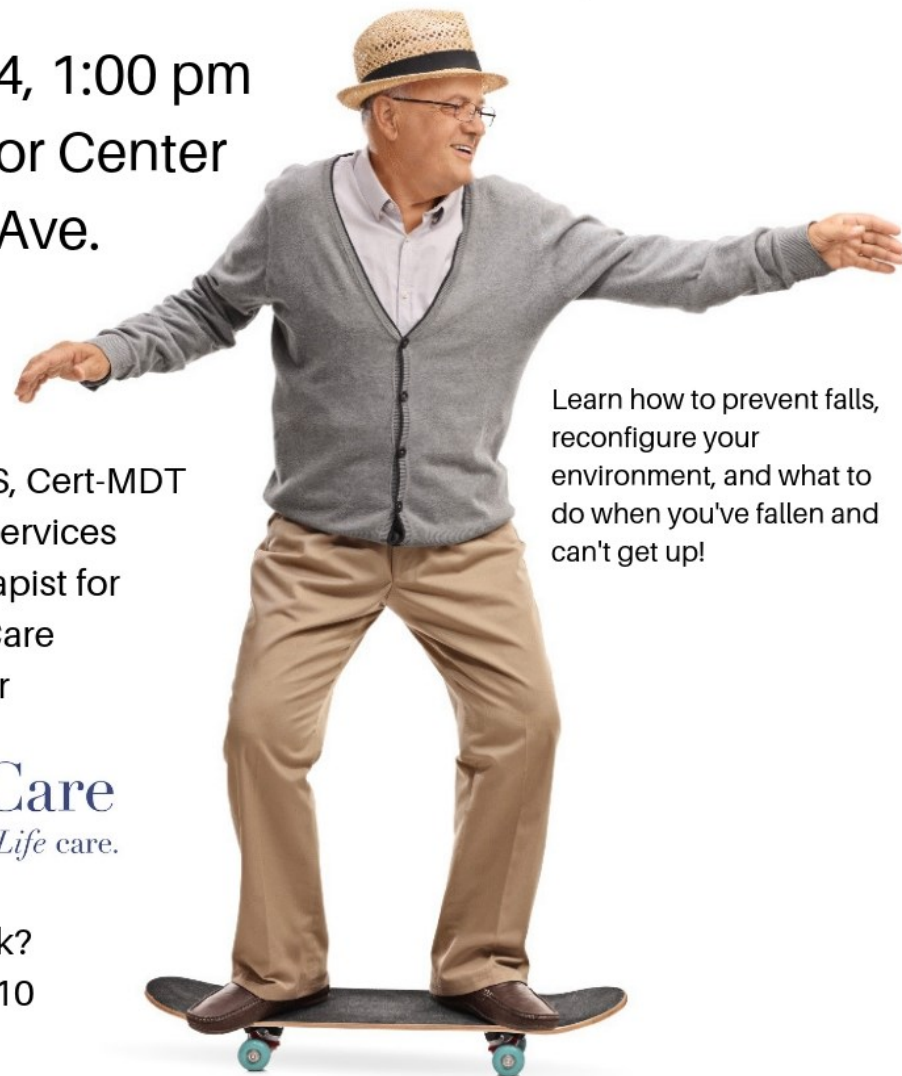
Tuesday, May 14, 1:00 pm
Greenwich Senior Center
299 Greenwich Ave.
Greenwich, CT

Speaker:

Casey Schack, PT, CSCS, Cert-MDT
Supervisor of Therapy Services
Licensed Physical Therapist for
Sterling Care In Home Care
Greenwich, Westchester



Questions about this talk?
Call Marie (203) 862-6710



Learn how to prevent falls,
reconfigure your
environment, and what to
do when you've fallen and
can't get up!

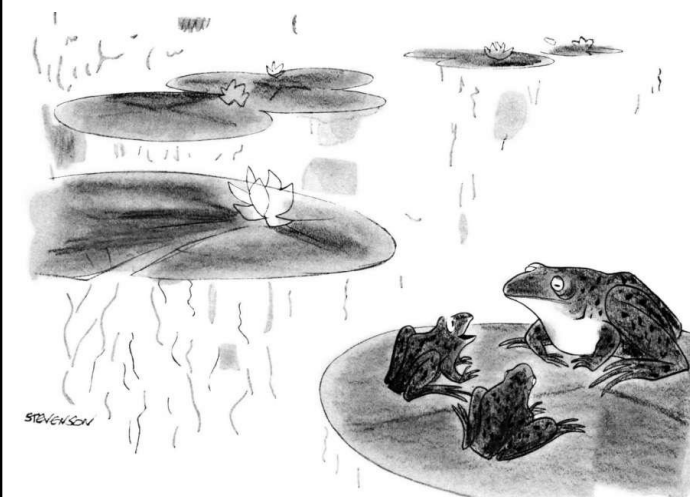


The Residence at Summer Street offers the highest-quality independent, assisted and memory care living. The community is owned and operated by LCB Senior Living, a senior housing pioneer with roots going back more than 20 years. Located adjacent to Scalzi Park in downtown Stamford, Summer Street's state-of-the-art construction embodies true luxury living. Residents also enjoy a full calendar of educational and cultural opportunities, from visiting lectures to trips to the theater.

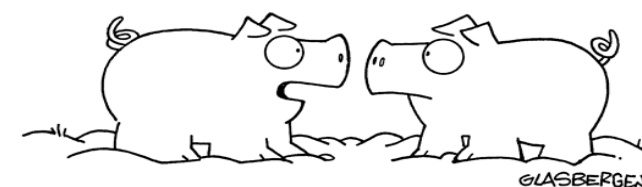
Summer Street offers LCB's signature Anytime Dining program, allowing residents the convenience of eating what they want, whenever they want in a restaurant-style dining room.

Another cornerstone of Summer Street is LCB's renowned Reflections Memory Care Program, created in collaboration with some of the nation's finest hospitals. This non-pharmacological approach to memory care focuses on the whole person, not the disease, and has proven positive outcomes.

The Residence at Summer Street opened this past August. This brand-new, modern community is joined by The Residence at Selleck's Woods, which opened in Darien this past March. For more information, contact Adonis Filpo, afilpo@residencesummerstreet.com, 203-883-1510.



"Tell us again about Monet, Grandpa."



"Actually, I'm 60% leaner than you.
I'm made from turkey!"



"I was a dog in a previous life,
but I came back as a god."



"Sometimes we laugh, sometimes we cry,
but never do we throw our computers out the window."

HELPFUL INFORMATION

HOW TO BECOME A MEMBER:

- Membership is **free** to Greenwich Residents age 62 or better. Hours of operation are Mon thru Fri 9 am - 4 pm
- Joining is easy! Register with any Senior Center staff member who will issue you a key tag. **You must provide proof of residency.** **Note:** There is a \$5 fee to replace lost key tags.
- 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 parking passes that must be renewed each January for \$5.00. **Note:** Members must 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 for 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 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 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/theft and are not redeemable for cash.

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

PRESENTED BY THE JUNIOR LEAGUE OF
GREENWICH

NIGHT OUT WITH YOUR CELLPHONE!

DRINKS AND DINNER ON US!
1 ON 1 TECH SUPPORT!
ALL PARTICIPANTS ENTERED FOR A
DRAWING!

May 8, 2019 at 5:30 PM
The Greenwich Senior Center
HURRY! RSVP WITH LAURETTE HELMRICH
Laurette.helmrich@greenwichct.org
Please call or come in to sign up (203)862-6720



JUNIOR LEAGUE OF
GREENWICH

Plan Prepare Protect



An Informative Discussion sponsored by:

Greenwich Senior Center, Linda Ziac – The Caregiver Resource Center,
Donna Castronovo Esq - Ivey Barnum & O'Mara, Jen Graziano - Coxe & Graziano

Tuesday, May 7th 1:00 pm – 2:30 pm
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.

Proactive
vs.
Reactive

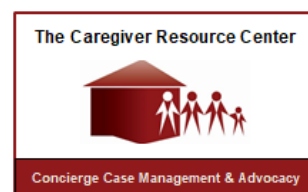
To reserve a space please contact Laurette Helmrich
at 203-862-6720 by May 1, 2019

The Senior Center is handicapped accessible, using the ramp located to the right of the front entrance of the Senior Center on Greenwich Avenue or the rear entrance on Bruce Place adjacent to the Public Safety Complex

This event is being sponsored by:

Greenwich
Senior
Center

Coxe & Graziano
FUNERAL HOME



Ivey
Barnum
& O'Mara, LLC

*Grab your dancing shoes and come
Listen to the rockin' sounds of*



THEM G'S

Greenwich Senior Center
Thursday June 6, 2019
1:00 pm – 2:00 pm
Main Dining Room

Courtesy Greenwich Home Care



Summer with the Averys [Milton | Sally | March] May 11, 2019 - September 1, 2019



March Avery (American, b. 1932)
THE DEAD SEA, 2009

The Bruce Museum is pleased to present a series of painting workshops and gallery discussions to complement the exhibition **Summer with the Averys** (American modern painter Milton Avery, his talented wife, Sally Michel Avery, and their daughter, March) on view at the museum

May 25-September 22, 2019.

Join classmates in focusing on watercolor paintings and techniques used by the Averys in their work, through hands-on workshops led by Dr. Louise Flax, a noted teaching and practicing artist.

Workshops will be held:

At the Bruce Museum

Monday June 17th, Monday July 15th and Monday August 5th

9:30 am - 11:30 am

\$25 fee for each workshop - Materials are included

Registration begins May 10th

Interested in learning more?

Join us for a **free** presentation on the lives and artwork of the Averys and an introduction to watercolor:

Thursday May 9, 2019 at the Greenwich Senior Center

1:00 pm - 2:00 pm

Light refreshments will be served

To register call: Lynn Mason @ 203-862-6721

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Unexpected Issues that Arise when a Loved one Passes Away...

By: Jen Graziano

Recently I had the privilege of speaking at the NYC Bar Association as a faculty member presenting on the topic, "Unexpected Troubles when a Loved One Passes Away". Being an attorney and funeral director put me in a unique position to weigh in on the sensitive presentation topic.

There are misconceptions and misunderstandings that frequently arise when meeting with families. For example, often, we receive phone calls informing us of a death by the person's longtime companion. While there are strong, valid, binding emotional ties that connect the two parties, there is a legal impasse that arises in dealing with the funeral home.

CT recognizes a legal hierarchy of persons or relatives who are authorized to make funeral arrangements and sign off on necessary documents, including and especially, cremation forms. A non-married party does NOT qualify as a spouse for the purposes of arranging a funeral. While we recognize the sensitivity and the love that existed between two such people, in the absence of a legal document, "The Agent Letter", the legal order of relationships controls. For example, if you have a "partner" or someone you cohabitate with, you can designate that person to carry out your final wishes by properly executing the "agent letter". This legally binding document allows you to spell out your final wishes on paper along with the person you see fit to carry them out. To read the rest of this article, please visit the BLOG on www.coxeandgraziano.com.


Pre-Paid Lunch Coupons

Beginning June 1, 2019, the Senior Center will no longer offer pre- paid lunch coupon books. There are a limited number of these coupon books remaining and they will be available to purchase until June 30th. All previously purchased coupon books will continue to be honored.

FREE LUNCH RAFFLE !!!

Get a chance to win a free lunch every time you sign into front kiosk. Just touch button for 'Free Lunch Raffle'. A winner is randomly selected by our software program every month.

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299 ON THE AVENUE LUNCHEON MAY 2019				
CHEF TEDDY TORCHON MENU IS SUBJECT TO CHANGE				
Monday	Tuesday	Wednesday	Thursday	Friday
Home Made Hot Soup & Fresh House Salad Served Daily	Light Breakfast Served Mon thru Fri 9:15-10:15 am	1 Mushroom & Barley Soup BBQ Chopped Chicken Salad Broccoli Slaw Apple Crisp	2 Cream of Broccoli Soup Stuffed Cabbage Green Beans Chocolate Pudding	3 Chicken Orzo Soup Baked Fish Sweet Mashed Potato Brussel Sprouts Peanut Butter Brownie
6 Corn Chowder Liver & Onions Mashed Potato Fresh Carrots Cookie	7 Minestrone Soup Butternut Squash Ravioli in Red Pepper Creamy Sauce Zucchini Fruit Cocktail	8 Turkey Noodle Soup Asian Beef Stir Fry White Rice Snow Peas Lemon Cupcake	9 Lentil Soup Orange Chicken Garlic Orzo Braised Cabbage Fresh Fruit	10 Vegetable Soup Fish Taco Corn & Black Bean Salsa Strawberry Ice Cream
13 Cream of Mushroom Soup Stuffed Pepper Broccoli Peach Crisp	14 Split Pea Soup Roasted Turkey w/gravy Mashed Potato Green Beans Fruited Jello	15 Navy Bean Soup Margherita Pasta Toasted Crostini Bread Vanilla Pudding	16 Butternut Squash Soup Three Cheese Quesadilla w/Sour Cream Cucumber & Onion Salad Pears	17 Senior Center Closed
20 Ham & Vegetable Soup Grilled Chicken Over Salad Dinner Roll Oatmeal Cookie	21 Cream of Spinach Soup Creamy Paprika Pork Over Noodles Mixed Vegetables Chocolate Cake	22 Chicken Vegetable Soup Turkey Salad Dinner Roll Pineapple Coleslaw Lemon Meringue Pie	23 Cream of Carrot Soup Vegetable Lasagna Garden Salad Garlic Bread Peaches	24 Tuscan White Bean Soup Shrimp Kabobs Asian Mixed Grain Salad Peas
27 Senior Center Closed 	28 Cream of Cauliflower Soup Baked Ziti w/Sausage Garlic Bread Tossed Salad Tapioca Pudding	29 Turkey Rice Soup Veal Marsala White Rice Seasoned Green Peas Fruit Cocktail	30 Chicken & Dumpling Soup Sloppy Joe On A Bun Carrot Raisin Salad Yellow Cake	31 French Onion Soup Fish Cake w/Tartar Sauce Potato Wedges Tomato & Mozzarella Salad Banana Pudding

TRIVIA

- What do fried spiders taste like (hint...it's not chicken)?
- What modern instrument was called the 'sackbut' until the nineteenth century?
- In what year was nylon first synthesized?
- What characteristic of light allows it to be separated into a spectrum of color?
- What first name is the Russian equivalent of John?
- What is the scientific name for the north star?
- What nationality was Vincent Van Gogh?
- What chemical element is added to rubber to "vulcanize" it?
- During World WarII, Spain fought for which side - axis or allies?
- How many flat faces does a dodecahedron have?

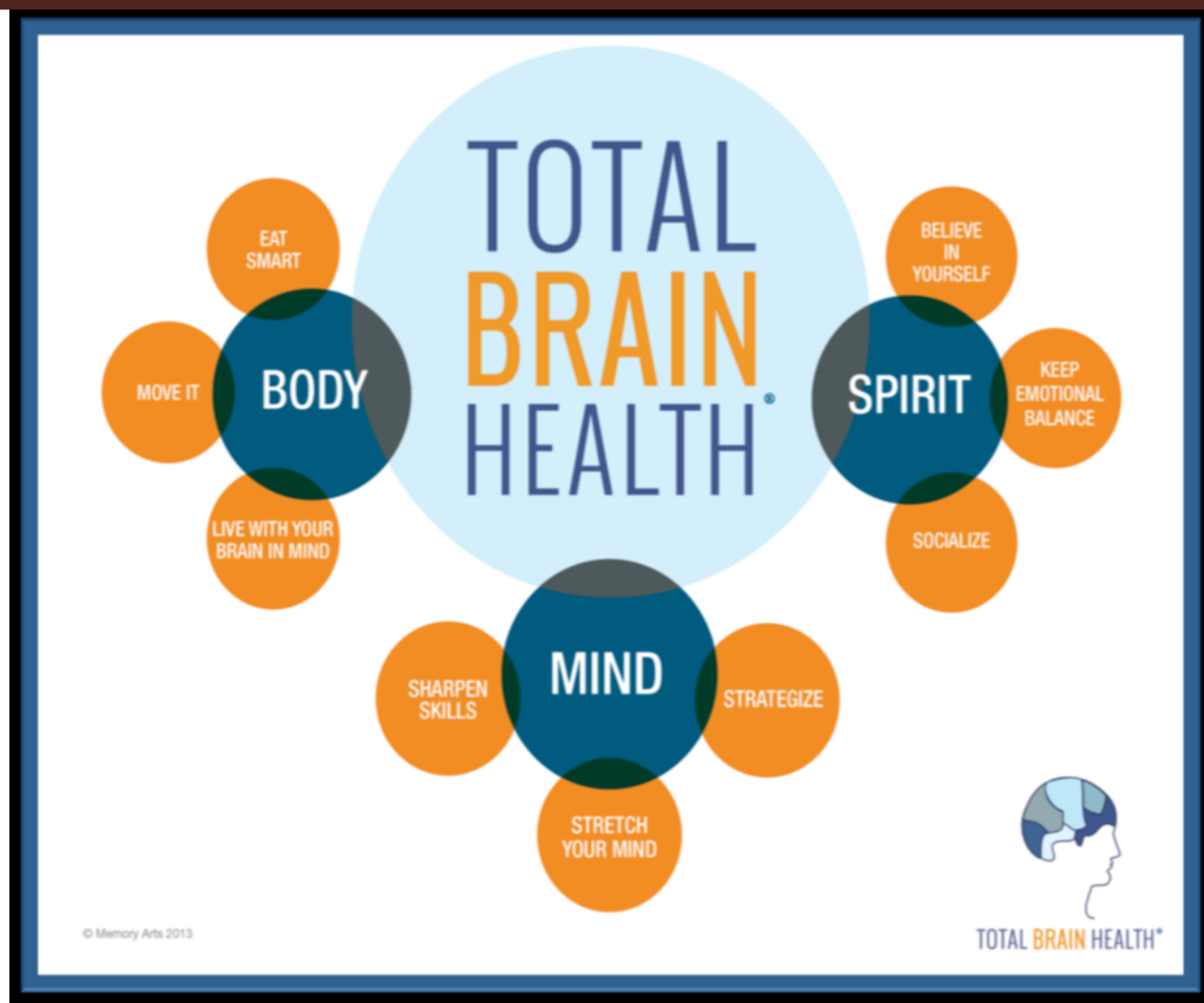
(Answers on Page 18)

ROBOCALLS:

Robocalls are made whenever a registered class or event is cancelled/changed or we are closed due to weather. These calls will come from Massachusetts so please do not ignore!! If you do not receive a robocall, please see staff to ensure that we have your correct phone number.

Help Your Neighbor

One of our members, Mildred Cogliandro is collecting tin and aluminum can lid tabs to help raise money for the Ronald McDonald House which offers support to families with sick children, keeping the family together and near the care and resources they need. If you would like to join in the effort, please collect your tabs and call Lynn at 203-862-6721 when you are ready to drop them off at the Senior Center or Hill House.



TOTAL BRAIN HEALTH MEMORY 2.0

Designed by Dr. Cynthia Green, PH.D

- Learn advanced level memory strategies. Includes Personal Best Challenge
- 8 Tuesday classes, May 28 – July 16, 2019 2:00 pm – 3:00 pm
- Greenwich Senior Center Classroom (Lower Level)
- \$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 or lynn.mason@greenwichct.org

*Presented by the Greenwich Commission on Aging
in cooperation with
the Greenwich Senior Center*

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: Contact Chris
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!)

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 us in making beautiful music with Schulmerich hand chimes 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/Jeanne & Paula

Hatha postures that challenge the body, mind and spirit. It's the real thing! Floor mat is required. Namaste.

Forever Fit/Mat:

Class works to balance all muscle groups' strength and flexibility, with an emphasis on challenging core muscles with each movement. Classes blend Pilates-based exercises, balance, mat work and light weights. 80 percent class is on the floor, so the ability to get up and down onto the floor is required. **Registration req.(\$10 for entire 12 week session).** Please bring mat and water to each class.

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 Learned How To Get Up

Join us and learn how 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? Ability to get onto & up from floor req.

Joint Power w/Wendy Rosa

You will be lead through 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.

Presentations & Evening Series

Professional guest speakers present on interesting and informative topics including healthcare, wellness, history, nature, elder law and financial planning. Never a sales pitch. Refreshments & giveaways at many sessions!

Live Entertainment

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

NYT Crosswords w/Ed Stein

Not your grandmother's crosswords folks!

Pickup Tabletop Games

Random card/ board game sessions throughout the day, Mon thru Fri.

Pilates Gold w/Jeanne

Challenge your body to static stretching and toning. On the floor, or in a chair. Mats required.

Quilting Patch

All are welcome to join this cheerful group. Some instruction provided.

Shopping w/The TAG Bus Driver

Go shopping at Shop Rite/Walmart/Christmas Tree Shop/Trader Joe's. Limit: 3 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.

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.

T'ai Chi Walk

Improve balance, mindfulness and confidence in one's step by learning how to apply core T'ai Chi principles to walking. Tai Chi Walk can be a study unto itself or an entry point to learning the full Tai Chi form to Experience significant health benefits. Instructor Will Morrison was certified by Ed Young ("Professor" Chen Manching's senior teacher and translator)

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 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.

Walk The Distance W/Wendy

This class will teach you how to turn a walk into a total body workout. Walk at your own pace with the group or a partner.

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.

May 2019

Calendar of Events

Programs Subject To Change

Monday	Tuesday	Wednesday	Thursday	Friday
PROGRAM LOCATION: CR- Craft Room (downstairs) FL- Far Lounge GL- Greenwich Library OS- Offsite MDR- Main Dining Room <i>Bold Italics: Registration Required</i>	Craft Boutique and Bake Sale ! ♦ Hand Knit Items ♦ Scarves ♦ Jewelry ♦ Household Items ♦ Baked Goods ♦ & More !! MAY 10th 10:45 - 2 pm	1 9:30 Beginner Art - CR 10:15 Chair Yoga w/Paula - FL 11:00 Floor Yoga w/Paula - FL 1:45 Zumba Gold - MDR 3:00 T'ai Chi Walk Cancelled 4:30 <i>Forever Fit (Mat) w/Wendy- FL</i>	2 9:15 Body Balance & Stability - FL 10:00 Knitting Knotch - CR 10:30 Chimers Rehearse - MDR 1:00 Italian Lessons w/Luciana - CR 1:15 Trivia w/Lynn - MDR 2:15 We've Got Your Back w/Wendy -FL 5:30 <i>T'ai Chi w/Bill Wrenn - FL</i>	3 9:30 Painting Session - CR 9:45 Fit After 50 - FL 10:30 BINGO! - MDR 1:00 Afternoon Bridge - CR 1:00 Friday Poker Club - Lounge
6 9:30 <i>Advanced Art - CR</i> 9:30 Basic Balance Class w/Wendy - FL 1:00 Afternoon Bridge - CR 1:30 Zumba Gold w/Wendy - MDR 2:15 Joint Power w/Wendy - FL 3:00 T'ai Chi Walk Cancelled	7 9:45 Chair Yoga w/Jeannie - FL 10:00 Quilting Patch - CR 10:30 Canasta - MDR 10:45 T'ai Chi w/Bill Wrenn - FL 11:00 Greenwich Choral Society - MDR 1:00 Plan, Prepare, Protect - MDR 1:00 Floor Yoga w/Jeannie - FL 2:00 Pilates Gold - FL	8 9:30 Beginner Art - CR 10:15 Chair Yoga w/Paula - FL 11:00 Floor Yoga w/Paula - FL 1:45 Zumba Gold - MDR 3:00 T'ai Chi Walk w/Will - MDR 4:30 <i>Forever Fit (Mat) w/Wendy- FL</i>	9 9:15 Body Balance & Stability w/Linda - FL 10:00 Knitting Knotch - CR 10:30 Silvertones Rehearse - MDR 1:00 Introduction to the Averys w/The Bruce Museum 1:00 Italian Lessons w/Luciana - CR 2:15 We've Got Your Back w/Wendy - FL 5:30 <i>T'ai Chi w/Bill Wrenn - FL</i>	10 9:30 Painting Session - CR 9:45 Fit After 50 - FL 10:45 - 2:00 Craft Sale!! - FL 10:30 BINGO! - MDR 1:00 Afternoon Bridge - CR 1:00 Friday Poker Club - Lounge
13 9:30 Basic Balance Class w/Wendy - FL 1:00 Afternoon Bridge - CR 1:30 Zumba Gold w/Wendy - MDR 2:15 Joint Power w/Wendy - FL 3:00 T'ai Chi Walk w/Will Morrison - FL	14 9:45 Chair Yoga w/Jeannie - FL 10:00 Quilting Patch - CR 10:30 Canasta - MDR 10:45 GREATS OPEN MEETING - MDR 1:15 Sterling Home Care Presents: Falls Prevention - MDR 1:00 Floor Yoga w/Jeannie - FL 2:00 T'ai Chi w/Bill Wrenn - FL	15 10:15 Chair Yoga w/Paula - FL 11:00 Floor Yoga w/Paula - FL 1:00 Shopping at Shop Rite 1:45 Zumba Gold - MDR 3:00 T'ai Chi Walk w/Will - MDR 4:30 <i>Forever Fit (Mat) w/Wendy - FL</i>	16 9:15 Body Balance & Stability - FL 10:00 Knitting Knotch - CR 10:30 Chimers Rehearse - MDR 1:00 Italian Lessons w/Luciana - CR 1:15 Trivia w/Lynn - MDR 2:15 We've Got Your Back w/Wendy - FL 5:30 <i>T'ai Chi w/Bill Wrenn - FL</i>	17 JOEY & MARIA'S WEDDING !!!! Eastern Greenwich Civic Center 90 Harding Road 5:00 pm - 8:00 pm See Page 5 SENIOR CENTER CLOSED
20 9:30 Trip to Walmart - OS 9:30 Basic Balance Class w/Wendy - FL 1:00 Afternoon Bridge - CR 1:30 Zumba Gold w/Wendy - MDR 2:15 Joint Power w/Wendy - FL 3:00 T'ai Chi Walk w/Will Morrison - FL	21 9:45 Chair Yoga w/Jeannie - FL 10:00 Quilting Patch - CR 10:30 Canasta 10:45 T'ai Chi w/Bill Wrenn - FL 1:00 Floor Yoga w/Jeannie - FL 1:00 The Silvertones Sing - MDR 2:00 Pilates Gold - FL	22 10:15 Chair Yoga w/Paula - FL 11:00 Floor Yoga w/Paula - FL 1:45 Zumba Gold - MDR 3:00 T'ai Chi Walk w/Will - MDR 4:30 <i>Forever Fit (Mat) w/Wendy - FL</i>	23 9:15 Body Balance & Stability - FL 10:00 Knitting Knotch - CR 10:30 Chimers Rehearse - MDR 1:00 Italian Lessons w/Luciana - CR 1:15 Trivia w/Lynn - MDR 2:15 We've Got Your Back w/Wendy - FL 5:30 <i>T'ai Chi w/Bill Wrenn - FL</i>	24 9:30 Painting Session - CR 9:45 Fit After 50 - FL 10:30 BINGO! - MDR 1:00 Afternoon Bridge - CR 1:00 Friday Poker Club - Lounge
27  SENIOR CENTER CLOSED	28 9:45 Chair Yoga w/Jeannie - FL 10:00 Quilting Patch - CR 10:30 Canasta - MDR 10:45 T'ai Chi w/Bill Wrenn - FL 1:00 Floor Yoga w/Jeannie - FL 2:00 Pilates Gold - FL 2:00 Total Brain Health - CR	29 10:15 Chair Yoga w/Paula - FL 11:00 Floor Yoga w/Paula - FL 1:45 Zumba Gold - MDR 3:00 T'ai Chi Walk w/Will - MDR 4:30 <i>Forever Fit (Mat) w/Wendy - FL</i>	30 9:15 Body Balance & Stability - FL 10:00 Knitting Knotch - CR 10:30 Chimers Rehearse - MDR 1:00 Italian Lessons w/Luciana - CR 1:15 Trivia w/Lynn - MDR 2:15 We've Got Your Back w/Wendy - FL 5:30 <i>T'ai Chi w/Bill Wrenn - FL</i>	31 9:30 Painting Session - CR 9:45 Fit After 50 - FL 10:30 BINGO! - MDR 1:00 Afternoon Bridge - CR 1:00 Friday Poker Club - Lounge