

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

March 2019



www.greenwichct.gov

203-862-6700

New Classes

Back & Core

Beginner &
Advanced Art

Canasta

Friday Poker Club

Greenwich
Botanical Center

Saint Patrick's Day
Party

TECH Workshop

Total Brain Health

Water Aerobics @
the YWCA

The Senior
Center will be
closed on
March 14, 2019



SAINT PATRICK'S DAY

TRADITIONAL IRISH FEAST
FEATURING MUSIC BY MIKE RINALDI

EASTERN GREENWICH CIVIC CENTER
90 HARDING ROAD
THURSDAY MARCH 14TH 11 AM - 2 PM

\$15 PER PERSON (Registration Required)
MAKE CHECKS PAYABLE TO:
FRIENDS OF THE GREENWICH SENIOR
CENTER



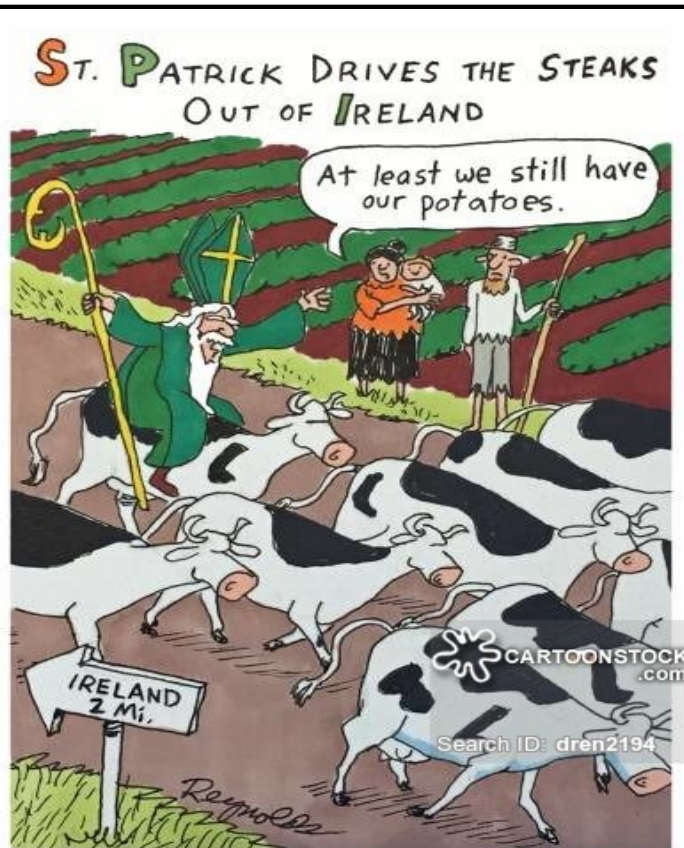
View/ Like Us On The Town of Greenwich Facebook Page

THANK YOU TO OUR GENEROUS SPONSORS!



MANY THANKS
TO ALL OUR
GENEROUS
SPONSORS !!





New Classes

Aqua classes at the YWCA: Drop in on any of 4 Aqua classes at the YWCA. \$5/class, only pay when you attend. **Obtain registration form from the Senior Center.** See page 12.

Back & Core: Focus on strengthening back and core muscles which are the key to maintaining balance, good posture, energy and endurance. Thursdays 4:30—5:15 pm. **Registration Required.**

Canasta: Come and learn the game! Tuesdays 10:30 am Main Dining Room. Instruction provided in a fun, friendly setting.

Greenwich Botanical Center: Monthly workshops held at 1:15 pm in the Art Studio Downstairs. Registration required. See Deana at the front desk. Space is limited. First come, first served.

Friday Poker Club: Fridays at 1:00 pm in Lounge or Main Dining Room. If you have any questions, call Lynn at 203-862-6721

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. T'ai Chi Walk can be a study unto itself or an entry point to learning the full Tai Chi form to experience significant health benefits. Will Morrison is an instructor certified by Ed Young with whom he began studying in 1981. Mondays & Wednesdays @ 3pm. **Registration Required.**

Tech Workshop with Nyle Garg: Each session will cover one or more tech-related topics and include time for individual questions. Bring your iPhone, Android, iPad or other device. Workshop is FREE But **Sign-up Required.** See Page 15 for more details.

FREE LUNCH RAFFLE !!!

Get a chance to receive 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.

RN Myth Buster



Lack of Energy is NOT a Natural Consequence of Aging

By Ricki Goldstein, RN, JD Medical Care Administrator for Sterling Care

I have been a geriatric homecare nurse for many years, working with older adults in all conditions. I want to dispel certain myths about aging: Energy does *not* necessarily decrease with age. Weakness, fatigue and depression are *not* natural consequences of the aging process, but rather indicators that there may be other health issues in need of attention.

There is a general belief about slowing down with older adults. When I assess psycho/social and physical aspects of my patients' health I ask, "How is your energy level today?" "How is it compared to 2 years ago?" "5 years ago?" I ask the same questions regarding mood, pain and mobility. Responses from most patients are similar: "At my age, of course I have slowed down." Patients almost always report a decline compared to their younger selves and they expect this decline (as do their families and physicians) and that it's not related to any specific disease, but to the aging process and the concept that growing older = falling apart.

Loss of energy for Older Adults has actually been given a name by Researchers at Columbia University Medical Center - **Anergia**. "We are used to the idea that feeling old and tired is a normal part of aging. Mathew Maurer, M.D. at Columbia, discovered Anergia isn't normal and is most likely related to health problems, lifestyle choices, or both." "When elderly patients complain they're tired, many doctors tell them that feeling listless is an expected part of aging. That's what the doctors themselves have been taught."

Don't accept feeling tired as your new reality. Just like a gradual vision decline may go undetected, a gradual decline in energy can become an Older Adult's new accepted reality but it doesn't have to be. The first step is making a doctor's appointment., getting bloodwork and identifying the issues. Plus, a good look inward at lifestyle choices can be a game changer. Nutrition, hydration, exercise, enough sleep, and socialization should regularly be evaluated and tweaked for maximal health results.

At age 70, my mother, a retired surgeon, began taking ballet classes. "I can either be an 80-year-old who can do ballet or an 80-year-old who can't dance. "Today, at age 80, she is one of the most graceful dancers in her class. Busy seniors who have active social lives incorporate their curiosity, friendships, and humor to ensure their zest for life remains.

I don't know why people are so obsessed with age anyway. I mean, 90 is the new 70, 70 is the new 50...so the whole act-your-age thing? Only up to a point."

-Joan Collins

Save the Date

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

1. Japan

2. Orpheus

3. 5

4. Indentations

5. Bonnie and Clyde
6. Knute Rockne

7. Elizabeth Taylor

8. Winston Churchill

9. Bob Dylan

10. Albert Einstein

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

FIVE OF THE BEST EXERCISES YOU CAN EVER DO

Created by:
Harvard
HEALTH

THESE "WORKOUTS" CAN DO WONDERS FOR YOUR HEALTH. THEY'LL HELP KEEP YOUR WEIGHT UNDER CONTROL, IMPROVE YOUR BALANCE AND RANGE OF MOTION, STRENGTHEN YOUR BONES, PROTECT YOUR JOINTS, PREVENT BLADDER CONTROL PROBLEMS, AND EVEN WARD OFF MEMORY LOSS.

SWIMMING



1. You might call swimming the perfect workout. The buoyancy of the water supports your body and takes the strain off painful joints so you can move them more fluidly.

TAI CHI



2. This Chinese martial art that combines movement and relaxation is good for both body and mind. It is made up of a series of graceful movements, one transitioning smoothly into the next.

STRENGTH TRAINING



3. If you believe that strength training is a macho, brawny activity, think again. Lifting light weights won't bulk up your muscles, but it will keep them strong.

WALKING



4. Walking is simple, yet powerful. It can help you stay trim, improve cholesterol levels, strengthen bones, keep blood pressure in check, lift your mood, and lower your risk for a number of diseases.

KEGEL EXERCISES



5. These exercises won't help you look better, but they strengthen the pelvic floor muscles that support the bladder. Strong pelvic floor muscles can go a long way toward preventing incontinence.

Free In-Person Tax Preparation Service

AARP Foundation Tax-Aide offers free tax preparation to anyone of any age - especially if you are 50 or older or can't afford paid tax preparation.

AARP Tax-Aide Greenwich Sites and Hours: Feb. 5, 2019 through April 11, 2019						
	Monday	Tuesday	Wednesday	Thurs- day	Friday	Saturday
Greenwich Town Hall Hayton Room, 3rd Floor	No	9:00 AM to 2:30 PM	9:00 AM to 2:30 PM	9:00 AM to 2:30 PM	No	
Greenwich Library						9:00 AM to 1:00 PM

For an appointment at Town Hall email: greenwichtaxaid@gmail.com
(Appointments have priority)

Walk in during our hours of operation, no appointment is required.

Greenwich Town Hall, Hayton Room: 101 Field Point Road

Greenwich Library: 101 West Putnam Avenue

Taxpayers must bring photo ID and Social Security cards for themselves, their spouses and any dependents, birth dates and a blank check for their bank account for direct deposit in case a refund is due. The check will be returned and only used to show the routing and account numbers. They must also bring in wage and earning statements from employers W-2's, 1099-R's and 1099-Misc; all health insurance statements and Affordable Health Care statements Form 1095-A; interest and dividend statements from banks -- Form 1099's; and a copy of federal and state tax return from last year.



The Greenwich Commission on Aging
hosts

AGE FRIENDLY GREENWICH

A Community Conversation with



Steven Katz
Vice Chair, Greenwich
Commission on Aging



Lori Contadino
Director, Greenwich
Commission on Aging



Bill Armbruster
AARP, Senior Advisor
Livable Communities

Wednesday, March 13, 6:30 pm

The Bruce Museum
1 Museum Drive., Greenwich, CT

Greenwich is actively addressing aging.

- By 2020 nearly 20% of Greenwich residents will be 65+ and live to be 80+
- Over 54% of registered Greenwich voters in town are 50+

Our town has been actively pursuing the designation as an Age Friendly Community by AARP and the World Health Organization. You'll hear about the Town Survey Data Findings and Action Plan status. We'll also tell you how you can volunteer!

Free Admission



Questions? Call Maria Higbie (203) 862-6710



Presents: The Con Artist Playbook

A look inside the mind of a criminal

Join us for a look inside the mind of a criminal to understand the psychology behind ID theft, fraud & other scams affecting your family and community. AARP CT Fraud Watch Network Volunteer Lead Byron Peterson will be joined by Detective Mark Solomon of the Greenwich Police Department to offer an interactive and informative discussion.



Tuesday April 2, 2019
1:00 pm
Greenwich Senior Center
299 Greenwich Avenue
Main Dining Room

****Program is Free but you MUST SIGN UP in Main Office****

UPCOMING EVENTS

St Patrick's Day Party: Celebrate the Holiday with a traditional Irish feast and music to dine and dance to. Thursday March 14, 2019 11:00 am - 2:00 pm. Eastern Greenwich Civic Center.

The Con Artist Playbook: Join us for a look inside the mind of a criminal to understand the psychology behind ID theft, fraud & other scams. April 2nd. 1:00 pm in the Main Dining Room. Free but Registration Required! See pg. 14.

Meatball Madness: You be the Judge on Wednesday April 24th as six Regional chefs compete for the Meatball Master Award. \$5/person includes (6) Meatballs, Dinner Roll, Salad, Dessert and Beverage. 11:30 am - 1:00 pm.

Joey & Maria's Wedding: Save the Date for the Wedding of the Season! May 17th. Eastern Greenwich Civic Center 11- 2 pm. More Details to Follow!

Technology Workshop with the Junior League: Details to be announced!

MATCHMAKERS CORNER

If you are interested in any of the following, please see Lynn in Main Office or call 203-862-6721.

1. Chess and/or Speed Chess (Timed with a chess clock, winner determined by time or loss of King)
2. Poker (Pennies/nickels/dimes/quarters or chips)
3. Free class to help you navigate your iPhone, iPad or iPod? (See page 15)
4. Painting workshop at the Bruce Museum
5. Water Aerobics classes at the YWCA
6. Meet up groups i.e meet other members that would like to go to Greenwich beaches together. Transportation and logistics would be arranged by members, not Senior Center.

299 ON THE AVENUE LUNCHEON MARCH 2019				
CHEF TEDDY TORCHON MENU IS SUBJECT TO CHANGE				
Monday	Tuesday	Wednesday	Thursday	Friday
<i>Light Breakfast Served</i> <i>Mon thru Fri</i> <i>9:15-10:15 am</i>	<i>“Superfood for the month of March is whole grains”</i> There are many kinds of whole grains: Oatmeal, Quinoa, Bulgur, Barley Benefit: They are high in nutrients and fiber and also lower your risk of heart disease			1 Bacon corn chowder Soup Baked Fish Sweet Potato Mash Broccoli Pears
4 Cheesy Potato Soup Chicken Marsala White Rice Brussel Sprouts Chocolate Cake	5 Soulful Chicken Soup Baked Pork Chop Baked Potato Zucchini Fresh Fruit	6 Split Pea Soup Meatloaf w/Gravy Garlic Orzo Peas & Carrots Banana Pudding	7 Tuscan White Bean Soup Turkey Goulash Tossed Salad Sugar Cookies	8 Butternut Squash Soup Fish Florentine Mashed Potato Fresh Carrots Pears
11 Lentil Soup Spaghetti w/Meat Sauce Garlic Bread Vanilla Pudding	12 Cream of Carrot Soup Roasted Turkey w/gravy Brown Rice Green Beans Jello	13 Beef Barley Soup Shepherd's Pie w/Brown Gravy Snow Peas Fresh Honeydew	14 SAINT PATRICK'S DAY PARTY EASTERN GREENWICH CIVIC CENTER 11 AM - 2 PM REGISTRATION REQUIRED SENIOR CENTER CLOSED	15 Minestrone Soup Shrimp Stir Fry White Rice Cream Pie
18 Vegetable Soup Cajun Chicken Pasta Chocolate Pudding	19 Chicken Soup Meatball Sub Potato Wedges Coleslaw Pound Cake w/Topping	20 Potato Leek Soup Pork Marsala Mashed Potato Spinach Jello	21 Two Bean Soup Baked Mac & Cheese Mixed Vegetable Banana Pudding	22 Cream of Broccoli Soup Stuffed Fish Brown Rice Peas Fresh Fruit
25 Cream of Mushroom Soup Eggplant Parmesan Tossed Salad Dinner Roll Fresh Cantaloupe	26 Cream of Spinach Soup Beef Stroganoff Over Noodles Yellow Squash Peaches	27 Black Bean Soup Cheese Ravioli w/Marinara Sauce Brussel Sprouts Fresh Cookies	28 Turkey Rice Soup Stuffed Chicken w/Gravy Mashed Potato Fresh Carrots Fresh Baked Pie	29 Southwestern Chicken Soup Vera-cruz style Fish Herb Couscous Green Beans Chocolate Pudding Page 8

TRIVIA

- 1. What country presented the US with a gift of cherry trees in 1912?
- 2. Who went down to Hades to rescue his wife Eurydice?
- 3. How many US states border Ohio?
- 4. What are the small indentations on a golf ball called?
- 5. In what 1967 film did Gene Hackman earn his first Oscar nomination?
- 6. What child star played in National Velvet?

WHO SAID?:

- 7. “When the going gets tough, the tough get going.”
- 8. “I have nothing to offer but blood, toil, tears and sweat.”
- 9. “He who’s not busy being born, is busy dying.”
- 10. “Stay away from negative people. They have a problem for every solution.

(Answers on Page 17)

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.

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.

NEW MEMBER BENEFIT !!

Senior Center members are now eligible to
attend Greenwich YWCA Aqua classes
Only \$5 per class (a savings of \$20)

****Registration Required****

Current classes include:

- Aquafit: Monday, Wednesday, Friday 11 - 12:00 pm
- Aquatic Arthritis: Tuesday 1 – 2:00 pm
- Aqua Core: Thursday 12 – 1:20 pm

****For further information and to register, see Lynn, Laurette
or Deana or call 203-862-6721**

SENIOR CENTER PROGRAMS

Art Classes w/Chris Gordon (6-wk sessions)

Beginner Classes:

For those who want to find a new artistic skillset painting with acrylic paints in a creative & supportive learning environment. Non-artists and beginner painters welcome.

Advanced Classes:

For experienced painters looking for guidance in expanding their acrylic painting style and technique.

To Register (Required):

Contact Chris: cmgordon@optonline.net
\$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 our Chiming group in making beautiful Music with hand held 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 folks! 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 I 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.

Lectures/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 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.

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 Man-ching's senior teacher and translator and continues to be much sought after nationally and through his classes in Hastings NY

TechLounge

A variety of computing classes to meet today's demand. Only \$5 per class. Check calendar for class days and times. Newly renovated!

Total Body/Mind Wellness Programs

Credentialed professionals discuss modern mind/body health related topics. See calendar for dates and times.

Total Brain Health: Memory 1.0 & 2.0

Total brain healthy living course. Evidence based! 8 weeks for only \$20. See staff for courses and sign up.

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.

March 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>	 <p><u>Super Moon on the Spring Equinox</u></p> <p>The March Full Moon is particularly special because it reaches its peak on the same day as the Spring Equinox on March 20, 2019. The last time the Full Moon and the Spring Equinox coincided this closely (4 hours apart) was in March 2000, but the last time they occurred on the same date was March 20, 1981.</p> <p>This full Moon is also a Supermoon, meaning the Moon will be nearly at its closest to Earth for the month of March. It's the year's third (and final) of three straight full supermoons. This means that the moon may "appear" brighter and bigger than normal, provided the night sky is clear and dark.</p>			1 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
4 9:30 Advanced Art - CR 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	5 9:45 Chair Yoga w/Jeanne - FL 10:00 Quilting Patch - CR 10:30 Canasta - MDR 10:45 T'ai Chi w/Bill Wrenn - FL 1:00 Floor Yoga w/Jeanne - FL 2:00 Pilates Gold - FL	6 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 Forever Fit (Mat) w/Wendy- FL	7 9:15 Body Balance & Stability w/Linda - FL 10:00 Knitting Knotch - CR 10:30 Silvertones 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 4:30 Back & Core (Mat) - FL 5:30 T'ai Chi w/Bill Wrenn - FL	8 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
11 9:30 Advanced Art - CR 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	12 9:45 Chair Yoga w/Jeanne - FL 10:00 Quilting Patch - CR 10:30 Canasta - MDR 10:45 GREATS OPEN MEETING - MDR 1:15 Greenwich Botanical Center - CR 1:00 Floor Yoga w/Jeanne - FL 2:00 T'ai Chi w/Bill Wrenn - FL	13 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 Forever Fit (Mat) w/Wendy - FL	14 SAINT PATRICK'S DAY PARTY FEATURING MIKE RINALDI EASTERN GREENWICH CIVIC CENTER 90 Harding Road 11 AM - 2 PM REGISTRATION REQUIRED \$15/PERSON SENIOR CENTER CLOSED	15 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
18 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	19 9:45 Chair Yoga w/Jeanne - FL 10:00 Quilting Patch - CR 10:30 Canasta 10:45 T'ai Chi w/Bill Wrenn - FL 1:00 Floor Yoga w/Jeanne - FL 2:00 Pilates Gold - FL	20 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 Forever Fit (Mat) w/Wendy - FL	21 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 - FL 4:30 Back & Core (Mat)- FL 5:30 T'ai Chi w/Bill Wrenn - FL	22 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
25 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	26 9:45 Chair Yoga w/Jeanne - FL 10:00 Quilting Patch - CR 10:30 Canasta - MDR 10:45 T'ai Chi w/Bill Wrenn - FL 1:00 Floor Yoga w/Jeanne - FL 2:00 Pilates Gold - FL	27 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 Forever Fit (Mat) w/Wendy - FL	28 : 9:15 Body Balance & Stability w/Linda - FL 10:00 Knitting Knotch - CR 10:30 Chimers Rehearsal TBD - MDR 1:00 Italian Lessons w/Luciana - CR 2:15 We've Got Your Back w/Wendy - FL 4:30 Back & Core (Mat)- FL 5:30 T'ai Chi w/Bill Wrenn - FL	29 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