

THE GREENWICH SENIOR CENTER



LANTERN

"Keeping You Energized, Enlightened, & Engaged"

JULY 2015



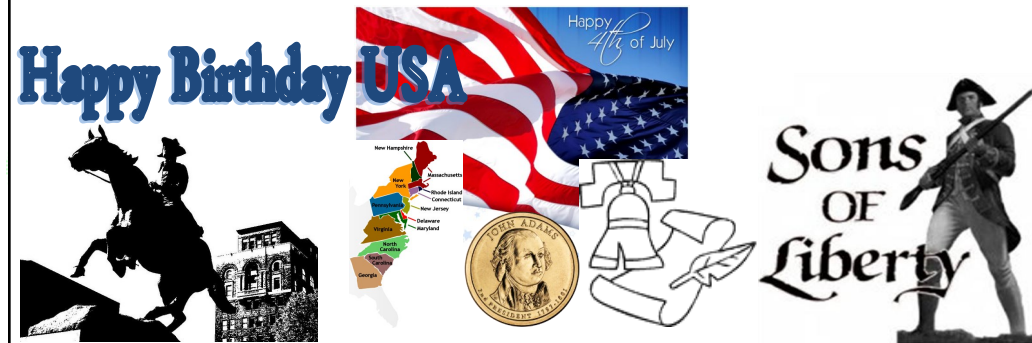
Celebrate America's Birthday

299 Greenwich Avenue
Greenwich, CT 06830
Main Phone: 203-862-6700
Web Site:
www.greenwichct.org
Check us out on Facebook too!



The Declaration of Independence

Art Gottlieb harkens back to our country's humble beginnings on Fri July 24 at 1:15PM



LOBSTERBAKE 2015



Details inside folks!

Fri July 10, 2015 11:00AM to 2:00PM

Inside This Exciting Issue:

Fun Memory Screening

Need A Job Or Hiring?
Check Out USE

Chinese Brush Painting

Greenwich's 375th

Folk Ballads with Dan Adams

New Stroke Support Group
GREENWICH HOSPITAL
YALE NEW HAVEN HEALTH

Water Aerobics New Update

Ol' Fashioned Ice Cream Social

NYT Crosswords w/
Ed Stein

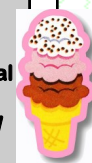
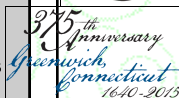
Sidewalk Sale Daze

The Upbeats Perform



New Breakfast Combo Price

Silvertones Sing "Free-Style"



ENJOY A THRILLING DAY OF GAMING & FABULOUS OUTLET SHOPPING AT THE



SPONSORED BY THE GREENWICH SENIOR CENTER ALONG WITH COXE & GRAZIANO OF GREENWICH

Seats still available



BALLADEER DAN ADAMS

Music Harkening Back To Yesteryear

Dan Adams first picked up a guitar in 1954 to accompany himself on the music he most loved, anglo-American folk music. Upon graduation from College, he and a classmate sang as Daniel & The Deacon on the coffeehouse circuit. They were the house musicians at Riverside Coffeehouse in Woodstock, NY and were often featured at the folk mecca, Caffe Lena in Saratoga, NY as well as frequently performing in Greenwich Village at the Cafe Wha, Gerdie's Folk City, and other folk venues. Dan loves the literature in the authentic Appalachian folk ballads and has a unique ability to bring them to life with a bit of history about each song's origins. His audiences are transported with him, back to the misty hills where the songs were born. We are pleased to announce that Dan will be performing his lovely folk ballads here at the Greenwich Senior Center on **Thurs Aug 6, at 1:15PM.**

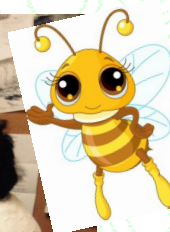
NEWLY MODERNIZED COMPUTING AREA

We're Up And Running Folks!

The newly updated TechLounge at the Greenwich Senior Center has recently reopened and classes have resumed. The classroom now has a more comfortable, social "lounge" ambience. There is new furniture including oval, wood-grain tables and handsome, adjustable, ergonomic chairs. As the Town of Greenwich maintenance schedule allows, new carpeting will be installed and fresh paint will add to the glow. In addition, the TechLounge boasts some new equipment: Lenovo laptop, iPad, Windows 8.1 PC and more is expected as the year progresses. As illustrated in this photo, on a recent Friday morning the room was bursting with technology enthusiasts—with skills ranging from beginner to intermediate levels. You are encouraged to take any classes that interest you now since there are only 2 months left this semester. In May and June topics include: Smartphones, An Overview of Apple, Windows, iPad, iPhone, Adobe Photoshop Elements, Genealogy, and Cloud Computing. Check the schedule for complete details. During the summer the TechLounge will only be open on Friday mornings for Free Computer Labs where seniors can practice and get help on a variety of technology topics. Why not drop by and pick up a schedule outside the TechLounge to see what classes are of interest to you? The cost is only \$5 for Senior Center members. Most sessions are 1:00PM-3:00PM on Tues. and Thurs. with free practice labs every Friday 9:30AM-12:00PM. To enroll or receive a schedule, email TechLounge21@gmail.com. Walk-ins without prior enrollment are welcome if empty seats are available. For more details, call Program Coordinator Suzanne Testani @ 203-862-6721.



QUILTING BUSY BEES



Our dedicated and hard-working team of quilters have been readying for their next quilt raffle. Here you see a photo of "Czarinas of The Stitch" Carolee Nichols and Althea Reardon proudly displaying one of their latest creations entitled :

"Sun Bonnet Sue".

Please stay tuned for raffle ticket sale days and times. Interested in joining the quilting team? If so, you'd be most welcome! Sessions are held on **Tuesdays at 10:00AM** in the Craft Room. Just stop by.



SUMMER WATER AEROBICS UPDATE

New Info!

We Continue To Try Our Very Best

Due to the much anticipated renovation endeavor, the **Byram Pool** is officially **closed** to Greenwich residents this coming summer. The Greenwich Senior Center has actively attempted to search/ network for another pool facility that could serve as a temporary location to host the 2015 summer session. **We are still attempting to secure an adequate pool facility in town at this time.** Regardless of the results for the summer session, we will be resuming the program this fall with dates and times at the **Boys and Girls Club of Greenwich TBA.** We thank you for your patience and understanding regarding this matter. Please contact **Suzanne Testani** at **203-862-6721** for further details and the upcoming fall program dates and times as the summer progresses.

GREATS BOUTIQUE & MORE

Shop, Volunteer, Advertise, Lecture, Donate!

The GREATS need your help! This organization is a social component within the Senior Center. Over the years, they have purchased items to enrich the Center such as lovely new tables/ chairs in the dining room, large flat screen TV in the Lounge, “Aquabuddy” Water Aerobics Sound System, magnifying machine for visually impaired seniors, gift cards at large events, and monthly birthday word game lunches. These are just some of the wonderful ways in which the GREATS have financially enhanced the Senior Center. So, you may ask, how do the GREATS raise the revenue to do such wonderful deeds? Currently, they are hosting a lovely **Boutique** sale four times per year. **Joan Pankosky** is the **General Chairman** of the Boutique, and she is asking for dedicated Committee members to assist with item collection, pricing, set up and break down each time the Boutique occurs. Dates for the Boutique are as follows for **2015: Fri Oct 16 and Fri Dec 11.** The Boutique sale will last from **9:00AM until 2:00PM.** Set up occurs the day before the sale. Donations from the public keep the Boutique fundraising effort possible. Items such as scarves, costume jewelry, knick knacks, seasonal/ holiday items, re gifted Christmas presents and household décor are all welcome. If you have some items to donate and are in question if they may be appropriate for the sale, please contact Joan directly at **203-661-9155** or any of the Boutique Committee members. Please come in and browse. Tell your family, neighbors and friends too! Help us advertise this opportunity to continue GREATS fundraising that benefits the Greenwich Senior Center. Also, if you have a specific talent, hobby, or area of interest, please contact Suzanne Testani and arrange a day and time to share your specialty with our members. You'll be glad you did and so will your fellow seniors!

FFLD COUNTY VNA SCREENS YOUR MEMORY

How Accurate Is Your Memory?

On **Thurs July 30th at 10:30AM** **Melody Matheny, RN** of **FFLD County VNA & Hospice** will be providing a presentation on the brain and memory and then offering a fun and free screening clinic. Melody’s presentation will provide helpful tips on how to maintain your brain, plus sharpen/ strengthen your ability to remember. The mission of this fun program is not to diagnose, but to test and score each individual’s memory capabilities. The results are yours to keep. Visiting Nurse & Hospice of Fairfield County has served the community for more than 100 years and has one of the oldest hospice programs in Fairfield County, Connecticut.



GETTING BACK TO MUSICAL ROOTS

THE GREENWICH SENIOR CENTER PROUDLY PRESENTS

Dan Adams

Folk Balladeer



Come and allow Dan's Anglo-American style folk music transport you back to the tranquil hills where the music was born.

Thurs Aug 6, 1:15PM

SENIOR CENTER PROGRAM LINEUP

Balance & Stretch & Core St. w/ Neville

Join Certified Personal Trainer Neville Warburton for a creative approach to whole body balance and core strength.

Bingo

Takes place on Fridays @ 10:30am. Winners receive a small cash prize. Cards 25 cents.

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 a must!)

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/ Lions D. Check calendar for days and times.

Chess

A group that meets to enjoy the game.

Chinese Brush Painting w/ Marianne

Create lovely works of Asian art w/ expert demo and instruction.

Core Strengthening w/ Neville

Specialized movements that target trunk muscles for a strong and healthy core.

Crosswords w/ Ed

Do the Intermediate level NYT Crossword Puzzles with Ed Stein's professional expertise. Check calendar for dates and times.

Decorative Holiday Crafts w/ Chris

Make your own useful holiday crafts. Classes held until Christmas.

Drum Circle w/ DeeAnn

Held twice per month, this innovative group sports authentic African drums and props to keep your mind and body sharp. Therapeutic, creative and stress-releasing. A must try.

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

Join Instructor Wendy Lee Rosa for a series of slow, static healing movements scientifically proven to combat arthritis pain in seniors. Props are used for program enhancement

Floor Yoga w/ Jeannie & Paula

Hatha postures that challenge the body, mind and spirit. Floor mat is required.

Garden Center Workshop

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

Total Body/ Mind Wellness Programs

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

Italian Lessons w/ Luciana

Learn Italian grammar from experienced educator Luciana Orzano in a structured forum. Classes meet every week.

Interesting Lectures/ Presentations/ Q & A

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

Knitting / 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 & Beginner Art Class 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.

Quilting Corner

All are welcome to practice the lovely art of quilting. Work on group projects or your own!

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. Limit: 2 bags per person. Sign up at the front desk. Check calendar for dates.

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.

T'ai Chi w/ Bill Wrenn, &

Lamont Thomas

Learn the moves of this ancient art from a duo of Certified

Masters. A safe form of exercise that strengthens core balance, increases mental function, and tones the body. Classes of varying levels are offered twice per week.

TechLounge

A variety of computing classes to meet today's demand. Small fee. Check Lantern calendar for class days and times.

Water Aerobics w/ Suzanne

Work out at the Boys & Girls Club 1x per week during the fall w/ Suzanne. Dates and times TBA. ~~On hold~~

Word Games w/ Suzanne

Challenge your brain for prizes!

Check Lantern activity calendar for days and times.

Zumba Gold/ Chair Zumba Gold w/

Wendy Lee and Jeannie

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 folks! Also offered in a chair version.



GET BACK TO THE CORE OF OUR GREAT COUNTRY

The Greenwich Senior Center
Announces a Special Power Point Presentation by

Arthur N. Gottlieb, LCSW, CSA

DECLARATION OF INDEPENDENCE



Friday July 24, 2015-1:15 pm to 2:15 pm






On The Big Screen: Far Lounge

299 ON THE AVENUE JULY 2015


(CHEF SASHIWAJI'S MENU IS SUBJECT TO CHANGE)



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Soup Du Jour House Salad Cottage Cheese & Fruit Platter Buttered Roll Sweet Potato Pie	2 Soup Du Jour House Salad BBQ Balsamic Chicken Mashed Potatoes Spinach Ice Cream	4 Independence Day Holiday  Senior Center Closed No Lunch
6 Soup Du Jour House Salad Baked Ziti Garlic Bread Broccoli Ice Cream	7 Soup Du Jour House Salad Meatloaf Brown Rice Green Beans Blueberry Cake	8 Soup Du Jour House Salad Portabella Pizza Mozzarella Cheese Caesar salad Fresh Fruit	9 Soup Du Jour House Salad Beef Pot Pie Puff Pastry Broccoli Chocolate Pudding	10 LobsterBake Reservations Required  11:00AM—2:00PM
13 Soup Du Jour House Salad Pasta Primavera Steamed Vegetables Light Cream Sauce Parmesan Cheese Fresh Fruit	14 Soup Du Jour House Salad Baked Pork Chops Mashed Potato Green Beans Boston Cream Pie	15 Soup Du Jour House Salad Beef Stroganoff Egg Noodles Peas & carrots Ice Cream	16 Soup Du Jour House Salad Lemon Pepper Chicken Mashed Potatoes Roasted Carrots Italian Ice	17 Soup Du Jour House Salad Fish & Chips Asian Coleslaw Chocolate Chip Cookies
20 Soup Du Jour House Salad Chicken Burrito Bowl Cilantro/ Avocado/ Brown Rice/Roasted Corn/Black Beans/Lime Fresh Fruit	21 Soup Du Jour House Salad Stuffed Cabbage Marinara Sauce Garlic Bread Cookies	22 Soup Du Jour House Salad Chicken Caesar Salad Wrap Potato Chips Dill Pickles Watermelon	23 Soup Du Jour House Salad BBQ Pulled Pork Corn On The Cob Broccoli Pumpkin Pie	24 Soup Du Jour House Salad Quiche Lorraine Home Fries Mediterranean Salad Lemon Pudding
27 Soup Du Jour House Salad Chef's Salad Buttered Roll Ice Cream	28 Soup Du Jour House Salad Pork Tenderloin Sweet Potato Mash Green Beans Cake & Ice Cream	 29 Soup Du Jour House Salad Baked Manicotti Garlic Bread Caesar Salad Ice Cream	30 Soup Du Jour House Salad Fried Chicken Macaroni & Cheese Sautéed Spinach Fresh Fruit	31 Soup Du Jour House Salad Lobster Roll Cucumber Salad Potato Chips Cookies

<div> <div>JULY</div> <div>(Calendar Subject)</div> </div>		
Monday	Tuesday	Wednesday
		9:30 Chair Yoga w/ P 10:30 Drum Circle w/ 10:30 Floor Yoga w/ P 1:00 Pickup Card Gar 1:45 ZUMBA Gold w/
<div> <div> 9:30 Shopping @ Walmart 9:45 Mutli Level Art Class & Peer Critique with Chris Gordon 10:15 T' ai Chi Easy w/ Lamont Thomas 1:30 ZUMBA Gold w/ Wendy Lee Rosa-MDR 2:15 Feldenkrais Style Movements For Arthritis w/ Wendy Lee-MDR </div> <div>6</div> </div> 	<div> <div> 9:45 Chair Yoga w/ Jeannie Stevens 10:00 Quilting Corner-CR 10:30 T' ai Chi w/ Bill Wrenn 1:00 Chinese Brush Painting-CR 1:00 Chess & Bridge Play 1:15 Chair Zumba Gold-w/ Jeannie Stevens-MDR 2:00 Floor Yoga w/ Jeannie Stevens-LD </div> <div>7</div> </div> 	9:30 Chair Yoga w/ Paula Schoole 10:30 Floor Yoga w/ 1:00 Pickup Card G 1:45 ZUMBA Gold v
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<div> <div> 9:45 Mutli Level Art Class & Peer Critique with Chris Gordon 10:15 T' ai Chi Easy w/ Lamont Thomas 1:30 ZUMBA Gold w/ Wendy Lee Rosa 2:15 Feldenkrais Style Movements For Arthritis w/ Wendy Lee-MDR </div> <div>20</div> </div>	<div> <div> 9:45 Chair Yoga w/ Jeannie Stevens 10:00 Quilting Corner-CR 10:30 T' ai Chi w/ Bill Wrenn 1:00 Chess & Bridge Play 1:15 Chair Zumba Gold-w/ Jeannie Stevens-MDR 2:00 Floor Yoga w/ Jeannie Stevens-LD </div> <div>21</div> </div>	9:30 Chair Yoga w/ Pau 10:30 Floor Yoga w/ Pau 1:00 Pickup Card Game 1:45 ZUMBA Gold w/ W
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(Subject To Change)



HELPFUL 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
Sashawna Dacosta 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.

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: **\$4.00** To go: **\$4.25**

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, MSW 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 1 Through Oct 1

Mon (by appointment only) 10:30AM - 12:30PM 12:30PM to 2:00PM. Walk ins welcome no appointment needed

Office Hours: 10:30AM - 12:00PM

Contact: Jayne Wilson

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-2:30PM

Dept. of Social Service 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 1:00PM

203 862-6700

In case of cancellation please call **TAG**

directly at: 203 637-4345

Utilize Senior Energy (USE):

An organization that posts jobs/ hires individuals aged 50 and up for paid/ volunteer positions.

Located on the ground floor of the Senior Center

Open Mon thru Fri 203-629-8032

Hours are 9:30AM to 12:30PM

Director

Michael Amoroso 203 629-8032

The Greenwich Senior Center & Greenwich Hospital Present The

GREENWICH HOSPITAL STROKE EDUCATION & SUPPORT GROUP

Please join us at the

Greenwich Senior Center

3rd Monday of the month

Beginning August 17, 2015

11:00 am - 12:00 noon

Far Lounge

Did you know that:

Stroke is a leading cause of long-term disability among adults in the U.S.
Every 40 seconds someone suffers a stroke
80% of strokes can be prevented

Facilitated by
**Marie Dalton, RN &
Sally Scannell, RN**



**GREENWICH
HOSPITAL**
YALE NEW HAVEN HEALTH

ENJOY A THRILLING DAY OF GAMING & FABULOUS OUTLET SHOPPING AT THE

Sands

BETHLEHEM



CASINO BETHLEHEM, PA

(2+ hr. bus ride)

WEDNESDAY AUGUST 5, 2015

PRICE: \$20.00 pp

Bus departs 7:30 AM sharp

and returns approx. 7:30 PM

Bus is equipped with ample restrooms

SIGN-UP NOW!

After your day of fun, travel home in comfort and enjoy our feature film

“Draft Day” starring Kevin Costner

SPONSORED BY THE GREENWICH SENIOR CENTER along with COXE & GRAZIANO OF GREENWICH



The Greenwich Senior Center & Morrison Foods, Inc. Present

LOBSTERBAKE 2015



Seats Still Available Folks!

FRIDAY JULY 10, 2015

11:00AM to 2:00PM

Greenwich Senior Center MDR

*Live Entertainment & Dancing w/ Bobby Liggi,
Great Shore Luncheon,
Raffle Basket & Giveaways!*

PRICE: \$25 PER PERSON

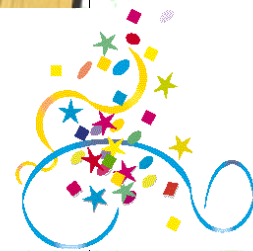
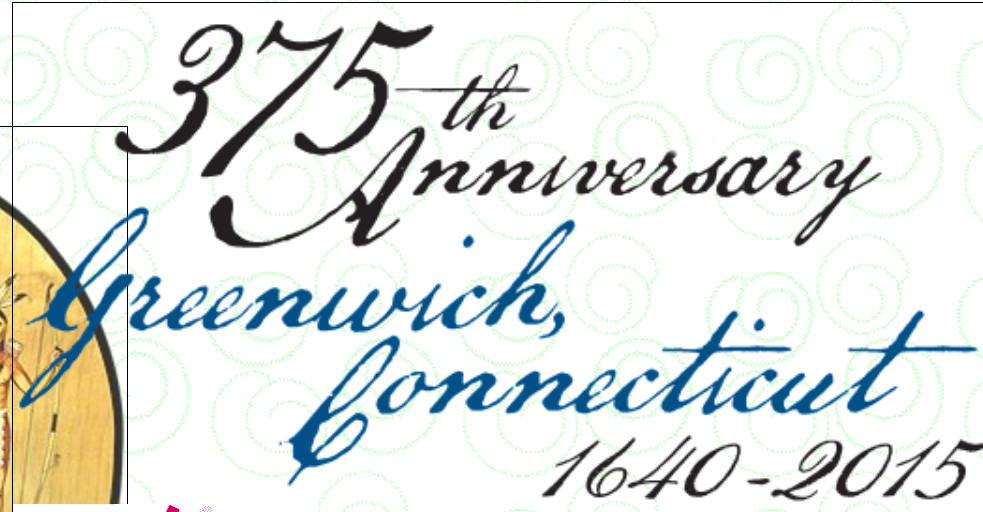
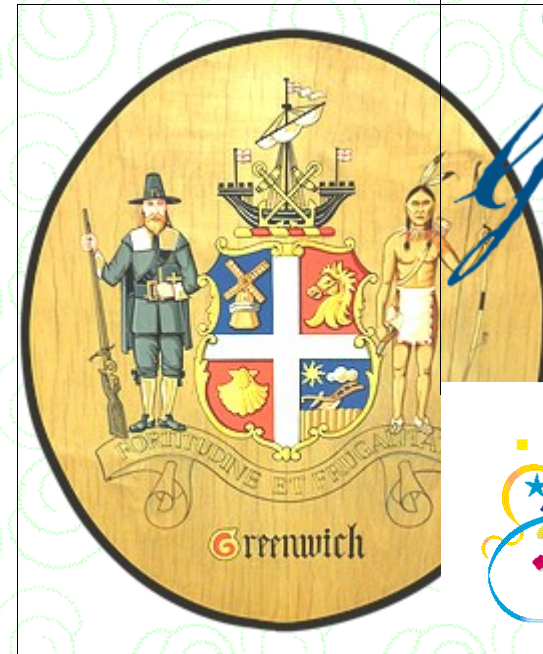
Limit: 100 People

TAG Transportation Available

Celebrate Greenwich's 375th!

The Greenwich Historical Society and the Greenwich Senior Center Very Proudly Present

“375 Years of Greenwich Historical Treasure”



In 2015, the Town of Greenwich will be celebrating its 375th Anniversary. The tenth town settled in Connecticut, Greenwich was a 17th century woodland inhabited by Native Americans. The Town has been transformed through the centuries into an 18th century American Revolutionary War battleground, a 19th century New England farming community, a 20th century home to gracious landed estates, and a 21st century dynamic, multicultural suburb with the broadly diverse populations and neighborhoods of today. On New Year's Day 2015 at 1:00 p.m. bells rang throughout the Town to mark the beginning of a year-long series of programs and events honoring Greenwich's rich history and cultural heritage. The year promises to be a historic event. It will focus on our history, but will also seek to bring to life how our past continues to inform and enhance our lives today. Join us as we celebrate our Town's 375th anniversary by attending a special presentation to be held at the Greenwich Senior Center on **Thursday September 24 at 1:15PM on the Smartboard in the Main Dining Room.** The lecture will include authentic photos and be delivered by a team of experts on Greenwich history lead by

375th Celebration Chairwoman, Devita Strackbein.

Refreshments served for all!

The Greenwich Senior Center along with Coxe & Graziano Proudly Present

The Upbeats

Join this fun-filled group as they sing and act their way through familiar Broadway and pop music hits of the 40's, 50's, and 60's.

Thurs July 16-1:15PM Main Dining Room



SENIOR CENTER HOW-TO's

New Info

HOW TO BECOME A MEMBER:

Membership is **free** to any **Greenwich Resident aged 55 or older**. 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. Your current CT license plate number is required to obtain a pass.

HOW TO HAVE BREAKFAST AND OR LUNCH WITH US:

The Senior Center is serving a continental breakfast menu along with our complete noon meal daily. Luncheon includes: soup of the day, house salad, entrée, dessert and refillable beverage during the breakfast/ lunch hour. The fees are as follows and payable by cash, check, or pre-paid tickets:

COFFEE	\$0.75 (includes free refills)
MUFFIN or TOAST W/ COFFEE	\$2.00 New Price!
LUNCH	\$4.00
TO GO LUNCH	\$4.25
PRE PAID LUNCH COUPON BOOKS	\$80.00 (FOR 20 LUNCHESES)



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 25 cents. They are packed standard and no substitutions are allowed. Please indicate if you choose to dine in or take out when signing up. 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.

SENIOR CENTER ACTIVITIES:

Classes, performances, professional lectures, health forums and 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. 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 Senior Center Events.**

TRANSPORTATION SERVICE:

Bus service to and from your home to the Senior Center is provided daily Monday thru Friday by the Transportation Association of Greenwich (TAG). Your arrival at the Center is approx. 9:00 am and departure is at 2:45 pm. Please sign up for transportation the **day before** you wish to come to the Center. Reservations can be made at the Front Desk until 1:00 pm or call 203-862-6700 the day before to have your name placed on the transportation list. In case of cancellation please call TAG directly at 203 637-4345.

POLICY AND PROCEDURE MANUAL:

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