Aquafit at the YWCA
Arms, Legs & Core w/Wendy (Zoom)
Balance & Strength w/Wendy (Zoom)
Cardio Strength w/Linda (Zoom)
Chair Yoga w/ Linda (Zoom)
Chair Yoga Core & Balance w/Jeannie (Zoom)
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Italian Class (Zoom)
Stretch w/Wendy (Zoom)

**NO LUNCH WILL BE SERVED ON JAN 4TH**

**SENIOR CENTER CLOSED**
**JANUARY 17TH**

**TUESDAY DRIVE-THRU LUNCHES**
**JANUARY 11TH**
**Panda Pavilion**
Egg Drop Soup
Egg Roll
Mandarin Triple Delight (Beef, Chicken, Shrimp)

**JANUARY 18TH**
The Plaza Restaurant
Chicken Lemon Soup w/orzo (Avgolemono)
Grilled Chicken Greco Rice Bowl

**JANUARY 25TH**
Fairfield Pizza
Pasta Fagioli
Meatball Parm Pizza Roll
Dessert

You must register with Deana by 11 am on Friday before lunch 203-862-6700
$5 per lunch pickup: Noon - 1:00 pm at back door of Sr center

Please pay by check payable to: Town of Greenwich or exact change

299 to You
www.greenwichct.gov 203-862-6700

HAPPY NEW YEAR 2022

View/Like Us On The Town of Greenwich Facebook Page

JANUARY 2022

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Panda Pavilion
Egg Drop Soup
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PLEASE NOTE:

With the increasing number of COVID-19 cases in Town, it is out of an abundance of caution, and in the interest of public health and safety, that we temporarily suspend onsite/in person programs and classes at the Greenwich Senior Center until January 31, 2022.

Drive Thru Lunches, Zoom and Outdoor programs (weather permitting) will resume on January 3, 2022. During this time staff will be available by telephone or email. We will re-evaluate this decision in late January and will keep you informed.

Thank you for your patience and understanding as we continue to navigate through this ever changing situation.

The staff of the Commission of Aging and Senior Center wishes you a new year filled with peace, love and good health.

SCHEDULE CHANGES:

MONDAYS
- Stretch with Wendy will now be on Zoom on Thursdays at 11:15 am
- We are closed on Monday January 17th
- Short Stories WILL BE HELD on Monday January 17th on Zoom at 2:30 pm

TUESDAYS
- Drive-Thru lunches will be held on 1/11, 1/18 & 1/25 (see menu for details)
- There is a new Chair Yoga Core & Balance class w/Jeannie at 11:45 am on Zoom

WEDNESDAYS
- Cardio Strength and Chair Yoga w/Linda have moved to Zoom
- Italian class has been moved back to Zoom at 2:30 pm

THURSDAYS
- 11:15 am Stretch w/Wendy on Zoom

FRIDAYS
- Pilates w/Jeannie has been canceled
- Tai Chi w/Bill will be held at 11:30 am via Zoom unless weather permits outdoors.

***Intermediate Art and Watercolor Painting will move to Zoom. Please contact: Lynn @ 203/862-6721 to register and for further information.
We are hoping to get enough interested members to start this class on zoom in March 2022. This class will be held on Zoom and will include topics such as:

- Soil health,
- Choosing the right grass seed for your lawn
- Garden microclimates
- Native perennials
- Pollinator-friendly plants,
- Growing tomatoes and peppers,
- Any other topics of group interest

Please call Lynn @ 203-862-6721 for further details or to register
Fall prevention: Simple tips to prevent falls

Falls put you at risk of serious injury. Prevent falls with these simple fall-prevention measures, from reviewing your medications to hazard-proofing your home.

By Mayo Clinic Staff

Fall prevention may not seem like a lively topic, but it's important. As you get older, physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life. Instead, consider six simple fall-prevention strategies.

1. Make an appointment with your doctor

Begin your fall-prevention plan by making an appointment with your doctor. Be prepared to answer questions such as:

- **What medications are you taking?** Make a list of your prescription and over-the-counter medications and supplements, or bring them with you to the appointment. Your doctor can review your medications for side effects and interactions that may increase your risk of falling. To help with fall prevention, your doctor may consider weaning you off medications that make you tired or affect your thinking, such as sedatives and some types of antidepressants.

- **Have you fallen before?** Write down the details, including when, where and how you fell. Be prepared to discuss instances when you almost fell but were caught by someone or managed to grab hold of something just in time. Details such as these may help your doctor identify specific fall-prevention strategies.

- **Could your health conditions cause a fall?** Certain eye and ear disorders may increase your risk of falls. Be prepared to discuss your health conditions and how comfortable you are when you walk — for example, do you feel any dizziness, joint pain, shortness of breath, or numbness in your feet and legs when you walk? Your doctor may evaluate your muscle strength, balance and walking style (gait) as well.

2. Keep moving

Physical activity can go a long way toward fall prevention. With your doctor's OK, consider activities such as walking, water workouts or tai chi — a gentle exercise that involves slow and graceful dance-like movements. Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

If you avoid physical activity because you're afraid it will make a fall more likely, tell your doctor. He or she may recommend carefully monitored exercise programs or refer you to a physical therapist. The physical therapist can create a custom exercise program aimed at improving your balance, flexibility, muscle strength and gait.

3. Wear sensible shoes

Consider changing your footwear as part of your fall-prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead, wear properly fitting, sturdy shoes with nonskid soles. Sensible shoes may also reduce joint pain.

4. Remove home hazards

Take a look around your home. Your living room, kitchen, bedroom, bathroom, hallways and stairways may be filled with hazards. To make your home safer:

- Remove boxes, newspapers, electrical cords and phone cords from walkways.
- Move coffee tables, magazine racks and plant stands from high-traffic areas.
- Secure loose rugs with double-faced tape, tacks or a slip-resistant backing — or remove loose rugs from your home.
- Repair loose, wooden floorboards and carpeting right away.
- Store clothing, dishes, food and other necessities within easy reach.
- Immediately clean spilled liquids, grease or food.
- Use nonslip mats in your bathtub or shower. Use a bath seat, which allows you to sit while showering.

5. Light up your living space

**Keep your home brightly lit to avoid tripping on objects that are hard to see.** Also:

- Place night lights in your bedroom, bathroom and hallways.
- Place a lamp within reach of your bed for middle-of-the-night needs.
- Make clear paths to light switches that aren't near room entrances. Consider trading traditional switches for glow-in-the-dark or illuminated switches.
- Turn on the lights before going up or down stairs.
- Store flashlights in easy-to-find places in case of power outages.

6. Use assistive devices

Your doctor might recommend using a cane or walker to keep you steady. Other assistive devices can help, too. For example:

- Hand rails for both sides of stairways
- Nonslip treads for bare-wood steps
- A raised toilet seat or one with armrests
- Grab bars for the shower or tub
- A sturdy plastic seat for the shower or tub — plus a hand-held shower nozzle for bathing while sitting down

If necessary, ask your doctor for a referral to an occupational therapist. He or she can help you brainstorm other fall-prevention strategies. Some solutions are easily installed and relatively inexpensive. Others may require professional help or a larger investment. If you're concerned about the cost, remember that an investment in fall prevention is an investment in your independence.
OUTDOOR & OFF-SITE CLASSES

WALK THE DISTANCE w/WENDY ROSA
Come Join the “SNOW LEOPARDS” &
Turn your walk into a workout!!
Class Free/Registration Required: Call Lynn @ 203-862-6721
Tuesdays 2:30 pm - 3:15 pm @ Grass Island
Wednesdays 1:15 pm - 2:00 pm @ Cos Cob Park
Thursdays Noon - 12:45 pm @ Cos Cob Park
**Wear comfortable shoes and bring a bottle of water**

WATER AEROBICS
At The YWCA
Registration Required: Call Lynn @ 203-862-6721
$5 per class payable to the YWCA Greenwich
Mondays 11:15 am - Noon
Wednesdays - Noon - 12:45 pm
Thursdays 1:15 am - 2:00 pm
This class goes through all of the body's joint groups to help keep them mobile and maintain as much range of motion as possible. With continued practice levels of joint pain may be reduced. Please note hip exercises are most beneficial when done standing. Ankle and feet exercises are most beneficial without shoes on.

www.zoom.us click ‘Join Meeting’ Meeting ID: 3032051305

BE AWARE OF POTENTIAL FRAUD!

Medicare covers the vaccine at no cost to you, but beware of scams. Here’s what to know:

- You can’t pay to put your name on a list to get the vaccine.
- You can’t pay to get early access to a vaccine
- Don’t share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for a fee; Con artists may try to get your Medicare Number or personal information so they can steal your identity and commit fraud.

Lori Contadino, MS Director
Commission on Aging
Town of Greenwich, CT
www.greenwichct.org
TRIVIA

1. What famous entertainer’s tombstone reads “Everybody Loves Somebody Sometime”?
2. Which studio has a roaring lion as its logo?
3. During which war did the flag flying above Fort McHenry inspire Francis Scott Key’s “The Star-Spangled Banner”?
4. What happened on September 1, 1939 that led to Britain and France declaring war on Germany?
5. In what country were Trabant cars made?
6. What is the name of the Canadian territory that shares a land border with Alaska?
7. What historic figure is famous for having said, “Give Me Liberty or Give Me Death”?
8. A rabbit punch is a blow to what part of the body?
9. Who was the first man to return safely from space?
10. In golf terminology, what is referred to as an “eagle”?
11. When did the Hindenburg airship disaster occur?
12. A light shining atop of Big Ben’s tower indicates what?
13. How many husbands did Elizabeth Taylor have?
14. What were barcodes first used for?
15. What 3 colors does asparagus come in?
16. How many yards are in a fathom?
17. In terms of decibels, what is normally the loudest instrument in a symphony orchestra?
18. Dustin Hoffman earned his first Oscar nomination for what movie?
19. Where did Aristotle believe the seat of intelligence was?
20. Who wrote the “Man in the Iron Mask”? (Answers on Page 17)

WHY DO WE ASK YOU TO REGISTER FOR CLASSES?

Members often wonder why we ask them to register for classes. When we have a class list, we are able to contact you in the event the class is canceled or rescheduled for any reason. Additionally, with the onset of COVID, it has become essential with our classes to know who might have been in contact with others in case we learn someone has tested positive for COVID. While this is unlikely in outdoor classes, we need to err on the side of caution. Thanks for your understanding.

New Year's Eve Jokes

An optimist stays up to see the New Year in. A pessimist waits to make sure the old one leaves.

A New Year Prayer For Seniors: “God, grant me the senility to forget the people I never liked anyway. The good fortune to run into the ones that I do, and the eyesight to tell the difference”.

A New Year’s Wish: On New Year’s Eve, Marilyn stood up in the local pub and said that it was time to get ready. At the stroke of midnight, she wanted every husband to be standing next to the one person who made his life worth living. Well, it was kind of embarrassing. As the clock struck - the bartender was almost crushed to death.

New Year’s Eve Jokes - One Liners To kick start my New Year:

- I took an IQ test and the results were negative.
- The trouble with jogging is that the ice falls out of your glass.
- When I thought about the evils of drinking in the New Year. I gave up thinking.
- Definition of a hangover: Wrath of Grapes.
- My New Year's resolution was to drop my bad habits, but no one likes a quitter.

What did Che Guevara make on New Year’s Day? A New Year’s revolution.

What’s the easiest way to keep your New Year’s resolution to read more? Watch TV with subtitles.

I love when they drop the ball in Times Square. It’s a nice reminder of what I did all year.

Just heard that in 2022 there will be a new device that can turn thoughts into speech. I have had that for years, it's called alcohol.

I'm actually feeling pretty okay about not accomplishing anything this year.

There have been many times in 2019, when I have annoyed you, disturbed you, irritated you, and bugged the hell out of you...today I just wanna tell you I plan to continue in 2020!
AQUA FIT w/Wendy Rosa

Buoyancy and water resistance are components of this safe and enjoyable fitness program. Tone, strengthen and improve cardiovascular fitness.

You can tailor this workout class to your level with guidance from the instructor. Join us and have fun!

Mondays 11:15 am
Wednesdays Noon
Thursdays 1:15 pm

Where: YWCA Greenwich Pool
259 East Putnam Avenue

Cost: $5.00 drop in fee/session paid to YWCA

To Register: Call Lynn at 203-862-6721

TECH CONNECT w/Greenwich Country Day School
Will be back when we reopen!!

- Join us for 1:1 assistance on any device
- Work at your own pace
- Start learning now, in a friendly and unintimidating atmosphere so you will not be left behind. Tech is here to stay!

Wednesdays @ 9:30 am
Senior Center Dining Room & Tech Lounge

Please call Lynn to register: 203-862-6721

CALL-A-RIDE OF GREENWICH IS BACK!!

With much consideration and planning for the Safety of our Drivers and Riders the Call-A-Ride of Greenwich INC. Board has decided to resume their Service. FREE Rides for Greenwich Seniors to any location in Greenwich. Our restart date will be April 12, 2021.

This past year – COVID-19 has been troubling, uncharted and worrisome for all. Safety is our first Priority,..... we have consulted many sources including: CDC Guidelines, Connecticut Guidelines, Greenwich Department of Health and Greenwich Commission on Aging, Riders and Volunteer Drivers

We have created Reopening Safety Protocols that must be observed. These include: Sneeze Guards installed in our cars, wearing of masks, Riders in back seats, one Rider at a time, taking temperatures, asking health questions. We also have two documents that must be signed once by the Riders and returned to Call-A-Ride office, before getting a ride (General Release of Liability and Acknowledgement)

Call the Call-A-Ride office ---- 203-661-6633 --- for more information and to schedule your Rides

Call-A-Ride is so looking forward to resuming our Service. Thanks to our Riders and Drivers
If you are interested in any of the following classes (when we reopen), please call:

Lynn Mason
203-862-6721

- Spring Gardening Club with Master Gardener Megan Young
- Lectures
- Spanish Language Classes
- Virtual Reality experiential program
- Games: Mahjong, Canasta, Bridge, Board Games
- NIA: A new form of “dance/exercise”

Trivia Answers
(From Page 14)

1. Dean Martin
2. MGM
3. War of 1812
4. Invasion of Poland
5. East Germany
6. Yukon Territory
7. Nathan Hale
8. The neck
9. Yuri Gagarin
10. 2 under par on a hole
11. 1937
12. Parliament is in session
13. Seven
14. To label railroad cars
15. Green, White, Purple
16. Two
17. Trombone
18. The Graduate
19. The heart
20. Alexadre Dumas
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<tr>
<td>3 9:15 Meditation w/Megan Young</td>
<td>4 9:15 Fit After 50 w/Wendy Rosa</td>
<td>5 10:00 Arms, Legs &amp; Core w/Wendy</td>
<td>6 9:15 Meditation with Megan Young</td>
<td>7 10:00 Watercolor Painting w/Lorraine</td>
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<td>10:30 Zumba with Wendy</td>
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<td>1:30 Zumba with Wendy Rosa</td>
<td>11:45 Chair Yoga w/Jeannie</td>
<td>1:15 Walk the Distance/Cos Cob</td>
<td>12:15 Walk the Distance/Cos Cob</td>
<td>11:30 Tai Chi w/Bill Wrenn</td>
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<td>2:30 Short Stories w/Carroll Stenson</td>
<td>1:00 Floor Yoga w/Jeannie Labate</td>
<td>1:15 Chair Yoga w/Linda</td>
<td>1:30 Tai Chi with Bill Wrenn</td>
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<td>2:30 Italian Class w/Luciana</td>
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**Senior Center Closed for Martin Luther King Jr. Day**

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<td>2:30 Drive-Thru Lunch- Fairfield Piz.</td>
<td>3:00 Tai Chi with Bill Wrenn</td>
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**Black = Via Zoom**
**Blue = Outdoor Class**
**(Registration Required)**

**Separate link - Please register w/Lynn**

**To Join any zoom:**
- [www.zoom.us](http://www.zoom.us)
  - Click: ‘Join Meeting’
  - Meeting ID: 3032051305
  - To join by phone: 929-205-6099
  - When prompted, enter 3032051305

**Registration is REQUIRED for Outdoor and On-site classes.**
- To register for classes:
  - Lynn Mason: 203-862-6721
  - To register for lunch:
    - Deana Salerno: 203-862-6700

**Senior Center Closed**

Happy New Year!