MARCH 2022
www.greenwichct.gov  203-862-6700

Aquafit at the YWCA
Balance & Strength w/Wendy
Cardio Strength w/Linda
Chair Yoga w/Linda
Chair Yoga Core & Balance w/Jeannie
Greenwich Botanical Center
Master Gardening Workshops w/Megan Young
Italian Class
Short Stories w/Carol
Stretch w/Wendy

TUESDAY
Drive-Thru Lunches
March 1st
March 8th
March 15th
March 22nd
March 29th

View/Like Us On The Town of Greenwich Facebook Page

MARCH
Drive-Thru Lunches

March 1st
Panda Pavilion
Hot & Sour Soup
Egg Roll
Chicken Lo Mein
Veggie Fried Rice

March 8th
Kelly’s Sea Level
Meatloaf
Mashed Potatoes
String Beans

March 15th
Plaza Restaurant
Corned Beef & Cabbage
Boiled Potatoes
Vegetables

March 22nd
Mumbai Times
Chicken Korma (Not Spicy)
Basmati Rice Pulao
Naan Bread
Vegetables
Kheer (Rice Pudding)

March 29th
Fairfield Pizza
Home Made Meat Lasagna
Side Salad
Mini Cannoli

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.

Menus subject to change.

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

Kim

May the wings of the butterfly kiss the sun
And find your shoulder to light on,
To bring you luck, happiness and riches
Today, tomorrow and beyond.
~Irish Blessing~
NEW HAPPENINGS!!

Beginning Tuesday March 1st, we will begin a slow and measured reopening with the following programs coming back to the Senior Center:

- Advanced Art (Tuesdays 10 - Noon) 8 wk session $25
- Intermediate Art (Tuesdays 1 - 3 pm) 8 wk session $25
- Watercolor Painting (Fridays 10 - 12) 8 wk session $25
  - The Knitting Knotch (Thursdays 10 - 12) Free
- Greenwich Botanical Center (Tuesday March 8th) Free
- Tech Time w/Greenwich Country Day (beginning Wednesday 3/30 at 9:30 am)

Masks will still be required for the month of March.

Registration is required for all on-site and outdoor classes.

DRIVE-THRU LUNCH CHANGES

Beginning April 1st, you will need to pick up your lunch from inside the Senior Center (Main Dining Room) and take it with you. All else will remain the same.
Gardening w/Master Gardener
Megan Young

Every other Monday (except March) at 2:30 on Zoom
will include topics such as:

- Seed Starting (March 7th)
- Soil health (March 28th)
- 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
From the Director of the Commission on Aging

Dear Share-the-Fare participant,

On behalf of the Greenwich Commission on Aging, I would like to thank you for being a loyal Share-the-Fare program participant.

I am writing to inform you of an important change that has been made to the Share-the-Fare program. **Effective immediately, ALL Share-the-Fare taxi vouchers purchased, whether this month, last month, this year, last year etc… will expire on June 30, 2022 – the close of our fiscal year.**

While I understand that this change in policy may be inconvenient, it is a necessary step that must be taken in order to update the way we fund and administer the Share-the-Fare program.

The Commission on Aging is committed to offering high quality, cost effective services and recognizes that affordable and reliable transportation is essential for maintaining independence, health, quality of life and social connectedness.

We look forward to announcing details about our NEW Share-the-Fare Program that will begin July 1, 2022 in the months to come, and will keep you informed as we continue to transition through this dynamic time.

Please do not hesitate to contact the Commission on Aging at 203-862-6710 if you have any questions.

With kind regards,

**Lori Contadino**

Lori Contadino, MS, CDP  
Director, Greenwich Commission on Aging  
Town of Greenwich Municipal Agent for the Elderly
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
Energy Assistance for Winter 2021-2022

The Greenwich Department of Human Services is reminding residents that there is help with energy bills for those whose incomes fall below 60% of the State Median Income Guidelines and those facing financial hardship. (For a family of 4 this is equal to $75,052, gross annual income.)

The State of Connecticut has several energy programs that assist in ensuring the safety of residents. Operation Fuel and The Town of Greenwich also offers some assistance to Greenwich residents whose incomes fall below 300% of federal poverty guidelines and meet other eligibility criteria. Residents are encouraged to apply early.

Eligible households are able to apply for:

- Connecticut Energy Assistance Program – assists with primary heating bills.
- Winter Protection Program – prevents heat source shut-offs.
- Matching Payment Program – provides forgiveness of past due balances when a payment plan is maintained over time.
- Operation Fuel – a private, non-profit statewide program that provides emergency utility bill assistance throughout the state of Connecticut to low and moderate income individuals and families, the elderly and disabled individuals who are in financial crisis. The assistance is targeted for those people who have exhausted other state or federal government benefits and programs. It is available seasonally to assist households experiencing a crisis or hardship in paying heat and non-heat utility bills. The Operation Fuel Program opened on December 6th, 2021.

For information regarding the energy programs, call the Greenwich Department of Human Services at 203-622-3800. Eligible residents can speak with a Case Manager who will determine the best program for them based on program criteria. The Case Manager will also assist with the application process. The Energy Assistance Program runs through May 31, 2022. (All services are confidential).

w/Tamara Sharp

Tuesdays 10:45 via Zoom
Free but Registration Required (call Lynn 203-862-6721)

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
1. What is the capital of North Dakota?
2. What US city and its surroundings serve as the basis for a standard Monopoly board?
3. What was the first name of the American artist Grandma Moses?
4. How many players are there in a standard curling team?
5. McLean Stevenson played which character in the TV show M*A*S*H?
6. Karakul, Dorset, Urial and Jacob are all types of what?
7. What was used to show blood in the shower scene of the movie Psycho?
8. It is considered bad luck to mention which Shakespeare play while inside a theater?
9. What imports from a Baja California beach made Gary Drahl a millionaire in 1975?
10. What type of animal is a wahoo?
11. Which have longer snouts, crocodiles or alligators?
12. Who provided the voice for Mickey Mouse from 1928 to 1946?
13. Which state is home to the highest peak outside Alaska?
14. What general surrendered at the Appomattox Court House?
15. George Washington was a member of which political party?
16. The Gulf War began after Iraq invaded what country?
17. What is the sum of all numbers on a roulette?
18. On which day is Saint Stephens Day celebrated?
19. According to the lyrics of the famous Christmas song, what was Frosty the Snowman's nose made from?
20. What's Fidel Castro's brother's name?

(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.
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 beginning March 30th!

- 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

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 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 Class 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 13)

1. Bismarck
2. Atlantic City
3. Anna
4. Four
5. Lt. Colonel Henry Blake
6. Sheep
7. Chocolate Syrup
8. Macbeth
9. Pet Rocks
10. Fish
11. Crocodiles
12. Walt Disney
13. California
14. Robert E. Lee
15. Federalist Party
16. Kuwait
17. 666
18. December 26th
19. A Button
20. Raoul
# MARCH 2022 Calendar of Events

**Programs Subject To Change**

<table>
<thead>
<tr>
<th>Monday</th>
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**Note:**
- **GREEN** = On-site program
- **BLACK** = On Zoom

Registration is **REQUIRED** for Outdoor and On-site classes.

To register for classes:
- Lynn Mason: 203-662-6721
- To register for lunch:
  - Deana Salerno: 203-862-6700