

SOCIALIZATION, RECREATION & EDUCATION

SOCIALIZATION AND RECREATION

COMMUNITY CENTERS, INC. (CCI)

61 East Putnam Avenue, Greenwich, CT 06830 **203-869-1276** Mon.-Fri., 9:00 a.m. to 5:00 p.m. CCI, a community not-for-profit agency, provides educational and recreational services and individual counseling to residents at senior public housing complexes in Greenwich. **FEE: None**

DEPARTMENT OF PARKS AND RECREATION

Town Hall, Second Floor, 101 Field Point Road, Greenwich, CT 06830
203-622-7814 Mon.-Fri., 8:00 a.m. to 4:00 p.m.

The Department of Parks and Recreation encourages the constructive use of leisure for all Greenwich residents at its parks, beaches, golf course, skating rink, and Town facilities. Call the department for information on recreation programs, special events, and program fees. Greenwich has four beaches: Greenwich Point, Byram Beach, Island Beach and Captain's Island. Summer ferry service is available to Island Beach and Captain's Island. Beach cards are available for Greenwich seniors 65 years or older, free of charge. **Call 203-622-7817.**

FRIENDLY CONNECTIONS

FAMILY CENTERS, INC.

20 Bridge Street, Greenwich, CT 06830

203-661-8841 Website: www.familycenters.org

Telephone Groups: This program links people together via telephone conference call groups. The groups include recreational, discussion, support and educational topics. No special equipment is necessary, only a telephone. Call for complete schedule of groups. **FEE: None**

Special Groups: Recovery, Low Vision and Caregivers.

Friendly Callers: Friendly Callers volunteers call for a social conversation. Call for more information.

Friendly Visitor Program: Trained and supervised volunteers provide weekly home visits (of 1-2 hours) for homebound elderly persons who are lonely and isolated due to frail health. Volunteers provide friendship and a link to the outside world. Volunteers help with correspondence, play cards, or simply provide conversation.

GREENWICH ADULT DAY CARE (GADC) THE

RIVER HOUSE

125 River Road Ext., Cos Cob, CT 06807 **203-622-0079** Mon.-Sat. 8:00 a.m. to 4:30 p.m.

Website: www.gadc.org or email for information: lburgweger@gadc.org Greenwich Adult Day Care enables seniors who are not fully independent to remain living at home by going out to join others in days of supervised activities, nutritious meals and health and personal care. It provides a full range of health, recreational and social activities geared to the needs of frail elderly; restorative services necessary to help frail elderly to walk and maintain an optimal level of functioning; rehabilitative therapies, podiatry and respite for families burdened with 24-hour care.

ADULT DAY PROGRAM AT WAVENY CARE CENTER

3 Farm Road, New Canaan, CT 06840

203-594-5200 Website: www.waveny.org

Social and therapeutic program with flexible hours Monday through Saturday.

AMERICAN ASSOCIATION OF RETIRED PERSONS (AARP)

21 Oak Street, Suite 104, Hartford, CT 06106

860-240-7544

AARP offers informative programs and organizes trips and social events of interest to senior citizens. It also provides information and help regarding income taxes, health and retirement planning. There are three local chapters within the town: Chapter #1210 (Central Greenwich), Chapter #2549 (Eastern Greenwich), Chapter #3020 (Western Greenwich).

FISHING AND HUNTING LICENSES

Town Clerk Office, First Floor 101 Field Point Road, Greenwich, CT 06830

203-622-7897

Free licenses for 65 and over, must fill out application once. **Fee:**
Shellfish License \$10 fee, renewable yearly.

GREENWICH MULTI-PURPOSE SENIOR CENTER

299 Greenwich Avenue, Greenwich, CT 06830 **203-862-6700** Mon.-Fri., 9:00 a.m. to 4:00 p.m. The Senior Center offers a wide range of recreational, intellectual, cultural and physically stimulating activities. Classes in a variety of subjects are offered as well as programs that change daily. Monthly calendars, brochures and informational flyers which list trips, special events and all other activities may be obtained at the center. Also available on the premises is a Social Worker, Public Health Nurse Practitioner, the offices of The Commission on Aging, Utilize Senior Energy(USE) and the Senior Net Computer Center which offers classes ranging from beginner to advanced. A hot lunch for a nominal fee is served Monday through Friday, and free transportation for Greenwich residents to the Senior Center is available upon request.

FEE: Membership is free for Greenwich residents age 55 and over who are independent, mentally alert and able to function without assistance. Separate fees do

apply for computer classes and selected trips.

OLD GREENWICH RIVERSIDE COMMUNITY CENTER

Civic Center, Second Floor Harding Road, Old Greenwich, CT 06870 **203-637-3659**

Mon.-Fri., 9:00 a.m. to 4:30 p.m., Sat. 9:00 a.m. to 3:00 p.m. The center provides recreational, athletic, educational and social programs for the residents of Old Greenwich and Riverside. Call for brochure.

YMCA

50 East Putnam Avenue, Greenwich, CT 06830

203-869-1630 Mon.-Thurs., 5:30 a.m. to 9:30 p.m., Fri. 5:30 a.m. to 8:30 p.m., Sat. 7:00 a.m. to 7:00 p.m., Sun. 11:00 a.m. to 6:00 p.m.

The full spectrum of YMCA programs and memberships is offered to all people regardless of age. Activities that may be of particular interest to senior citizens: volleyball, water fitness swimming, healthy back, P.E.P. and morning stretch.

FEE: Varies. Reduced rates for seniors.

YWCA

259 East Putnam Avenue, Greenwich, CT 06830

203-869-6501 Mon.-Fri., 7:30 a.m. to 10:00 p.m., Sat. 7:30 a.m. to 5:00 p.m.

Closed Sunday.

The YWCA offers various programs for seniors to encourage active lives, emotionally and physically. Activities that may particularly interest older adults: senior aqua toning, Encore, which is a post mastectomy program, recreational swimming and adapted aquatics for handicapped persons. Ongoing health and fitness programs include sports and exercise.

FEE: Varies. Reduced rates for seniors.

SENIOR CLUBS

Byram Senior Citizens Glenville Senior Citizens Greenwich Seniors Club Retired Men's Association St. Roch's Senior Group Jewish Family Services Senior Group (Call the Commission on Aging, **203-862-6710**, for further information on the above clubs).

EDUCATION

CAMP CONRI LODGE

Ashford, CT

860-429-6840

Operated by the Salvation Army, Camp Conri is a summer camp designed especially for men and women 50 years and up. A weeklong session includes all traditional summer activities as well as special entertainment programs. The camp is wheelchair accessible

but no special diets can be accommodated. Reservations should be made as far ahead as possible.

FEE: Upon request. (Scholarships and transportation are available through Greenwich Dept. of Social Services 203-622-3715.)

CHARTER OAK PASS

State of Connecticut Dept. of Environmental Protection, State Parks Division 79 Elm Street, Hartford CT 06106-5127

860-424-3200

The Charter Oak Pass enables Connecticut residents, age 65 or older to enter Connecticut State Park and Forest Recreation day use areas, or State Boat Launches, free of charge. The pass is issued to one person and can only be used by that person. It is not valid for camping or special events having separate admission charges. To apply for a pass, an individual would send a photocopy of their driver's license to the CT Dept. of Environmental Protection.

ELDERHOSTEL

80 Boylston Street, Suite 400, Boston, MA 02116 **1-800-443-9946** or **1-877-426-8056**, or **617-426-7788** Mon.-Fri., 9 am to 5 pm Elderhostel is a low-cost academic program in the liberal arts and sciences offering unique and challenging study opportunities for persons 55 years of age or older. Programs take place at over 800 colleges and universities in the U.S., Canada and overseas. Small groups of 30-40 persons provide an informal learning atmosphere and opportunities to develop friendships. For free catalog, send postcard to above address. Catalog includes description of courses, campuses and necessary registration instructions and forms.

FEE: Programs varies in cost, cost given upon request. For information on "Hostelships" to assist seniors on limited income please call 203-341-1067

GOLDEN AGE PASSPORTS

National Park Service, Room 10-13

U.S. Department of the Interior 18th and C. Street NW, Washington, DC 20240

202-208-4747

Golden Age Passports admits persons free of charge to National Parks, monuments, historic sites and recreation areas in the National Parks System that charge entrance fees. Golden Age passports, for persons 62 and older who are residents of the U.S., can be obtained for a small fee. The pass is good for life. Golden Age Passports must be obtained in person and proof of age is required at the time of application. Camping, boating and parking charges are discounted 50%. The passport also admits anyone accompanying the passport holder.

AARP 55 ALIVE DRIVING COURSE

Greenwich Hospital, 5 Perryridge Road, Greenwich, CT 06830

203-863-4277, 888-305-9253

Call to pre-register.

EDUCATION AND EMPLOYMENT INFORMATION CENTER

61 Woodland Street, Hartford, CT 06105

1-800-842-0229

Seniors aged 62 and older are eligible for tuition waivers at any public college or university in the state - the University of Connecticut, Connecticut State University and the 12 community technical colleges. Fees and costs for books and supplies are not waived.

FEE: For specific details, contact the college or university.

GREENWICH CONTINUING EDUCATION

Havemeyer Building

290 Greenwich Avenue, Greenwich, CT 06830

203-625-7474, 7475, 7476 Mon.-Thurs., 9:00 a.m. to 3:00 p.m.

Greenwich Continuing Education offers two semesters of evening courses per year including such categories as business and careers, computers, investments, languages, arts, consumer concerns, fitness and recreation, and "do-it-yourself". Programs begin in September and again in January and run from one to ten weeks.

FEE: Varies according to courses. Seniors are extended a discount.

INSTITUTE FOR RETIRED PROFESSIONALS

School of Continuing Education, Fairfield University 200 Barlow Road, Fairfield, CT 06430 Toll Free **1-888-254-1566** or **203-254-2220** 8:30 a.m. - 4:30 p.m. An association of retired professionals who participate in broadly based monthly symposia, audit a wide range of university courses of their choice, and attend special interest programs. The Institute is open to all retired and semi-retired people over age 55. Members have the privilege of auditing one undergraduate or non-credit course each semester. Members may also enroll in special mini-courses or activities with a single focus.

FEE: Call the number above for information about fees.

LIFETIME LEARNERS INSTITUTE

Norwalk Community Technical College 188

Richard Avenue, Norwalk, CT 06854

203-857-7316

A non-profit educational institute for seniors 50 years and older offering courses in art, history, math, music, opera, computers, law, finance and more. All courses are devised by volunteer teachers with the aid of volunteer program committees. The institute is affiliated with State of Connecticut Community College system and the Elderhostel network.

FEE: Call the number above for information about fees.

UCONN/Stamford

1 University Place, Stamford, CT 06901

203-251-8400

Seniors 62 years of age or older may audit undergraduate courses on a space available basis and must obtain the instructor's written consent prior to enrollment. Seniors are not permitted to audit laboratory courses. Regular fees and registration procedures for graduate level credit courses apply should a senior wish to switch from audit to credit earning status.

FEE: Call the number above for information about fees.

GREENWICH HEALTH AT GREENWICH HOSPITAL

203-863-4444 Mon.-Fri., 8:00 a.m. to 4:00 p.m.;

(Tel-Med) 203-863-3799 9:00 a.m. to 5:00 p.m.

Greenwich Health at Greenwich Hospital provides over 50 health education and disease prevention services to persons who live or work in Greenwich. Services of interest to the elderly include: health screenings for high blood pressure, colorectal cancer and support groups for persons with cancer, and medical information system and general information and referral to health services.

FEE: Upon request.

GREENWICH LIBRARY Website: www.greenwich.lib.ct.us.

Branches: Byram Shubert Library, 21 Mead Ave., Byram **203-531-0426**

Cos Cob Library, 5 Sinawoy Rd., Cos Cob **203-622-6883**

Greenwich Library, 101 West Putnam Avenue **203-622-7900**

Please call for hours. The Library provides bookmobile service to the Mews, Agnes Morley Heights, Nathaniel Witherell, and Quarry Knoll. Books on cassette and CD, large print books, videocassettes, and DVDs are available at the Library and the branches. The main Library will shortly offer adaptive technology workstations containing numerous features to aid the visually impaired in accessing information on the Internet. Information on the Library of Congress Books for the Blind and Physically Handicapped is available. Books and audio books will be mailed to homebound persons on request. Free Friends film, art and music programs are free and open to all. Phone the Library's Welcome Desk at **203-622-7920** for information about upcoming programs.

PERROT MEMORIAL LIBRARY 90 Sound Beach Avenue, Old Greenwich, CT 06870 **203-637-1066** Please call for hours. Large print books, telephone reference service, videos and other special programs during the year.