

# Activities Department

At Edgehill we are a team of individuals committed to one goal: Providing consistent and interesting programming that exceeds our residents' expectations. Mary Bernat is the Director, Jamal Fowler and Zoe Reyes are the programming assistants. "Savannah" is our Edgehill dog and is available most days in the activity room for a visit.

## Hours of Operation

Monday to Saturday 9:00 AM to 5:00 PM. Our office is located in the south wing corridor across from the Country Store and next to the Garden Grille.

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Please contact us with any questions you might have.

## Publications

**Monthly Calendar** - This is placed in your internal mailbox on the first of every month and is a complete list, by day, of every activity scheduled. Special events that happen in the Laurel Room are in purple, Clothing and Accessories Vendors are in light blue, Committee Meetings are in pink and lectures and performances that happen on Zoom are in blue or red. Extra copies are available at the concierge desk and in the activity office.

**The Focus** - This is placed in your internal mailbox every Friday and gives a detailed description of every program that will be presented each week. It also highlights special events, lists the weekend movies, and contains special notices or updates of general interest. Extra copies are available at the concierge desk and in the activity office.

**Daily Schedule** - These are placed at every resident elevator on every floor and at the front desk. It is the listing of all activities for the day and what room they will be in as well as the name of the daily movie and a description of it. Extra copies are available at the concierge desk.

**Fliers** - These are placed in your internal mailbox each week. They are a detailed description of all the special events for the upcoming weeks including their location, date and time and instructions about sign-ups if required or if you need reservations.

**Invitations-** If there is a special event that requires an invitation, you will receive them in your internal mailbox. There will be a description of the event, date, time and location and instructions if you have to sign-up or make reservations.

**Lobby Sign** - In the front lobby by the concierge desk is a digital sign which has a rotating display of special event fliers and announcements.

**Sign-Up Sheets** - On the concierge desk is a binder that contains any sign-up sheets that are required for an event in time and date order.

**Bulletin Boards** - At the first-floor entrance of the West and East Wing Elevators and across from the activates department are boards with all the fliers for upcoming events for the week. The activities board across from our office (next to the Country Store) also contains notices, a copy of the monthly calendar and community announcements and activities of interest.

# Activities Schedule

Please check the monthly calendar and the focus for up-to-date information.

**Exercise** - Every morning at 8:30 (except Saturday and Sundays) we offer a Water Exercise class in our pool. Every morning usually at 9:30 AM (except Saturday, which begins at 10:00 AM) we offer exercise in the Laurel Room. Every week we offer ChairPilates, Arthritis Mobility, and General Toning classes. We also offer Yoga and Meditation. Check the calendar and/or focus for details.

**Religious Services** - Every Wednesday is Catholic Mass at 11:00 am and every Thursday is Protestant Services at 11:00 am in the Laurel Room .

Twice a month Shabbat is held in the Card Room at 2:30 pm on Fridays as noted in the calendar.

**Movies - Current-Run, Classics, and Comedies** are shown in the Laurel room at 7:30 pm on, Tuesday, and Thursday night. There is a matinee most Saturdays at 3:00 pm and on Sunday at 3:00 pm. Every other Saturday we show a MET in HD Opera. On Mondays at 2:30 pm there is a Documentary in the Laurel Room. Check the monthly calendar or Focus for upcoming showings. On Tuesday afternoon at 1:00 pm and again on Wednesday at 12:00pm we show a Great Courses class.

**Music** - Every Wednesday at 7:30 pm there is Live Music in the Laurel Room and every Friday afternoon we have a piano player playing in the living room at 4:30 pm for the Happy Hour Cocktail party. Check the calendar because we have special music performances and singing or dramatic performances during the week. We have annual performances by the Greenwich Chamber players as well as violin, cello and piano concerts by New York City based classical and jazz groups.

**Lectures** – Most days there is a lecture in the Laurel Room on topics ranging from Art, Opera, Classical Music, Popular Music, International Current Events, History & Architecture. There are also numerous lectures during the week on special topics. Check the monthly calendar and/or focus for upcoming events. These are usually in purple or blue on the calendar. We have a monthly presentation and book signing by a published author in coordination with the Greenwich Retired Men's Association.

**Vendors** - Every month a variety of vendors come to the Living Room to sell clothing and accessories. Check calendar for the updates. They are usually highlighted in light blue on the calendar. Most of them accept cash, check or credit card and you pay them directly. We also have a seamstress on site who will repair and alter clothing for a reasonable fee.

**Trips** - Every Tuesday at 11:15 the bus takes residents to the Local Food Store to shop. Sign-up at the concierge desk is required. In the summer we have weekly trips to the Greenwich Beach for lunch on Fridays. We have bus trips to the local Churches on Sunday. We visit local Museums, Wineries, and gardens and take an annual boat trip to the Thimble Islands. We also provide transportation to the Greenwich Symphony, the Stamford Symphony, and several local Live Theatres during the performance calendar year. During voting season, we sponsor trips to the polls for the major elections. We have bus tours of Greenwich given by residents who have lived in the area a long time and have an interesting story to tell about certain locations. At Christmas we have a night tour of the local holiday lights in Stamford.

**Parties** - Here at Edgehill we need very little excuse to party. We celebrate all the major holidays like New Years, Valentine's Day, Chinese New Year's, Mardi Gras, St. Patrick's Day, to name a few. You will receive an invitation in your internal mailbox. Everyone is welcome although reservations are often required for dinner. This is a great chance to get out and meet your new neighbors. We also have a New Resident Luncheon and a monthly Block Party, given by the Welcoming Committee, which again is an opportunity for all new residents to mingle with current residents in a smaller environment. You will receive an invitation for all these events in your mailbox.

**Games** - Every Monday afternoon, the Card Room is reserved for bridge games. Groups of residents get together to play their own games starting at 1:00 pm. There is also a collection of table games from chess to "Sorry" in the Card Room for you to use at any time. Every Wednesday afternoon there is an Intermediate and Beginner Bridge class starting at 2:00 pm which is open to all residents. In addition, residents often congregate in the Card Room to play private Bridge games during the week. Every Thursday night at 7:30 pm there is a Poker Game open to all players in the Card Room. We also have a fully functional Billiards table for use. Every Thursday we have a Brain Games program for those Trivia buffs who cannot get enough of Jeopardy. In addition, most Tuesdays at 1:00 pm we have Guided Play Mahjong in the card room. Check the daily calendar for times and places.

**Committee Meetings** - In pink on the calendar you will see the various individual Committee's schedule of meetings (Healthcare, Grounds, Social Action, Activities, Movie, Welcoming, Food, and Library). Everyone is welcome to attend. There is a monthly Resident Council Meeting on the third Monday of every month at 11:00 in the Laurel Room. For more information on the Resident Council and the individual committees please see below. The monthly Town Hall is held on the fourth Monday of the month at 4:00 pm in the Laurel Room. These meetings are an excellent way to find out what is going on in our Community at Edgehill.

**Seamstress** - Every Monday at 11:00 am, Nibia is available in the activities room to repair or alter your clothing. You drop off whatever needs to be fixed and she will return it the next week either to your apartment or you can pick it up in the activities room. There is a place to try on clothing that needs to be altered. Her prices are reasonable, and you pay her directly with cash.

**Classes** - We have an Arts & Crafts Class every Wednesday at 2:00 PM. Our Resident Art Teacher, Amy Panish will show you how to create anything from personalized magnets, photo displays, as well as host paint & sip (where you drink wine and paint a fabulous landscape) and more! Sign-up is required for each class. We also have a fully stocked art supply cabinet that is available to residents anytime the activities room is open if you want to work independently.

**Luncheons** - We have a New Resident Luncheon every other month. You will receive an invitation in your internal mailbox. This is a great opportunity to meet other new residents who have also recently moved into the community. On the last Wednesday of every month there is a monthly Resident Birthday Luncheon for everyone who has a birthday that month. You will get an invitation in your internal mailbox for the month that you have a birthday. If you expect to attend, please sign-up in the reservation book at the concierge desk.

**Reading:** We have a Non-fiction Book club that meets every other month.. If you are interested in attending this club, please contact Mrs. Irene Fischl at 203-966- 5111. Every other week, we have a Short Story Class on Mondays usually at 4:00 pm given by a moderator Carroll Stenson. Copies of the stories are handed out at each session, and all are welcome. Most months we have a Great Decisions Program, that meets in the Laurel Room. A copy of the reading material for this program is available in the activity room and handed out at the meeting. All are welcome.

**Massage:** Athena Coroneos gives scheduled massages on Mondays in our massage suite on the Garden Level. Please pick up a brochure in the activities office to get all the information you need to schedule this service.

# The Resident Council

The purpose of the Council is to enable residents to participate in - and often initiate - decisions that make Edgehill a pleasant, stimulating, and caring community. There is a close working relationship with various members of management to achieve these objectives.

The Council has six officers and eleven committee chairpersons. Four of the six officers - president, vice president, recording secretary and treasurer - plus the chair of the finance committee and the most recent past Council president - comprise the executive committee. This committee meets in closed-door session in the board room on the second Monday of the month, excluding December. All of its decisions must be endorsed by the full Council at its meetings on the third Monday of the month.

The committees meet monthly (except December and summer months) at a time and place proposed by the chairperson. Each committee has a specified mission and a staff member adviser. Its deliberations are reported to Council monthly, with a written copy presented to the recording secretary for inclusion in the minutes.

Council meetings are open to all residents. While visitors are not permitted to speak during the actual Council meeting, their voices may be heard following the official close of the formal gathering. Comments and questions from residents receive responses either verbally or by email.

## **Committees are:**

**Activities** - Supports the Edgehill Activities department in developing and implementing programs of entertainment, enrichment and education that are not covered by other committees.

**Appreciation Fund** - Is a vehicle for residents to express their appreciation for the many services performed by Edgehill staff members (known as Associates) who do not receive a bonus from the owner. Donations are solicited from residents twice a year and distributed according to a formula composed of hours worked and seniority.

**Finance** - Works closely with the Executive Director regarding financial issues larger than Council.

**Food** - Liaison between residents and dining room staff regarding food choice, preparation and serving.

**Grounds** - Works with the professional landscaper to ensure variety, beauty and health of the plantings.

**Health Care** - Discusses relevant physical and mental health issues in the Edgehill community, making recommendations and implementing them when appropriate. It also develops lectures and programs deemed important to residents. In-house health care is emphasized.

**Legislation** - Researches and reports current happenings in the State legislature. Helps in voter registration and provides transportation to the polls.

**Library** - Subscribes to several newspapers and purchases new books from monies collected by the resident Tribute Fund. Re-shelves returned books, and generally keeps order in the library.

**Social Action** - Is a wide-ranging committee that touches resident lives and those of the needy in the community. Reading to children and collecting clothes for Person-to-Person are complemented by two large fundraisers each year, benefiting Alzheimer's' research and the Bennett Cancer Center.

**The Edge** - Is the quarterly, Resident-run Edgehill Newsletter.

**Welcoming**- Meets, greets, and supports new residents, with the goal of smooth assimilation into the Edgehill community.

If you are interested in joining any of these committees, please contact the Resident Council President and she will put you in touch with the appropriate Committee Chairperson.



## Frequently Asked Questions

**Do I need reservations / sign-up to attend events?** All events on the schedule are open to all residents unless it specifically says that you must sign-up. If there is a sign-up required, the book is on the concierge desk, and you just need to go to the date of the event and there will be a sheet for your name and apartment number. All sign-up events are on a first come, first serve basis. There may be a date by which the sign-up must occur, but if not specified you can sign up until the day before the event is to take place.

**Is there any charge for events?** All events are free unless otherwise specified. There may be a transportation charge for trips which will be specified if required.

**Do I need reservations for parties?** The cocktail and entertainment segments of the parties are free and open to all. Dinner reservations for parties will follow the Food & Beverage protocols. You should check with F&B to see if the special dinners require a meal charge.

# Schedule of Group Exercise Classes

## **Monday**

8:30am Water Exercise Class in the Pool  
9:30am Sit & Tone in the Laurel Room

## **Tuesday**

8:30am Water Exercise Class in the pool  
9:30am Chair Pilates Class in the Laurel Room  
11:00am Chair Yoga in the Laurel Room

## **Wednesday**

8:30am Water Exercise Class in the Pool  
9:30am Gentle Stretching Class in the Laurel Room

## **Thursday**

8:30am Water Exercise Class in the Pool  
9:30am Arthritis Mobility Class in the Laurel Room  
2:30pm Meditation in the Card Room

## **Friday**

8:30am Water Exercise Class in the Pool  
10:00am Sit and Tone Class in the Laurel Room

## **Saturday**

10:00am Cardio & Agility Class in the Laurel Room

All exercise classes are open to all residents, just be there ready to go!