

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, Jocelyn Alfieri and Jamal Fowler 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 Grille Room.

Phone number 203-595-2322.

Email:

Leslie Harrison lharrison@benchmarkquality.com

Jocelyn Alfieri jalfieri@benchmarkquality.com

Jamal Fowler jfowler@benchmarkquality.com

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 occur in the Laurel Room are in purple, Clothing and Accessories Vendors are in light green, Committee meetings are in pink, Lectures and Performances that occur on Zoom and in the Laurel Room simultaneously are in blue. Events that occur ONLY on Zoom are in orange. Extra copies are available at the concierge desk and in the activity room.

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 and 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 room.

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, make reservations or RSVP.

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

Sign-Up Sheets – On the concierge desk is a black binder that contains any sign-up sheets that are required for an event in chronological order.

Bulletin Boards – At the first-floor entrance of the West and East Wing Elevator 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 weekday morning at 8:30 AM we offer a **Water Exercise** class in our pool. Every morning at 9:30 AM (except Sunday) we offer exercise in the Laurel room. Every week we offer Chair Pilates, Arthritis Mobility and General Toning classes. We also offer Tai Chi, Yoga and Meditation. Check the calendar and/or focus for details.

Religious Services – Every Wednesday is Catholic Mass at 11:00 AM in the Laurel Room and every Thursday is Protestant Services at 11:00 AM in the

Card Room. Twice a month Shabbat is held in the Parlor at 2:00 PM on Fridays as noted in the calendar.

Movies – **Current-Run, Classics, Comedies** as well as **Documentaries** 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 2:00 PM. Every other Saturday we show a “Met in HD” Opera. On Mondays at 2:00 PM there is a documentary in the Laurel Room. Check the monthly calendar or focus for upcoming showings.

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 4:00pm for the Happy Hour Cocktail party. Check the calendar because we have special music performances and singing or dramatic performances during the week and on Saturdays during every month. 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 afternoons 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. On Tuesday afternoon at 1:00pm and again on Wednesday at 12:00pm we show a “Great Courses” class. Check the monthly calendar and/or focus for upcoming events. These are usually in blue or orange 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 their products - clothing, accessories, beauty products, and more. Check the calendar for the updates. They are usually highlighted in light green on the calendar. Most of them accept cash, check or credit card and you pay them directly. We also have a seamstress and a jeweler who visit the community who will alter and repair items for a reasonable fee.

Trips – Every Tuesday at 11:15 AM the bus takes residents to the Local Food Store to shop. We have bus trips to the local churches on Sundays. In the summer we have weekly trips to Greenwich Beach – Tod's Point for lunch on Fridays. We visit local museums, vineyards, gardens and take an annual boat

trip to the Thimble Islands. We also offer transportation to the Greenwich and Stamford Symphonies during the season, and several local live theatres during the performance calendar year. We have bus tours of Greenwich given by residents who have lived in the area for a long time and have interesting stories to tell about certain locations. At Christmas we have a nighttime tour of the local holiday lights.

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, Mardi Gras and St. Patrick’s Day to name a few. You will receive an invitation in your internal mailbox. Everyone is welcome although reservations are required for dinner. This is a great chance to get out and meet your new neighbors. Every other month we have a Block Party which is by invitation only. It is an opportunity for old and new residents to mingle in a smaller environment. We also have New Resident Luncheons which again are opportunities for all residents to mingle in a smaller environment. You will receive an invitation to all these events in your internal mailbox.

Games – Every Monday afternoon, the card room is reserved for card games. Groups of residents get together to play their own games starting at 1:00. Every Wednesday afternoon there is an Advanced 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. On Tuesday afternoons we have our Hearts Club in the Card Room. Every Thursday night at 7:00 PM there is a Poker Game open to all players in the card room. We also have many board games available for use. Once a month we have a Brain Games program for those Trivia buffs who cannot get enough of Jeopardy. In addition, on Thursdays 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 Committees’ schedule of meetings (Health, 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 9:45 AM 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 – 12:00 PM, 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 in cash.

Classes – We have a Mixed Media Art class on Tuesdays at 2:00 PM (Twice a month). Sign-ups are required for these popular classes. We also have a fully stocked Art supply cabinet that is available to residents any time the activities room is open if you want to work independently.

Luncheons – We have a New Resident Lunch 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 Lunch 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 on the concierge desk or RSVP directly with Activities.

Reading: We have a Non-fiction Book club that meets every other month. If you are interested in attending this club, please contact Ms. Irene Fischl at 203-966-5111. Every other week, we have a Short Story Class on Mondays at 2:30 PM or 4:00 PM given by moderator Carroll Stenson. Photocopies of the stories are handed out at each session, and all are welcome. There is a Bible Study group headed by local clergyman that all are welcome to attend. This is an eight-week program that starts in September, and all are welcome. Every month we have a Great Decisions Program, moderated by our former Ambassador Mr. Tom Niles that meets in the Laurel room. A copy of the reading material for this program is available in the activities room and is handed out at the meetings. All are welcome.

Massage: Athena Coroneos gives scheduled massages on Mondays in our massage suit 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) 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 closing 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 a 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 – Research and reports on current happenings in the State legislature, help with 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 Edgehill house organ.

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 served 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

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

Tuesday

8:30 AM Water Exercise Class in the pool
9:30 AM Chair Pilates Class in the Laurel Room

Wednesday

8:30 AM Water Exercise Class in the Pool
9:30 AM Gentle Stretch Class in the Laurel Room

Thursday

8:30 AM Water Exercise Class in the Pool
9:30 AM Arthritis Mobility Class in the Laurel Room

Friday

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

Saturday

9:30 AM Sit & Tone Class in the Laurel Room

During the month we also offer: Tai Chi, Yoga, and Meditation. Check the calendar or ask the concierge for those days and times.

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