

## Upcoming Darien Senior Programs: Healthy Cooking, Irish Step Dancing, Saving on Medications, Utilities

**Author :** David Gurliacci

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Here are Darien Senior Center's upcoming senior program events:

### **RVNA: Cooking then and now**

#### **Monday March 6 — 11:00 am Darien Senior Programs 203-656-7490**

Doreen Frey of RVNA's diet and nutrition division will be coming to give a presentation on "Then and Now Cooking." Doreen will explore healthy lifestyle nutritional meals. Please bring in a favorite healthy meal recipe to share.

### **Serendipity Chorale**

#### **Wednesday March 8 — 12:30 Darien Senior Programs 203-656-7490**

The Serendipity Chorale was formed in 1976 by [Gigi Van Dyke](#) and has performed with civil rights activist and folk legend [Pete Seeger](#), pop singer [Andy Williams](#), opera singer [Betty Jones](#), and the Norwalk Symphony, among others. In 2000, the Chorale was honored by then Governor [Jodi Rell](#) as a "Connecticut Treasure." The Serendipity Chorale is a volunteer singing group whose membership comprises of singers

hailing from all throughout Fairfield County. The choir performs at many venues.

### **Public Utilities Regulatory Authority**

#### **Friday March 10 12:30 Darien Senior Programs 203-656-7490**

Did you know that customers of Eversource and United Illuminating can choose their electric supplier? Staff from PURA will be here to explain the process and provide information about licensed electric suppliers, how you may reduce your monthly electric bill by switching suppliers and whether choosing a supplier is right for you. Bring a recent copy of your electric bill and speak with one of the PURA's representatives after the program.

### **Walgreens Pharmacy: Cost Saving Medication**

#### **Wednesday March 15 12:30 Darien Senior Programs 203-656-7490**

On average, people over age 65 take 14-18 prescription medications a year according to Medicare.gov. Multiple medications are challenging to manage, and rising medication costs put significant financial pressure on seniors. Drug costs have been increasing steadily over the years and every dollar counts, especially for older adults. Brian from Walgreens Pharmacy will be here to present ways to reduce costs and some tips to help save money on prescription drugs.

### **St. Patrick's Day Celebration & Irish Dancers**

#### **Thursday March 16 Lunch at Noon, Program @ 12:30 Darien Senior Programs 203-656-7490**

With St. Patrick's Day just around the corner the students of Lynn Academy will be here to share in the art of Irish Step Dancing! These talented dancers have achieved numerous first place New England Regional placements as well as top placements at the North American Championships in Irish Step Dancing. Please come and celebrate St. Patrick's Day, and welcome Lynn Academy on their first visit to the Darien Senior Programs. Please be sure to sign up!