

### January 2025/Volume 24/Issue 1

## The Greens at Greenwich News and Views

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# Programming: Connecting Mind, Body & Soul















### Introducing Muse Squad!



We are excited to announce the launch of our new partnership with Muse Squad: a creative writing program designed to inspire and engage residents in the art of storytelling and selfexpression!

Creative writing offers a unique opportunity for individuals to articulate their thoughts, emotions, and memories in a supportive and fun environment. This creative writing program provides residents with a unique platform to explore their creativity and imagination, reflect on personal experiences and share life stories, and build connections with each other through shared narratives.

Our new partnership with Muse Squad includes weekly classes led by experienced facilitator and Muse Squad founder, Brittney Richardson. After earning her MFA from Sarah Lawrence College, Brittney founded Muse Squad out of her love for writing and wanting to help others foster a passion for storytelling and self-expressing. She has written numerous book reviews, is a newspaper contributor, and is working on several other endeavors, which include Volume III of the Muse Squad Handbook, a compilation of musical courses, multiple

independent workshops, and a series of narrative fiction. Brittney's areas of special interest and expertise include lyrical fiction, nuanced prose, evocative imagery, lifelike characters, emotionally resonant metaphor, compelling storytelling, vivid world-building, and voice-driven narratives.

Each class highlights a prominent quote by a famous author, focuses on specific literary excerpts from beloved texts, and offers opportunities for group discussion, blackboard brainstorming, and focused journaling. Residents' individual and collective stories are being recorded in preparation for an exciting final reading, which will showcase their talents and allow others to celebrate the group's achievements and creative ideas!

"Attending this class makes me feel like I'm in college again; it's wonderful," shared one resident. Another resident remarked, "it's interesting and different from anything else I've done before." We couldn't be happier to learn each other's stories in new ways, tap into our childlike sense of wonder, and continue to help each other grow in the process.



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### **Activities and Events**

Last month we hosted Dance Works, a local dance studio in Harrison, NY, for a beautiful holiday recital. We can't wait to have them back!



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