

SilverSource, Inc.
2009 Summer Street, Stamford, CT 06905

Stamford Senior Center
888 Washington Blvd, Stamford, CT 06901

FOR IMMEDIATE RELEASE

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SPEED DATING EVENT FOR 70-90 YEAR-OLDS ON MARCH 11

Presented by SilverSource Inc., and the Stamford Senior Center

STAMFORD, CT (February 24, 2016) Dating isn't just for the young, and the Stamford Senior Center and SilverSource, Inc. are out to prove it—they're holding a speed dating event on March 11 to give seniors who are looking for companionship a chance to meet and mingle. The event will be held at The Waters Edge at Giovanni's, located at 2748 Boston Post Rd in Darien, CT from 2pm–4pm. Tony Savino, of 1490-WGCH, will be the host, guiding participants through the process of switching seats to meet people and make connections. The event is for those aged 70-90, and currently there are more women than men signed up, so gentlemen who yearn for companionship or are looking for a fun afternoon are encouraged to sign up. To register online visit www.stamfordseniorct.org or in person at the Stamford Senior Center, 888 Washington Blvd., Stamford, CT. There is a \$10 registration fee, and refreshments and pastries will be served. For more information, call [203-977-5151](tel:203-977-5151).

“Single older adults especially value companionship,” said Kathleen Bordelon, Executive Director of Silversource, Inc. “The speed dating concept works well for them because they know what makes them happy, and what questions to ask. In just a few minutes they can detect potential for a connection.”

How does speed dating work? Like the name suggests, it's a quick form of socializing, designed for meeting many people in a short amount of time. It is an organized process where participants are placed into pairs and partners are rotated every 5 minutes. Each pair sits together, getting to know one another, and when time is up, a bell is rung, indicating the 'date' is over and it is time to switch seats to meet the next person. After everyone has met, participants write a list of who they would like to see again. If two participants have written each other's names, the event organizer forwards contact information to both people so they can continue their conversation and see where it leads.

“Speed dating makes meeting people quick and easy. Participants don't feel pressure, and won't be 'stuck' on a bad date, because each date only lasts a few minutes,” said Christina Crain, Executive Director of the Stamford Senior Center. “Plus it's exciting, what's more thrilling than meeting 15 people in about an hour? As long as we're breathing, we have a lot of living to do.”

The speed dating event complements last week's screening of the film, The Age of Love, which documents a senior speed dating event conducted in Rochester, NY. Held at the Stamford Senior Center, the house was packed with seniors who genuinely enjoyed the film.

About SilverSource, Inc.

SilverSource, formerly known as Senior Services of Stamford, was founded in 1908. It is an independent, nonprofit organization that provides information, financial support, and other services that positively improve the quality of life for people over age 60 while serving as an Information resource center and referral source on aging. SilverSource, Inc., is a 501(c) 3, is located at 2009 Summer Street in Stamford, CT 06905. For more information visit www.silversource.org or call 203.324.6584.

About the Stamford Senior Center

The Stamford Senior Center, established in 1996 is a 501(c)3 not-for-profit organization whose mission is to assist older adults to remain active, healthy and connected to the community. The Center provides a wide range of exercise classes, health and wellness programs, intellectual challenges, recreational programs and information & assistance in a welcoming environment. Membership is open to those age 50 and older. For more information, please visit www.stamfordseniorct.org or call (203) 977-5151 or visit us at 888 Washington Boulevard, 2nd Floor in Stamford, CT.

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