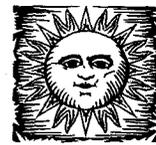




Weston Senior Activities Update



Volume 8, Issue 7

June-July 2009

"Summer afternoon—summer afternoon; to me those have always always been the two most beautiful words in the English language." -Henry James

GUIDE TO TOWN SENIOR SERVICES

SENIOR ACTIVITIES CENTER

222-2608

At Hurlbutt Elementary—Jen Ockenden Ruddy & Krista Hayward

Mon, Tues. & Thurs. from 10:00 am—2:30 pm

(closed during the month of August)

SOCIAL SERVICES

222-2663

(including Meals on Wheels) - Charlene Chiang-Hillman & Suzanne Friedman

DIAL-A-RIDE

9 am—3 pm Monday—Friday

222-2576

Available for Weston residents for medical appointments, shopping, senior center events.

Please call 24 hours ahead.

PLEASE be sure to call as far ahead as possible to schedule your ride to and from the Senior Activity Center and the Wednesday Lunches!!

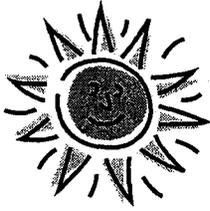
Take advantage of this fabulous FREE service provided by the Town of Weston.

✂
**CLIP IT &
POST IT!!**
✂

Weston Senior Activities
P.O. Box 1007
56 Norfield Road
Weston, CT 06883

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JUNE 2009 — Weston Senior Activities Center

MON	Tue	Wed	Thu	Fri
<p>1 10:00 Knitting,, quilting, Wii bowling & coffee! 11:00 Tai Chi</p> <p style="text-align: right;">*</p> <p>2:30—4:30 Senior Social w/ Weston High School students!*</p>	<p>2 10:00 drop in bead class w/Nancy 11:00 Strength & Fitness 1:00 drop in Poker 1—3 watercolor class w/Eileen</p>	<p>3 10:00 Yoga w/Joy 12:00 End of the Season Cook Out!! BINGO!</p> 	<p>4 10:00 Wii Bowling!! 1:00 Strength & Fitness</p> <p>12:00 Lunch followed by Afternoon at the Movies: "Man of the Year"</p>	<p>5 9:00 Yoga w/Melanie</p>
<p>8 10:00 Knitting,, quilting, Wii bowling & coffee! 11:00 Tai Chi 11:00 am On the road: lunch @Jimmies of Savin Rock!</p> 	<p>9 10:00 drop in bead class w/Nancy 11:00 Strength & Fitness 1:00 drop in Poker 1—3 watercolor class w/Eileen</p>	<p>10 10:00 Yoga w/Joy 12:00 Krista's lunch! presented by Norfield Congregational Church 12:30 Quinn Hayward & the "Acafella's" return!! 1:15 "Children @ Westport Playhouse</p>	<p>11 10:00 Wii Bowling!! 1:00 Strength & Fitness</p> <p>12:00 Lunch followed by Afternoon at the Movies: "Mall Cop"</p>	<p>12 9:00 Yoga w/Melanie</p>
<p>15 10:00 Knitting,, quilting, Wii bowling & coffee! 11:00 Tai Chi **</p>	<p>16 10:00 drop in bead class w/Nancy 11:00 Strength & Fitness 1:00 drop in Poker</p>	<p>17 10:00 Yoga w/Joy NO LUNCHEON due to set-up for Norfield Congregational Church Fair</p>	<p>18 10:00 Wii Bowling!! 1:00 Strength & Fitness</p> <p>12:00 Lunch followed by Afternoon at the Movies: "Pink Panther"</p>	<p>19 9:00 Yoga w/Melanie</p>
<p>22 10:00 Knitting,, quilting, Wii bowling & coffee! 11:00 Tai Chi**</p>	<p>23 10:00 drop in bead class w/Nancy 11:00 Strength & Fitness 1:00 drop in Poker 1—3 watercolor class w/Eileen</p>	<p>24 10:00 Yoga w/Joy 12:00 Join Krista at Sherwood Island—bring your own lunch!</p>	<p>25 Senior Center closed</p>	<p>26 9:00 Yoga w/Melanie</p>
<p>29 10:00 Knitting,, quilting, Wii bowling & coffee!</p> <p>* Senior Social @ Weston High School - Be there!</p>	<p>30 10:00 drop in bead class w/Nancy 11:00 Strength & Fitness 1:00 drop in Poker 1—3 watercolor class w/Eileen</p>	<p>31 10:00 Yoga w/Joy 12:00 Luncheon presented by Jen & friends!</p> 	<p>Bold: Senior Center @ Hurlbutt <i>Italic: Norfield C.C.</i> <u>Underline: Day Trip</u> *to be held at Weston High School **meet on Norfield lawn near Memorial Garden/if rain, no class</p>	<p>Note: June 20th: Norfield Congregational Church Fair</p>

"Yesterday brought the beginning,
Tomorrow brings the end,
But somewhere in the middle we've become best of friends"
-anonymous

**Please join us for lunch on Wednesday, June 10th, 2009
to say good bye to Krista!**

12 noon @ Norfield Congregational Church

Parish Hall

We hope to see you there!



Hours of Operation for the month of JULY 2009

10:00 am—2:30 pm Tuesdays, Wednesdays & Thursdays

Wednesday lunches will be held as follows:

Wednesday, July 1st— lunch @ Norfield Church, Parish Hall

Wednesday, July 8th—annual senior citizen Historical Society picnic

Wednesday, July 15th— please join us at "The Greens at Cannondale"

Danbury Rd., Wilton

Wednesday, July 22nd—our last lunch of the season @ Norfield Church,
Parish Hall

Thursday afternoon at the movies:

Thursday, July 2nd: "Night at the Museum"

Thursday, July 9th: "Pirates of the Caribbean"

Thursday, July 16th: "National Treasure"

Thursday, July 23rd: "Cheaper by the Dozen"

***Please join us on Wednesday, September 16th
for our Opening Lunch of the 2009—2010 season!***

**ON THE ROAD AGAIN!!
DAY TRIPS**

**ON THE SENIOR CENTER BUS*
DEPARTING FROM NORFIELD CHURCH
Please park in the lot immediately to
the right once you enter.*

Jimmie's of Savin Rock Lunch

New Haven, CT

Monday, June 8th

*Depart 11:00-Return around 3:30 or so
We'll travel to Jimmie's of Savin Rock.
Previously a hot dog stand started in
1925 overlooking the waters of Long Is-
land Sound, Jimmie has created a won-
derful, casual atmosphere with fabulous
historical photographs of how they and
the surrounding area have grown in the
last 84 years. Great fun place for lunch!*

Cost: \$23 per person

"CHILDREN"

Westport Country Playhouse

Westport, CT

Wednesday, June 10th

*Depart 1:15-Return around 4:00
Through the generosity of the Playhouse,
we have been invited to see the perform-
ance of their newest production,
"CHILDREN" starring Judith Light.*

Cost: \$5 per ticket

(only 25 tickets available—please call the
Senior Center if interested)

News from the State of Connecticut...

Ombudsman & Resident Advocate Program

The State of CT Long Term Care Ombudsman Program provides information and advocacy services for residents of long term care facilities and their families. They also investigate complaints made by or on behalf of residents with respect to resident's rights, quality of life, and quality of care.

For more information contact:

LONG TERM CARE OMBUDSMAN PROGRAM

State of CT—Dept. of Social Services

2a49 Thomaston Ave, Waterbury, CT 06702

(203)597-4181 or

TOLL FREE: 1-866-388-1888

Volunteers Needed!!

The Norfield Country Fair is Coming!

June 20th 9-4:30

The Weston Senior Activities Center is excited to have a table again at this years fair where we'll be selling many handcrafted items made by our own seniors!!

Handmade beaded jewelry, hand-knit baby items, handmade quilts, fun fur scarves, beaded & fun fur flip flops and more!!!

We are looking for volunteers to work at the table for two-hour shifts between 8am and 4pm. Please see Jen or Krista if you're interested!!



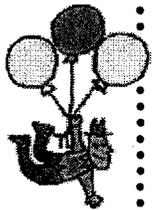
And if you can 't volunteer, please make sure to stop by and say hello!

Please remember:

No one is ever turned away from any program or trip sponsored by the Weston Senior Center due to financial need. Please see Jen or Krista for more information. All inquiries are confidential.

**Happy Birthday
to you...**

- June 5 Fran Hill's 55th Anniversary!
- June 10 Whilamena Kramer
- June 13 Mary & Joe DiRollo Anniversary
- June 20 Jim Powers
- June 21 Don Snow
- June 22 Mary Coleman
- June 26 Gordon Greene
- July 8 Andree Askinzki
- July 16 Victor Burtsche
- June 22 Ying Ming Chiang
- July 27 Rod Coleman
- July 31 Doris Hall
- August 1 Tina Fowler
- August 8 Kelly Irish
- August 10 Fran Hines
- August 21 Joe Spetly
- August 25 Vicki Miller



Watercolor Class w/Eileen!!

**Tuesdays, June 2, 9, 23 & 30
from 1-3pm**

Weston Senior Activities Center

Join our resident artist, Eileen Grace, as she teaches the basics of watercolor.

Instruction will benefit
all skill levels!

Paint at your own pace as you discover
your inner artist!

\$15 covers materials and instruction



Library On Wheels

Dedicated Senior Center volunteer Eleanor O'Connell asks everyone to consider donating new and current fiction so we can keep our books circulating & fresh! We are also please to announce our expanding collection of books on tape. The Weston Library has generously donated more to our library and we are grateful. Bring books and/or tapes to Norfield Parish Hall on any Wednesday or drop them at the Senior Center.

Call 222-2608 for more information.

Please wish Eleanor much joy & happiness as she heads to her new home in MA shortly. We will miss her and always remember her as a dear friend.

Drop-In Activities

Wii Bowling, Quilting, Knitting, Coffee & More!

Monday from 10-12

Beads, Beads & Beads!

Tuesday from 10-12

Poker Play

Tuesday from 1-3pm

Wii Bowling

Thursday from 10-12

NO EXPERIENCE REQUIRED!!!

Scrabble ♦ Puzzles ♦ Billiards ♦ Darts

Senior Fitness Classes continue...

Beginner Tai Chi w/Helen

At the Norfield Parish Hall

Mondays at 11:00am

Strength & Fitness

Training w/certified instructor

Sandy Adamczyk

Tuesdays & Thursdays at 11 am

YOGA w/Joy at the Senior Center—Hurlbutt

Wednesdays at 10 am

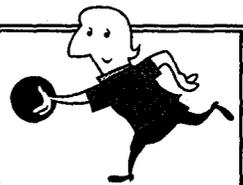
YOGA w/Melanie

Fridays at 9am in the Norfield Chapel

Cost: \$3.00 per class

WII BOWLING THURSDAY!!

Wii Bowling Practice continues to be held each Thursday morning from 10am – 12pm. Please join us in the fun!! This is an easy, low-impact game which guarantees lots of laughs...hope to see you there!



Sherwood Island Picnic!!

Join Krista on Wednesday, June 24th at Sherwood Island State Park in Westport for a picnic overlooking Long Island Sound. Sunny and 75 has been requested. This is a bring your own lunch and desserts will be provided. Sherwood Island is open to senior citizens at no charge. Please bring a photo id with you.

Thursday Afternoon at the Movies!

Join us Thursday's at 12:30 pm
at our Senior Activities Center!

If you have ideas for movies you'd
like to see, please let us know!
Come early and bring a bag lunch!
Our upcoming movies include:



June 4th: "Man of the Year"

A comedian who hosts a news satire program decides to run for president and a computer glitch gets him elected! Robin Williams runs with this delightful comedy! !! 2006-115 min PG13

June 11th: "Mall Cop"

Kevin James stars as Burt Blout who takes his job as a security guard at a local mall VERY seriously. In the long run that comes in very handy in this terrific new release comedy!

June 18th: "Pink Panther"

Mystery, intrigue and lots of laughs in this classic comedic mystery.

June 25th: NO MOVIE-WSAC CLOSED

July 2: "The Bourne Identity"

A man is picked up by a fishing boat, bullet-riddled and without memory, then races to elude assassins and recover from amnesia. Non-stop action that will keep you on the edge of your seat!!
2002-119 min PG13

July 9th: No movie

July 16th: "The Jazz Singer"

His story will make you cry...his music will make you sing. His triumph will make you cheer!! Neil Diamond takes this story of a son who must defy his father to follow his dreams. 1980-115 min PG

July 23rd: "Cheaper by the Dozen": Kids, kids and more kids! How one family shares the frustration and joy of being a very large gang!



SUMMER READERS!!

Book Group Continues With

BRIDESHEAD REVISITED

By Evelyn Waugh

Join Westonite Terry Hulley as she brings lively discussion and her amazing book group experience to the Weston Senior Center.

Thursday, September 24th 10am-12pm
Copies available at the Senior Center
after June 15th

We're delighted to follow the discussion with lunch and the movie!!

Call the center to register 222-2608
\$2. for lunch donation



The Friends of the
Weston Public Library Present
Authors in the Evening

In the Community Room of the
Weston Library
At 7:30pm

Wednesday, June 3rd at 7:30pm

To hear Penny Pearlman discuss her book

Pretty Smart
Lessons from our Miss Americas

In this intriguing, inspiring presentation, Penny Pearlman will share the insights of twenty-two former Miss Americas including Lee Meriwether, Mary Ann Mobley, Phyllis George & Gretchen Carlson who turn out to be not just pretty, but pretty smart.