

# Weston Senior Activities Update

Volume 8, Issue 5

March 2009

*"The most important thing in life is to learn how to give out love,  
and let it come in."* -Morrie Schwartz

## 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.



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

Presort Standard  
U.S. POSTAGE  
PAID  
Permit No. 2  
WESTPORT, CT 06880

# Happy Birthday to you...



March 5 Tony Ockenden  
(Jen's Dad!)

March 11 Larry Bogush

## Senior Fitness Classes continue...

*Tai Chi w/Helen*  
*At the Norfield Parish Hall*

Mondays at 11:00am  
(beginners welcome!)

*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



### **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.**

## Drop-In Activities

*Wii Bowling, Quilting, Knitting, Coffee & More!*

*Monday from 10- 12*

*Beads, Beads & Beads!*

*Tuesday from 10-12*

*Poker Play-each Tuesday from 1-3pm*

*Wii Bowling*

*Thursday from 10-12*

**NO EXPERIENCE REQUIRED!!!**

**Scrabble ♦ Puzzles ♦ Billiards ♦ Darts**

### **REMINDER**

WHEN WESTON SCHOOLS CLOSE DUE TO SNOW, THE WESTON SENIOR CENTER CANCELS ALL ACTIVITIES- IF THERE IS A DELAYED OPENING, THE CENTER WILL MAKE IT'S DECISION ABOUT OPENING BY 9:30AM. PLEASE CHECK THE SENIOR CENTER MESSAGE AFTER 9:30 AT 222-2608.



## **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.

### *Tutti's Invitati Restaurant*

**Monday, March 9th**

Depart 11:30am-Return around 2:00  
Join us as we travel to Westport and enjoy lunch at this gem of an Italian Restaurant. With fresh ingredients, this husband & wife team prepare and serve an unforgettable family style meal!

**\$18 per person**

This restaurant does not sell wine. You may bring your own if you desire.

### *Bristles & Needles*

*And Lunch at Wild Ginger*

**Monday, March 23rd**

Depart 10:30am-Return around 2:30  
We'll travel to Ridgefield Library where we'll see a display of oil & acrylic paintings by artist Joan Poarch and her daughter, Pam Pfohl, as well as a collection of intricate quilts by their friend, Susan Ober. After, we'll enjoy lunch at Wild Ginger Asian Restaurant  
Cost: Pay your own lunch

Remember, seating is limited. Please sign up at the Senior Center or at Norfield Church during Wed. lunch or by calling 222-2608

YOUR PAYMENT IS YOUR RESERVATION -  
REFUNDS ARE ONLY GIVEN WHEN YOUR SEAT CAN BE SOLD TO SOMEONE ELSE

**Thank you for understanding!!**

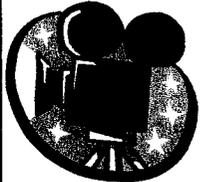
*"Dear friends are never forgotten, they live within your heart."*

Our hearts mourn the loss of Fannie Gilbertie, our dear friend and regular attendee of Wednesday Luncheons. Our thoughts and prayers go out to her family and friends.

## A Day With Dolls

Join us Thursday, March 26th as we share our collections of antique dolls with each other. You are invited to bring in dolls you've collected over the years to this informal event. We will share stories over bagels and coffee.

Thursday, March 26th 10:30am  
Weston Senior Activities Room  
No registration required



## 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:

### March 5th: "Kiss Me Stupid" -

A jealous piano teacher, Orville Spooner, sends his beautiful wife Zelda away for the night while he tries to sell a song to a famous nightclub singer, Dino, who is stranded in town. Delightful comedy with performances by Dean Martin & Kim Novak. 1964—run time 126 minutes

### March 12th: "The Secret Life of Bees"

Lily Owens, a 14-year old growing in up a small Southern town in 1964 is haunted by memories of shooting her mother when she was young. A beautiful story of friendship with Dakota Fanning. 2008—run time 110 minutes Rated PG13

### March 19th: "My Big Fat Greek Wedding"

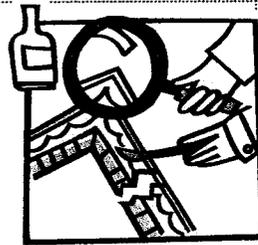
A young Greek woman falls for a non-Greek and struggles to get her family to accept him while she comes to terms with her heritage & cultural identity. You'll laugh out loud at this romantic comedy! 2002—runtime 95 min Rated PG

### March 26th: "Casino Royale"

In his first mission, Bond must stop LeChiffre, a banker to the world's terrorist organization, from winning a high-stakes poker tournament. Action packed like you expect James Bond to be!! 2006—runtime 144 min Rated PG13



## The Art of Collage w/Nancy



Learn to make unique pictures with the collage technique using a variety of colored & patterned papers. No artistic experience needed!

Tuesdays, March 3, 10, 17, 24, 31  
1pm-3pm  
Senior Center Activities Room  
\$20 per person

Sign up at the center or Wednesday Lunch

## Computer Basics 101

What is "google"?  
What is "windows"?  
How do I set up email?



Questions you've asked?  
Join our Computer Basics Class to learn the answers to these and other questions with regards to the basics of using a PC.

Classes meet Mon & Thurs 2:30-3:30  
Weston Senior Center Activity Room

Two 6-week Sessions:  
#1-February 23-April 2-CLOSED  
#2-April 20-May 28 SPACE AVAILABLE  
Cost \$20 per session payable at signup  
Class size limited

This program is being generously sponsored  
by the Weston Education Foundation.

Book Group Continues With

## "The Secret Life of Bees"

By Sue Monk Kidd



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

Thursday, March 12th 10am-12pm  
Copies available at the Senior Center

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

Call the center to register 222-2608

\$2. for lunch



## SAVE THE DATE!!

AARP Safe Driving Program will be offered by the Weston Senior Activities Center on Monday, April 27 and Tuesday, April 28 from 9am—1pm  
In the Activities Room.  
(attendance both days is required)

The program is open to all adults, age 50 and older, and is designed to be a refresher course for experienced drivers. Completion of the course entitles you to a reduction in your car insurance premiums. Registration Required. See Krista or Jen for information.

We are currently seeking people who are interested in a

### Senior Pilates Class

To be held at the Senior Activities Center.  
We're looking to have a class 1 time a week for one hour.  
You will be asked to have your physician's permission and bring along an exercise mat (yoga mats are too thin—see Krista on how to acquire the proper mat)  
Please let Krista or Jen know if you are interested!

## Watercolor Class w/Eileen!!

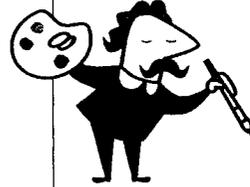
**Tuesdays, April 21, 28  
May 5, 12, 19, 26  
from 10-12am**

**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!



\$20 covers materials and instruction  
Remember your payment is your reservation! Sign up at the Center or Wed lunch!

## Heating Fuel Assistance-Tax Relief

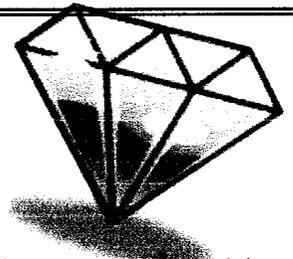
As soon as you have completed your 2008 tax return, call Charlene or Suzanne in Social Services to make your appointment to discuss fuel assistance and tax relief. 222-2663

## Protecting the Family Jewels

Tuesday, April 7th

10am—11:30am

Lunch will follow



Joe Brandt has over 35 years in the jewelry industry and currently is a marketing consultant to retail jewelers. He does not buy or sell jewelry to the public, but he does have a wealth of knowledge about fine jewelry and has offered to share the following information with us:

- Home security measures-General options for selling
- Intelligent estate planning-Insurance guidelines
- What to look for and look out for when buying

Come and learn how to select, protect and dispose of your favorite and valuable (or not so valuable!) jewelry.

PLEASE DO NOT BRING JEWELRY FOR APPRAISAL

THERE IS NO CHARGE FOR THE PROGRAM, BUT PLEASE SIGN UP.

A \$2 DONATION TOWARDS LUNCH IS APPRECIATED.



# March 2009—Weston Senior Activities Center

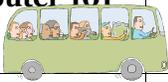
Mon

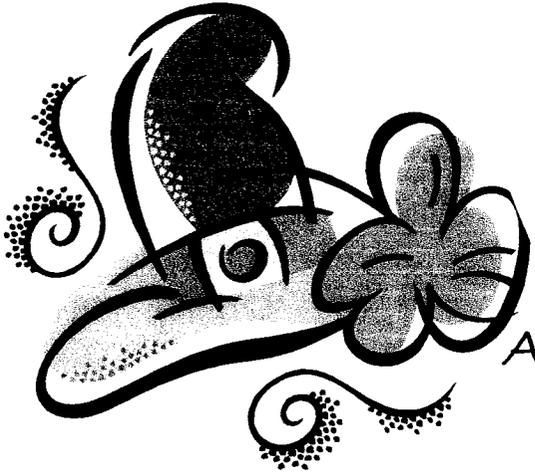
Tue

Wed

Thu

Fri

<p>1 2  <b>10:00 Knitting, quilting ,  Wii bowling &amp; coffee!</b>   <i>11:00 Tai Chi</i>  <b>2:30—3:30 Computer 101*</b></p>	<p>3  <b>10:00 Jewelry making w/Nancy</b>  <i>11:00 Strength &amp; Fitness</i>  <b>1:00 Art of Collage w/Nancy</b>  <b>1:00 drop in Poker</b></p>	<p>4  <b>10:00 Yoga w/Joy</b>  12:00 Luncheon presented by  Norfield C.C.  followed by BINGO!!</p>	<p>5  10:00 Wii Bowling !!  <i>11:00 Strength &amp; Fitness</i>  <b>12:00 Lunch followed by  Afternoon at the Movies:  “Kiss Me Stupid”</b>  <b>2:30—3:30 Computer 101</b></p>	<p>6  9:00  <i>Yoga w/  Melanie</i></p>
<p>8 9  <b>10:00 Knitting,,  quilting, Wii bowling &amp;  coffee!</b>  <i>11:00 Tai Chi</i>  <u>11:30 On the Road: lunch at  Tutti’s in Westport</u>  <b>2:30—3:00 Computer 101</b></p> 	<p>10  <b>10:00 Jewelry making w/Nancy</b>  <i>11:00 Strength &amp; Fitness</i>  <b>1:00 Art of Collage w/Nancy</b>  <b>1:00 drop in Poker</b></p>	<p>11  <b>10:00 Yoga w/Joy</b>  St. Patrick’s Day luncheon presented  by St. Francis of Assisi Church  Entertainment to follow with the  FABULOUS “Serendipity  Chorale”!!!</p> 	<p>12  <b>10:00 Book Group “The  Secret Life of Bees” followed  by lunch</b>  <i>1:00 Strength &amp; Fitness</i>  <b>12:00 Lunch followed by  Afternoon at the Movies:  “The Secret Life of Bees”</b>  <b>2:30-3:30 Computer 101</b></p>	<p>13  9:00  <i>Yoga w/  Melanie</i></p>
<p>15 16  <b>10:00 Knitting,,  quilting, Wii bowling &amp;  coffee!</b>   <i>11:00 Tai Chi</i>  <b>2:30—3:30 Computer 101</b></p>	<p>17  <b>10:00 Jewelry making w/Nancy</b>  <i>11:00 Strength &amp; Fitness</i>  <b>1:00 Art of Collage w/Nancy</b>  <b>1:00 drop in Poker</b></p>	<p>18  <b>10:00 Yoga w/Joy</b>  12:00 Luncheon presented by  Emmanuel Episcopal Church  Entertainment w/”Music from the  Heart”</p>	<p>19  <b>10:00 Wii Bowling!!</b>  11:00 Strength &amp; Fitness  <b>12:00 Lunch followed by  Afternoon at the Movies: “My  Big Fat Greek Wedding”</b>  <b>2:30—3:30 Computer 101</b></p>	<p>20  9:00  <i>Yoga w/  Melanie</i></p>
<p>22 23  <b>10:00 Knitting,, quilting,  Wii bowling &amp; coffee!</b>  <u>10:30 On the Road: “Bristles &amp;  Needles? Exhibit &amp; lunch at  Wild Ginger restaurant</u>  <i>11:00 Tai Chi</i>  <b>2:30—3:30 Comput</b></p> 	<p>24  <b>10:00 Jewelry making w/Nancy</b>  <i>11:00 Strength &amp; Fitness</i>  <b>1:00 Art of Collage w/Nancy</b>  <b>1:00 drop in Poker</b></p>	<p>25  <b>10:00 Yoga w/Joy</b>  12:00 Luncheon presented by  Newcomers &amp; Neighbors Club  Stay for Game Day!!</p>	<p>26  <b>10:00 Wii Bowling!!</b>  <b>10:30 A Day w/Dolls</b>  <i>11:00 Strength &amp; Fitness</i>  <b>12:00 Lunch followed by  Afternoon at the Movies:  “Casino Royale”</b>  <b>2:30—3:30 Computer 101</b></p>	<p>27  9:00  <i>Yoga w/  Melanie</i></p>
<p>29 30  <b>10:00 Knitting,,  quilting, Wii bowling &amp;  coffee!</b>  <i>11:00 Tai Chi</i>  <b>2:30—3:30 Computer 101</b></p>	<p>31  <b>10:00 Jewelry making w/Nancy</b>  <i>11:00 Strength &amp; Fitness</i>  <b>1:00 Art of Collage w/Nancy</b>  <b>1:00 drop in Poker</b></p>	<p><b>Bold: Senior Center @ Hurlbutt</b>   <i>Italic: Norfield C.C.</i>   <u>Underline: Day Trip</u></p>	<p><b>*note: Computer 101 class  filled</b>   <b>Session 2—space available</b></p>	



Be they kinds or poets or farmers,  
They're a people of great worth,  
They keep company with the angels,  
And bring a bit of heaven here to earth!

**YOU'RE INVITED TO  
THE WESTON SENIOR ACTIVITIES CENTER'S**

**ST PATRICK'S DAY LUNCHEON**

**12:00 NOON**

**WEDNESDAY, MARCH 11TH**

**LUNCH GENEROUSLY PRESENTED BY  
ST. FRANCIS CHURCH**

**ENTERTAINMENT BY  
THE SERENDIPITY CHORALE**

**GREEN ATTIRE ENCOURAGED!!**

**MAY THE LUCK OF THE IRISH BE YOURS!**