

Guide to Town Senior Services

**Senior Activities Center**  
Jen Ockenden Ruddy  
222-2608

**Social Services**  
Charlene Chiang-Hillman &  
Suzanne Friedman  
222-2663

**Dial-A-Ride**  
Gordon Green  
(24 Hr Notice Required)  
222-2576

Drop In Activities  
~Mondays 10-12~  
Knitting  
Quilting  
Zumba 11:00  
Scrabble 12:30  
~Tuesdays~  
Beads 10-12  
Walking Club 10-11  
Strength & Fitness 11-12 (N)  
Poker 12:30 -2:30  
~Wednesday~  
Yoga 10-11  
~Thursday~  
Wii Bowling 10-12  
Walking Club 10-11  
Strength & Fitness 11-12 (N)  
Movies 12:30—2:30  
~Friday~  
Yoga w/Melanie 9-10 (N)

Wednesday Lunch at  
Norfield at noon

Stop by the Center at  
9 School Road, have a  
cup of coffee and visit  
our gift shop!

-Copies made 10¢  
-Shredder and paper cutter  
available ~ free!  
-Free Book, VCR and DVD  
library

**(N=Norfield Church)**  
**Center Hours: M, T & Th 10-2**

**WESTON SENIOR  
ACTIVITIES  
CENTER**

July & August 2011



I scream, you scream,  
we all scream for ice cream!!!

I hope everyone is enjoying the final arrival of summer! I know that I am. We had a wonderful visit to Mohonk Mountain House in New Palz recently. Perfect weather the entire day! We are planning some special luncheons this summer. Details to follow! Don't forget to mark your calendar for lunch on July 13th. It's the annual picnic for seniors presented by the Historical Society. This delicious meal will be held at the Coley House. I hope to see you all there.

Our exercise classes will continue over the summer as will our regular programs. Check the calendar to confirm dates and times. Well, it's time to head out into this awesome sun filled day. And don't forget—as always, we'll see you at the Center!

*Jen*

Note: you can go the town's web site to check the status of programs. The address is [www.westonct.gov](http://www.westonct.gov) and from there look under Adult Programs/Senior Services.

IN MEMORY OF \_\_\_\_\_  
IN HONOR OF \_\_\_\_\_  
Send Memorial or Honor Card to:  
Name: \_\_\_\_\_  
Street: \_\_\_\_\_  
9  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Amount of Donation: \$ \_\_\_\_\_  
My Check is Enclosed made out to  
Weston Senior Center

The Weston Senior Center would like to help you honor and remember loved ones with our **Always With Us** program. Donations allow us to develop new opportunities at our Center, provide for needy seniors in Weston, and subsidize programs. With a (tax deductible) donation of your choosing we will send a Memorial or Honor Card to the recipient of your choice. You may also choose to celebrate birthdays, anniversaries or special occasions. We will acknowledge your donation in our newsletter. Thank you for your support!

To reprint this newsletter or to get updates on Senior Center activities, go to [www.westonct.gov](http://www.westonct.gov), click on **Youth and Adult Programs** and then click on **Senior Center**. From the displayed list, select either **Updates** or **Newsletter**.

### Wednesday Lunch

July 6th: Lunch @ Norfield: foot long subs, salads and BINGO!

July 13th: Historical Society Picnic @Coley House

July 20th: lunch @ Norfield

July 25th—29th: Senior Center closed

August 3rd: lunch @ Norfield—BINGO

August 10th—13th: Senior Center Closed

August 17th: lunch @ Norfield

August 24th: lunch @ Norfield

August 31: lunch @ Norfield



### **Medicare Consultation with Meta continues:**

July 11, 18, & August 1, 15  
Times available are 12pm, 12:30pm,  
1:00pm & 1:30pm

Please call 222-2608 to schedule an appointment



## **Join our book club! Rescheduled: Thursday, September 22nd @10am**

The book will be “**Water for Elephants**” by Sara Gruen which is about an impetuous veterinary student during the Depression who runs away and joins the circus....and falls in love.

The book discussion will be followed by lunch and the movie of the novel.

We will have copies of the book to lend, please call 203-222-2608 to reserve a copy.

## **Thursday Afternoon At the Movies!**

*Join us Thursdays at 12:30 pm at the Senior Activities Center at Hurlbutt for an afternoon of movie fun! Popcorn is included!*

*July is YOU pick a movie! If you have a specific movie you would like to see, please let jen know. We will try to get thru Netflix or the library. Give us time to look for it so let me know the name as soon as possible.*



Do you ZUMBA anyone?

Do you like Latin Dancing?

Do you need to exercise more?

Come try it out  
with Sandy Adamczyk

Mondays at 11:15 am  
at the Center

All are welcome ~ bring a friend!!  
Cost: \$3

The Weston Senior Center

## Walking Club

is back up and going!

**Tuesdays & Thursdays  
From 10-11 am**

**Meet at the Center, or at  
the HS track and then  
come back to the Center  
For coffee after!**

**This is a free activity**



Tennis Anyone?

## SENIOR TENNIS WORKSHOPS

with tennis professional Glen Englander

Sunday afternoons at the Weston HS Courts

### Session I

**July 10, 17, 24, 31**

**All classes will run from 5:30—  
6:30pm**

### Session II

**August 21, 28, Sept. 11, 18, 25,  
Oct. 2nd**

**5:30—6:30 pm**

**Fee: \$72 per 6 week session  
Please call Glen directly  
if interested  
@203-736-7272**

~Strength & Fitness with Sandy~  
Tuesdays & Thursdays @ 11 am  
\$3/class (Norfield Parish Hall)

~Yoga with Joy ~  
Wednesdays @ 10 am  
\$3/class (Weston Senior Activities Center)

~ Wii Bowling with Anne ~  
Thursdays @ 10 am  
Free (Weston Senior Activities Center)

~ Yoga with Melanie ~  
Fridays @ 9 am  
\$3/class (Norfield Chapel)

These are drop-in classes- for first-time attendees please come a few minutes early to introduce yourself to the instructor

Weston Senior Activities  
P.O. Box 1007  
56 Norfield Road  
Weston, CT 06883  
203-222-2608  
www.westonct.gov/

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WESTPORT, CT 06880

**Directions to the Weston Senior Activities Center**

We are located in the Hurlbutt Elementary School South House building at 9 School Road, Weston, CT. Once you pull into School Road from Rte 57 we are located in the first parking lot on your right.

**GUIDE TO TOWN SERVICES**

Tom Landry.....203-222-2677  
Town Administrator

Judy Devito.....203-222-2656  
Selectman’s Secretary

Charlene Chiang-Hillman.....203-222-2663  
Director, Social Services/Municipal Agent for the Elderly

Suzanne Friedman.....203-222-2556  
Administrative Assistant, Social Services

Jennifer Ockenden Ruddy.....203-222-2608  
Director, Senior Center

Charity Nichols.....203-222-2697  
Tax Collector

Donna Anastasia.....203-222-2616  
Town Clerk

Ellen Jones.....203-222-2617  
Assistant Town Clerk

Mark Harper.....203-222-2642  
Animal Control



***Commission on Aging  
Members:***

Helen de Keijzer, Chair  
Terry Hulley  
Peggy Anderson  
Bruce Lorentzen  
Nancy Hammerslough  
Nina Daniels  
Susan Moore

For more information on the  
Commission on Aging please  
go to the town’s website