Weston Senior Activities Update

Volume 7, Issue 8 May 2008

"Just living is not enough. One must have sunshine, freedom and a little flower."
-Hans Christian Andersen

CLIP IT & POST IT!!

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)

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SOCIAL SERVICES 222-2663

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

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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

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ThursdayAfternoon 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:

May 1st: "Algiers"
With Charles Boyer and Hedy Lamarr, follow master criminal Pepe le Moko through the Casbah, adventuring in love & betrayal. Some compare it to Casablanca...come see for yourself!!
1938—run time 96 minutes

May 8th: "Kite Runner"
After spending years in California, Amir returns to his homeland in Afghanistan to help his old friend Hassan, whose son is in trouble. A true tale of friendship and the lesson that you can be good again.
2007—run time 128 minutes Rated PG-13

May 15th: no movie this week
Weston Senior Center Closed Today

May 22nd: "Believe in Me"
In a conservative small town, a young man's wish to coach high school basketball are tweaked by a school board decision that makes him the new coach of the girls' team.2006—run time 131 minutes Rated PG

May 29th: "Hopscotch"
A CIA agent tired of his incompetent colleagues retires and dares them to stop him from publishing an embarrassing book of memoirs. Delightful and hilarious performance by Walter Matthau1980—run time 104 minutes Rated PG-13

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 will be kept confidential.

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.

Ikea!!
Lunch at Jimmie's of Savin Rock In New Haven
Friday, May 9th
Depart 9:00am-Return around 3:00
Join us as we head up to New Haven to Ikea's Marketplace...who knew shopping could be so fun?? Followed by a delicious lunch overlooking Long Island Sound
$20.00 per person
Pay your own shopping

The Bruce Museum
Lunch at the Clam Shell in Stamford
Thursday, May 22nd
Depart 9:00-Return around 3:00
Hop aboard as we head to Greenwich to view some of the extraordinary Old Masters paintings from the lost collection of Jacques Goudstikker's.
Cost: $25.00/person includes a 1-hr tour and lunch to follow

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!!

MAY 2008 - *Weston Senior Activities Center*

Mon	Tue	Wed	Thu	Fri
BOLD—Senior Ctr. At Hurlbutt *Italic—Norfield Church*			*1* *11:00 Strength & Fitness* **12:30 Afternoon at the Movies: "Algiers"**	*2* *9:00 Yoga w/ Melanie*
5 **9:15 Monthly Commission on Aging meeting** **10:00 Knitting, Quilting and more!** *11:00 Tai Chi*	*6* **10:00 Beading w/Nancy** *11:00 Strength & Fitness* **1:00 Poker!** **1:00 Watercolor Class w/ Eileen**	*7* *10:00 Yoga w/Joy* *12:00 LUAU presented by Norfield Church* *12:40 John Banker with calypso sounds and music from the islands!!!*	*8* *11:00 Strength & Fitness* **10:00 Book group meets to discuss "Kite Runner"** **12:30 Afternoon at the Movies: "Kite Runner"** ****movie follows book group**	*9* *9:00 Yoga w/ Melanie* ***9:00 am trip to IKEA and lunch at Jimmie's of Savin Rock***
12 **10:00 Knitting, Quilting and more!** *11:00 Tai Chi*	*13* **10:00 Beading w/Nancy** *11:00 Strength & Fitness* **1:00 Poker!** **1:00 Watercolor class w/Eileen**	*14* *10:00 Yoga w/Joy* *12:00 Luncheon presented by Emmanuel Church* *12:30 BINGO*	*15* *11:00 Strength & Fitness* ***SENIOR CENTER CLOSED*** **Note: no movie today**	*16* *9:00 Yoga w/ Melanie*
19 **10:00 Knitting, Quilting and more!** *11:00 Tai Chi*	*20* **10:00 Beading w/Nancy** *11:00 Strength & Fitness* **1:00 pm Poker!**	*21* *10:00 Yoga w/Joy* *12:00 Luncheon presented by Newcomers Club*	*22* *11:00 Strength & Fitness* ***9:00 trip to the Bruce Museum w/lunch at the Clam Shell in Stamford*** **12:30 Afternoon at the Movies: "Believe in Me"**	*23* *9:00 Yoga w/ Melanie*
26 **10:00 Knitting, Quilting and more!** *11:00 Tai Chi*	*27* **10:00 Beading w/Nancy** *11:00 Strength & Fitness* **1:00 pm Poker!**	*28* *10:00 Yoga w/Joy* *12:00 luncheon presented by Weston Woman's League* *12:40 Serendipity Chorale returns!*	**29** *11:00 Strength & Fitness* **12:30 Afternoon at the Movies: "Hopscotch"**	**30** *9:00 Yoga w/ Melanie*

"Oh we're going to a huki lau,
A huki, huki, huki, huki, huki—lau
Everybody loves a hukilau,
Where the laulau is the kaukau at the luau"

The Weston Senior Center invites you

to join us on

Wednesday, May 7th

At noon for our

4th Annual Hawaiian Luau!!

Luncheon presented by the

Norfield Congregational Church

After lunch enjoy the calypso sounds of the islands as John Banker entertains us with his fabulous assortment of instruments!!

ALOHA!!!!

P.S. grass skirts optional!!

Senior Fitness Classes continue...

Tai Chi w/Helen
Mondays at 11:00am
(beginners please come 15 minutes early for instructions)

Strength & Fitness
Training w/certified instructor Sandy Adamcyzk
Tuesdays & Thursdays at 11 am

YOGA w/Joy
Wednesdays at a10 am

YOGA w/Melanie
Fridays at 9am

Note: All classes are held at the Norfield Church
64 Norfield Rd.
Cost: $3.00 per class

IMPORTANT REMINDERS

CHECK YOUR PRESSURE!
Blood Pressure Clinics are on the first Wednesday of the month from 11:15am-noon at the Norfield Church Parish Hall.
Our thanks to Beth Lowe from the Weston Volunteer EMS and Lauren Pace, RN from the Westport/Weston Health District for providing this valuable service.

Happy Birthday to you...

May 2nd Jen Ruddy
May 4th Carolyn Scribner
May 12th Vic Konefsky
May 13th John Marozik
May 19th Marge Ferris
May 20th Jo Ottomano
May 27th Beverly Bogush
May 28th Graciela Ramos
May 29th Lou Hazen
May 30th Linda Berquist
May 31st Audrey Burtsche

Thank you for all the recent donations to our "Library on Wheels" each week at our Wednesday lunch!

Our wonderful Librarian, Eleanor O'Connell continues to sort and organize them for us.

Remember, you are always welcome to borrow, then return when you're done! No late fees!!

This month's special: Gardening Books
Get ready for spring and donate a gardening book from your collection and help yourself to one that someone else has brought in!

Please continue to drop off new/current fiction at the Norfield Church coat closet, labeled "Senior Center Library" or bring them to the Senior Center at Hurlbutt Elementary
Thanks!

Bead Class with Nancy continues!

Join Nancy McCormick every Tuesday from 10:00 am—noon in the Drop-In Room at the Center.

The class has been creating beautiful jewelry and promises to do much more!
They will also be making jewelry to be sold at the Senior Activities Center, the Norfield Church Fair and at our Holiday Craft Boutique!
No registration!
Just drop in—$2 per class or bring your own beads!

Poker Tuesdays!!

Stop in the Center around 1pm on Tuesdays as we brush up on our Poker skills & enjoy each others company! Come a little earlier and enjoy your lunch before the games begin!

Norwalk Community College
Presents

Lumina String Quartet
"The Tatjana Mercun Memorial Concert"

Featuring the compositions of
Beethoven, Shostakovich and Mozart.

Sunday, June 8, 2008
3:00 pm—5:00 pm
The Pepsico Theater at Norwalk Community College

Complimentary tickets are available!
See Meta Schroeter

Our Book Group Continues!!

Thanks to Westonite Terry Hully, who has been running a book group for over 10 years in town. Terry serves on the Commission on Aging, League of Women Voters and worked at Random House.

The Book Group will meet on
Thursday, May 8th
At 10am at the Senior Center
We're delighted to follow the discussion with lunch & the movie!!

The book being discussed is
NY Times Bestseller
"THE KITE RUNNER"
By Khaled Hosseini

Come prepared for lively conversation!

Several copies are available at the Senior Center—see Jen or Krista.
Call the Center to register at 222-2608
$2.00 charge for lunch

Westport Weston Health District and the American Academy of Dermatology are offering

Free Skin Cancer Screening
Sunday, May 4th
9:00 am—10:00 am

Open to individuals who have not been previously screened. No appointments necessary. All participants at the Health District by 10:00am will be screened.

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Westport Weston Health District and the American Stroke Association are offering

Free Stroke Screening
Saturday, May 17th
9:00 am—1:00 pm

Come learn if you are at risk, what you can do to help prevent a stroke and what the signs are.
No appointment necessary.

Both screenings are being held at the
Westport Weston Health District
180 Bayberry Lane
Westport
call 227-9571 for more information

Dance, Dance, Dance!

Tea and Social Ballroom Dancing

Are you interested in spending an afternoon learning ballroom dancing and other social dances? Classes are being formed at the Unitarian Church in Westport for one afternoon a week. This will be a drop in class where you can dance, learn, socialize & enjoy light refreshments!! Please call Deborah Quinn balat 345-8517 for more information!!

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

Our hearts mourn the loss of Pat Hendel, our dear friend and constant companion at the senior center. Our thoughts and prayers go out to her family and friends.