

Weston Senior Activities Update

Volume 8, Issue 6

April-May 2009

"Long, stormy spring-time, wet contentious April, winter chilling the lap of very May; but at length the season of summer does come." -Thomas Carlyle

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

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

S	Mon	Tue	Wed	Thu	Fri	S
	<p>2</p> <p>11:00 Tai Chi</p> <p>10:00 Quilting, Knitting, coffee, Wii bowling & more!</p>	<p>3</p> <p>11:00 Strength & Fitness</p> <p>10:00 Beading/jewelry making w/Nancy</p> <p>1:00 Poker</p>	<p>1</p> <p>10:00 Yoga w/Joy—Sr. Ctr. @ Hurlbutt</p> <p>12:00 MEXICAAN Luncheon presented by Norfield C.C</p> <p>Mariachi singers will stroll during the meal!</p>	<p>2</p> <p>10:30 Wii practice and games!</p> <p>11:00 Strength & Fitness</p> <p>12:00 Afternoon at the Movie: "Best in Show"</p>	<p>3</p> <p>9:00 Yoga w/ Melanie</p>	
	<p>5</p> <p>6</p> <p>11:00 Tai Chi</p> <p>10:00 Quilting, Knitting, coffee, Wii bowling & more!</p>	<p>7</p> <p>10am "Protecting the Family Jewels"</p> <p>Lunch will follow</p> <p>11:00 Strength & Fitness</p> <p>10:00 Beading/jewelry making w/Nancy</p>	<p>8</p> <p>10:00 Yoga w/Joy—Sr. Ctr. @Hurlbutt</p> <p>11;15 What is SWCAA?</p> <p>12:00 luncheon presented by St. Francis Entertainment to follow</p> <p>With the fabulous Serendipity Chorale!</p>	<p>9</p> <p>10:30 Wii practice and games!</p> <p>11:00 Strength & Fitness</p> <p>NO MOVIE</p>	<p>10</p> <p>9:00 Yoga w/ Melanie</p>	
	<p>13</p> <p>Senior Center Closed</p>	<p>14</p> <p>Senior Center closed</p>	<p>15</p> <p>Senior Center closed</p>	<p>16</p> <p>Senior Center closed</p>	<p>17</p> <p>9:00 Yoga w/</p>	
	<p>19</p> <p>20</p> <p>11am Day trip to Pepe's Pizzeria</p> <p>11:00 Tai Chi</p> <p>10:00 Quilting, Knitting, coffee, Wii bowling & more!</p> <p>2:30—3:30 Computer Basics 101—registration required</p>	<p>21</p> <p>10-12pm Watercolor Class w/ Eileen</p> <p>11:00 Strength & Fitness</p> <p>10:00 Beading/jewelry making w/Nancy</p> <p>1:00 Poker</p>	<p>22</p> <p>12:00 Luncheon presented by Newcomers & Neighbors Club</p> <p>Stay after lunch for a variety of board games!!</p>	<p>23</p> <p>10:30 Wii practice and games!</p> <p>12:00 Afternoon at the Movies: "A Prairie Home Companion!"</p> <p>2:30—3:30 Computer Basics 101</p>	<p>24</p> <p>9:00 Yoga w/ Melanie</p>	
	<p>26</p> <p>27</p> <p>9—1pm AARP Safe Driving program</p> <p>9:30am Day trip to Westchester Theater "Funny Girl"</p>	<p>28</p> <p>9-1pm AARP Safe Driving program</p> <p>10-12pm Watercolor Class w/ Eileen</p>	<p>29</p>	<p>30</p> <p>12:00 Afternoon at the Movies: "The Bourne Identity"</p>		

MAY 2009 — Weston Senior Activities Center

MON

Tue

Wed

Thu

Fri

Bold: Senior Center @ Hurlbutt
Italic: Norfield C.C.
Underline: Day Trip

1
 9:00 Yoga
 w/Melanie

4
**10:00 Knitting,,
 quilting, Wii bowling &
 coffee!**
11:00 Tai Chi
2:30—3:30 Computer 101

5
10-noon watercolor class w/Eileen
10:00 drop in bead class w/Nancy
11:00 Strength & Fitness
1:00 drop in Poker

6
10:00 Yoga w/Joy
*12:00 Luncheon presented by
 Norfield Congregational Church*
BINGO!

7
10:00 Wii Bowling!!
1:00 Strength & Fitness
**12:00 Lunch followed by
 Afternoon at the Movies:
 "The Jazz Singer"**
2:30—3:30 Computer 101

8
 9:00 Yoga
 w/Melanie

11
Wii Bowling Tournament @
 Monroe Senior Center!
**10:00 Knitting,,
 quilting, Wii bowling &
 coffee!**
11:00 Tai Chi
**2:30—3:30 Computer
 101**

10-noon watercolor class w/Eileen
10:00 drop in bead class w/Nancy
11:00 Strength & Fitness
1:00 drop in Poker

13
10:00 Yoga w/Joy
*12:00 Luncheon presented by St.
 Francis of Assisi Church*
*Entertainment to follow with the
 Park Street Singers*

14
10:00 Wii Bowling!!
1:00 Strength & Fitness
**12:00 Lunch followed by
 Afternoon at the Movies:
 "Man of the Year"**
2:30—3:30 Computer 101

15
 9:00 Yoga
 w/Melanie

18
**10:00 Knitting,, quilting,
 Wii bowling & coffee!**
11am On the Road: lunch at
 St. Tropez Bistro Francais !
11:00 Tai Chi
2:30—3:30 Computer

19
10-noon watercolor class w/Eileen
10:00 drop in bead class w/Nancy
11:00 Strength & Fitness
1:00 drop in Poker

20
10:00 Yoga w/Joy
*12:00 Luncheon presented by
 Emmanuel Episcopal Church*

21
**10:00 Book Group
 discusses "Nights in
 Rodanthe" followed by
 lunch and then the movie
 version of this story**
11:00 Strength & Fitness
2:30—3:30 Computer

22
 9:00 Yoga
 w/Melanie

25
**Memorial Day—
 Senior Center closed**



26
10-noon watercolor class w/Eileen
10:00 drop in bead class w/Nancy
11:00 Strength & Fitness
1:00 drop in Poker

27
10:00 Yoga w/Joy
*12:00 International lunch presented
 by Newcomers & Neighbors club*
Willie Nininger is back!



28
10:00 Wii Bowling!!
11:00 Strength & Fitness
11:30 Day trip: Philip Johnson
 Glass House Tour
**Afternoon at the Movies:
 "Glory Road"**
**2:30—3:30 Computer
 101**

29
 9:00 Yoga
 w/Melanie



**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.*

April Trips

***Pepe's Pizzeria!!
Monday, April 20th***

Depart 11:00am-Return around 2:00
*Join us as we travel to the reknowned
Pepe's Pizza in Fairfield, CT. Begun in
1925 in New Haven, he built this histor-
ical establishment on the premise of coal
burning ovens and an unbeatable white
clam pizza. If you haven't tried Frank's,
you haven't had pizza!*

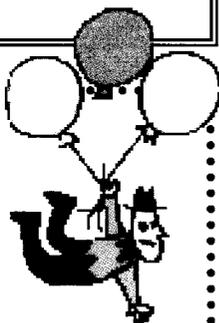
\$18 per person

**please know this restaurant serves only pizza
and garden salads. There is no other
menu to choose from.*

"Funny Girl"

*At the Westchester Broadway Theater
Thursday, April 30th*

Depart 9:30am-Return around 4:30 or so
*We'll travel to Westchester Broadway
Theater to enjoy a delightful
performance of Funny Girl and
dine on a delicious dinner!
Cost: \$40 per person*



***Happy Birthday
to you...***

- | | |
|----------|--------------------|
| April 8 | Roberta Morelli |
| April 13 | Dix Hecht |
| April 14 | Woody Bliss |
| April 21 | Hal Mathews |
| April 28 | Anne Irish |
| May 2 | Jen Ockenden Ruddy |
| May 4 | Carolyn Scribner |
| May 12 | Vic Konefsky |

May Trips

***St. Tropez Bistro Francais
Monday, May 18th***

Depart 13:00am-Return around 2:30
*Join us as we dine on the elegant and
delectable French cuisine at St Tropez
Bistro in Fairfield. Voted best French
Restaurant in Fairfield County for 6
straight years, you're sure to enjoy this
3-course lunch!*

\$21 per person

**you are welcome to purchase a glass of wine at
their cash bar.*

***Philip Johnson Glass
House Tour***

In New Canaan

Thursday, May 28th

Depart 11:30am-Return around 4:00 or so
*We'll travel to New Canaan to take the
two-hour tour of this historically
important landmark. Includes access
to the Glass House, Painting Gallery,
Sculpture Garden Gallery and
Da Monsta. You are encouraged to
take photos and/or sketch. Please bring
a snack for the bus as no lunch is pro-
vided or permitted on the grounds.
This is a walking tour covering a 1/2 mile
of uneven terrain. Please wear suitable
shoes. It will take place rain or shine.*

Cost: \$45 per person

*Rare
opportunity!!*

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

- | | |
|--------|-----------------|
| May 13 | John Marozik |
| May 19 | Marge Ferris |
| May 20 | Jo Ottomano |
| May 27 | Beverly Bogush |
| May 28 | Graciela Ramos |
| May 29 | Lou Hazan |
| May 30 | Linda Bergquist |
| May 31 | Audrey Burtsche |





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)
 \$12 for AARP members/\$14 for non-members
(Please include your membership # on your check)

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.

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

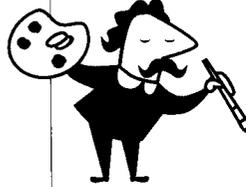
from 10-12am

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

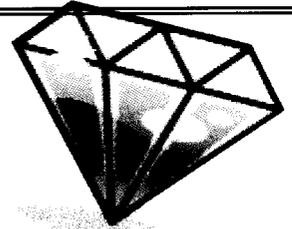
As soon as you have completed your 2008 tax return, call Charlene or Suzanne in Social Services to make your appointment to discuss fuel assistance and tax relief. 222-2663

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.

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:



April 2nd: "Best in Show"

Some pets deserve a little more respect than others. Enjoy this hysterical comedy and watch the colorful array of characters as they compete at a national dog show. 2000-90 min PG13

April 9th: NO MOVIE

April 16th: NO MOVIE-WSAC CLOSED

April 23rd: "A Prairie Home Companion"

A look at what goes on backstage during the last broadcast of America's most celebrated radio show, where singing cowboys, Dusty & Lefty, and a host of others hold court. 2006-105 min PG13

April 30th: "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

May 7th: "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

May 14th: "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

May 21st: "Nights in Rodanthe"-Book Group

A doctor who is going to see his estranged son sparks with an unhappily married woman at a North Carolina Inn. Wonderful chemistry between Diane Lane and Richard Gere!! 2008-97 min PG13

May 28th: "Glory Road"

In 1966, Texas Western coach Don Haskins led the first all-black starting line-up for a college basketball team to the NCAA nation championship. 2006-118 min PG



WHAT IS SWCAA???

It's the Southwestern Connecticut Agency on Aging!

Join us on Wednesday, April 8th at 11:15

A SWCAA representative will be at the Parish Hall prior to lunch to discuss the role of SWCAA in the community and provide an overview of the organization and what it can do for you. From health insurance information to resources for in-home health care, this agency provides a vast array of knowledge they want to share with you!

Book Group Continues With

"Nights in Rodanthe"



By Nicholas Sparks

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

Thursday, May 21st 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



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

#2-April 20-May 28

Cost \$20 per session payable at signup
Class size limited

CALL TO BE PLACED ON OUR WAITLIST

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



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

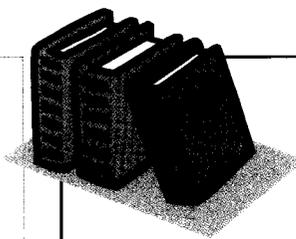
Tuesdays & Thursdays at 11 am

YOGA w/Joy at the Senior Center—Hurlbutt

Wednesdays at 10 am

YOGA w/Melanie

Fridays at 9am in the Norfield Chapel



Library On Wheels

Dedicated Senior Center volunteer Eleanor O'Connell is asking everyone to consider donating new and current fiction so we can keep our books circulating & fresh! Bring books to Norfield Parish Hall on any Wednesday or drop them at the Senior Center.
Call 222-2608 for more information.

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



Join us Wednesday, April 23rd

At noon for lunch

as our guest speaker from the Domestic Violence Crisis Center educates us about domestic violence including recognizing the signs of abuse and knowing what to do about it.

Tuesday Drop-In Beading Class!

Join this intimate group on Tuesday mornings as they create amazing jewelry! Please drop in and learn the art of beading!

Every Tuesday from 10-12

\$2 fee for beads or bring your own!!



WII BOWLING TOURNAMENT!!

Monroe Senior Center has challenged the Weston Senior Wii Bowlers to a bowling tournament!! We will travel to the Monroe Senior Center on Monday, May 11th departing the Norfield Church at 9:30am Join us for a great day of bowling and lunch with our friends in Monroe!

Bowlers, alternates & cheerleaders needed!! See the sign up sheet!
Come to practices on Thursday mornings at 10am in the Activities Room.