



Weston Senior Activities Update



Volume 8, Issue 3

December 2008 & January 2009

"Friendship is a strong and habitual inclination in two persons to promote the good and happiness of one another." -Eustace Budgell

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

**STARTING DECEMBER 3, JOIN US BACK AT
NORFIELD PARISH HALL FOR OUR
WEDNESDAY LUNCH!!**

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

**CLIP IT &
POST IT!!**

December 2008 Weston Senior Activities Center

Mon	Tue	Wed	Thu	Fri	S
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December 2008 Weston Senior Activities Center

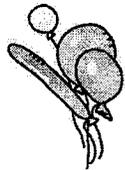
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Joe Brandt is back with
“Protecting the Family Jewels”

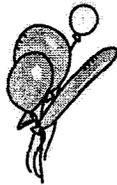
This informative program will advise you on how to go about protecting the jewels you have and teach you the do’s and don’ts of selling in these unpredictable economic times.

Thursday, January 22nd from 10-11:30
 Weston Senior Activities Center
 With lunch to follow—\$3 donation



**Happy Birthday
 to you...**

- | | |
|-------------|-----------------------|
| December 14 | Paul Scribner |
| December 17 | Emma Rodrigues Guzman |
| December 20 | Nikki Stone |
| December 25 | Catherine Gerhaty |
| December 28 | Isabelle DaSilva |
| January 13 | Ulla Driscoll |
| January 17 | Martha Muller |
| January 18 | Olive Phillips |
| January 20 | Peggy Anderson |
| January 23 | Frances Hill |
| January 25 | Eleanor O’Connell |
| | Doris Mundschenk |
| January 26 | Annette Winston |
| January 27 | Dolores Mills |
| | Helge Marozik |
| January 31 | Mary DiRollo |
| | Margaret Dowdy |



**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.

Waitlist Only **“A Wonderful Life”**
Thursday, December 11th

Depart 9:30am-Return around 5:00
Join us as we venture to Westchester Broadway Theater to enjoy A Wonderful Life complete with a delicious dinner before the show!!!
 \$55.00 per person

Trumbull Mall

Thursday, January 15th
 Depart 9:30am-Return around 2:00
We’re going to the Mall! Join our post-holiday bargain-hunting trip! There’s no better time to shop!
 \$5.00 per person-pay your own lunch

Neuberger Museum of Art
Thursday, January 29th

Depart 11:00am-Return around 5:30
Delve into the work of 20th century masters, mid-career and emerging artists, as well as the county’s only permanent exhibition of African art. Lunch in the cafeteria.
 \$12.00 per person-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!!

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 confidential inquiry.

Drop-In Activities

Wii Bowling, Quilting, Knitting, Coffee & More! - Monday from 10- 12am

Wii Bowling, Beading & More—each Tuesday from 10-12

Poker Play—each Tuesday from 1-3pm

NO EXPERIENCE REQUIRED!!!

Bridge♦Scrabble♦Puzzles

♦Billiards♦Darts♦

Beginning DECEMBER 3RD the Weston Senior Luncheons will return to Norfield Parish Hall!! We're very excited to be invited back to this amazing hall following their historic renovation! Please remember to be thankful to Rev. Wilson, his staff and the congregation of this church for their continued support of our seniors!



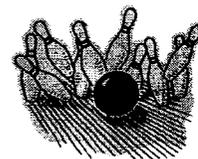
HEALTH SEMINAR!!

Join us before the Senior Luncheon on Wednesday, December 10 at 11:30 as we hear the latest on Long Term Care, Medicare & Retirement Planning

Joshua Nessen, Weston resident, will discuss Medicare changes, Medicaid, home health care, long term care and knowing how to protect your assets in the event of long term care.

Please join us to educate yourself on these important topics!

Bowlers Welcome!! Wii Tournament!!



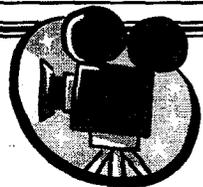
The Weston Senior Activities Center has challenged the Monroe Senior Center to a Wii Bowling Tournament!!

Monday, January 26th from 10-12
Senior Center Activities Room

Join the fun as one of the team or
come to cheer us on!

Lunch provided after the tournament!!

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:



Dec 4th: "Atonement"-BOOK CLUB MOVIE

Fledgling writer Briony Tallis, as a 13-year-old, irrevocably changes the course of several lives when she accuses her older sister's lover of a crime he did not commit.

2007—runtime 123 minutes Rated R

Dec 11th: "One Flew Over the Cuckoo's Nest"

Playing crazy to avoid prison work detail, manic free spirit Randle McMurphy is sent to the state mental hospital for evaluation. With Jack Nicholson as the lead, you can imagine the crazy antics that take place in this classic must-see movie!

1975—runtime 133 min Rated R

Dec 18th: "The Santa Clause"

Tim Allen takes the reigns in this light, holiday comedy, playing a divorced dad who is distressed to learn that wife's new husband has told his son that Santa does not exist! This is a must-see for some good laughs! 1994—runtime 97 min Rated PG

Movies continued!

Jan 8th: "On the Waterfront"

Gritty drama of union corruption memorable for Brando's sensitive performance as a misfit dockworker. Winner of multiple Academy Awards!! 1954—runtime 108 min

Jan 15th: "Miss Pettigrew Lives for a Day"

A late-30's-era London governess hired to work in the home of a high-profile nightclub chanteuse gets a taste of the good life when she is assigned the task of sorting out the singer's many unseemly affairs. Frances McDormand is engaging in this comedy. 2008—runtime 92 min Rated PG13

Jan 22nd: "A Beautiful Mind"

After a brilliant but asocial mathematician accepts secret work in cryptography, his life takes a turn to the nightmarish. With Russell Crowe and Ed Harris, this winner of several Academy Awards will keep you spell-bound! 2001—runtime 135 min Rated PG13

Jan 29th: "27 Dresses"

A single woman who has served as a bridesmaid a shocking 27 times wrestles with the prospect of supporting her sister at the altar on number 28. A delightful performance by Katherine Heigl.

2008—runtime 111 minutes Rated PG13

College Presents
Lumina String Quartet
All Russian Program



Featuring
Dmitri Shostakovich String Quartet #9, 1964
Peter Tchaikovsky String Quartet, #1, 1871
Alexander Glazunov "Oriental Reverie" for Clarinet and
and String Quartet, 1886

With Guest Artist Philip Bashor

Sunday, December 7
3:00 pm
The Theater at
Norwalk Community College
Complimentary tickets are available!
See Meta Schroeter at Wednesday Lunch

Though in some way or another we are all affected by the recent downturn of the economy, we must remember to be thankful for the small things we have in our lives. Something as simple to us as putting food on the table is one thing that not all families are able to do in our community. We hope you'll join us in making a food donation to the Weston Food Pantry to help those in need. Even a small donation of one item (imagine 75 people x 1!!!) will make a difference to someone who otherwise would go without. Thank you in advance for your generosity and kindness. Donations will be collected at our Holiday Luncheon.



IMPORTANT NEWS ABOUT FUEL AND ENERGY ASSISTANCE

The Weston Department of Social Services is signing up residents for the CT Energy Assistance Program which is run through NEON in Norwalk. Eligibility is based on income and assets. An individual may earn up to \$27,867.32 or a couple up to \$36,441.88 in income. Homeowners are allowed up to \$10,000 in assets or more if their income is lower than the maximum. In addition, the Dept of Social Service has just been designated as an intake sight for Operation Fuel. This year they are offering a \$500. award to seniors who are within the state income guidelines, but this program has NO asset limit. To take advantage of these fuel assistance programs, please contact the Dept of Social Services at 222-2663 for an appointment. These programs are being offered IN ADDITION to the WarmUp program which won't start until February 2009.

Senior Fitness Classes continue...

Tai Chi w/Helen

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

Cost: \$3.00 per class

Watercolor Class w/Eileen!!

Tuesdays, January 6, 13, 20, 27
And February 3 & 10
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!
Discover **your** inner artist!

\$25 covers materials and instruction

Sign up at the Center
or Wed lunch!

6 sessions!!



Limited to 10 people

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

In the Community Room of the Weston Library
At 7:30pm Wednesday, December 10th

Meet author Marie Bostwick as she
discusses her life as an author and her current release
"A Single Thread"