



Weston Senior Activities Update



Volume 8, Issue 4

February 2009

"A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort."
-Herm Albright

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.



**REMINDER THAT THE WESTON SENIOR ACTIVITIES CENTER
WILL BE CLOSED THE WEEK OF FEBRUARY 16TH**

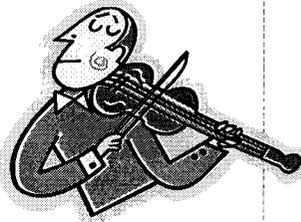
Weston Senior Activities
P.O. Box 1007
56 Norfield Road
Weston, CT 06883

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Norwalk Community
College Presents
Lumina String Quartet

Sunday, March 1st at 3:00 pm
The Theater at
Norwalk Community College

Complimentary tickets are available!
See Meta Schroeter at Wednesday Lunch



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:

February 5th: "The Man Who Knew Too Much"-
A family vacationing in Morocco accidentally stumble onto an assassination plot and the conspirators are determined to prevent them from interfering. An Oscar winner by Alfred Hitchcock starring Doris Day & James Stewart. 1956—run time 120 minutes

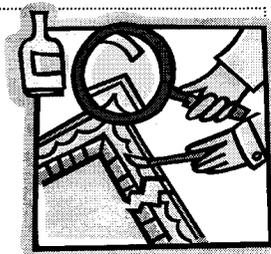
February 12th: "27 Dresses"
A single woman who has served as a bridesmaid a shocking 27 times wrestles with the prospect of supporting her sister at the altar on number 28. A delightful performance by Katherine Heigl. 2008—run time 111 minutes Rated PG13

FEBRUARY 17: NO MOVIE—WSAC CLOSED

February 26th: "Mamma Mia!"
The story of a young bride who is trying to find her real father before the wedding. This must-see movie nominated for two Golden Globes features the lively music of ABBA and stars Meryl Streep. 2008—runtime 108 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
#2-April 20-May 28
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



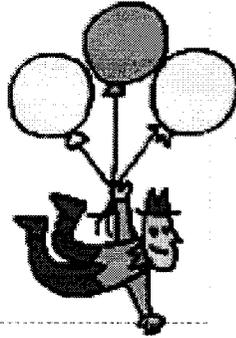
Join Westonite Terry Hulley as she brings her book group experience to the Weston Senior Center.

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

Happy Birthday to you...

February 4 Tom Studwell
 February 12 Palma Bendetti
 February 18 Joe DiRollo
 Rufino Ramos
 February 19 Ted Coley
 February 21 Marcia Jacobs
 February 22 Jodi Hedberg



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

Cost: \$3.00 per class

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



Drop-In Activities

Quilting, Knitting, Coffee & More!

Monday from 10- 12

Beads, Beads & Beads!

Tuesday from 10-12

Wii Bowling

Thursday from 10-12

Poker Play-each Tuesday from 1-3pm

NO EXPERIENCE REQUIRED!!!

Bridge♦Scrabble♦Puzzles

♦Billiards♦Darts♦

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.

The Olde Bluebird Inn Lunch Monday, February 9th

Depart 11:30am-Return around 2:00
 Join us as we travel to Easton to
 enjoy a fabulous lunch amongst
 great company at the Olde
 Bluebird Inn, originally built
 as a hot dog stand in 1919.
 \$3./Pay your own lunch

Yale Museum of British Art

And Lunch at Jimmy's Seaside

Thursday, February 26th

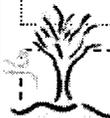
Depart 8:45am-Return around 4:00

We'll enjoy an hour tour exploring
 "Endless Forms": Charles Darwin,
 Natural Science, and the Visual
 Arts. This groundbreaking
 exhibition will highlight the global
 celebration of Darwin's bicentenary.
 Enjoy some time to tour the museum
 on your own then we'll enjoy a
 delicious lunch at
 Jimmy's of Savin Rock.
 Cost: \$30.00 per person

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

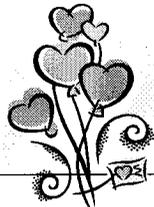
Thank you for understanding!!



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.

February 2009 Weston Senior Activities Center

	Mon	Tue	Wed	Thu	Fri	
2	<p>11:00 <i>Tai Chi</i></p> <p>10:00 Quilting, Knitting, coffee, Wii bowling & more!</p>	<p>11:00 <i>Strength & Fitness</i></p> <p>10:00 Beading/jewelry making w/Nancy</p> <p>1:00 Poker</p> <p>1—3pm watercolor class</p>	<p>10:00 Yoga w/Joy—Sr. Ctr. @ Hurlbutt</p> <p>12:00 <i>Luncheon presented by Norfield C.C</i></p> <p>12:30 <i>Bingo!</i></p>	<p>11:00 <i>Strength & Fitness</i></p> <p>12:00 Afternoon at the Movie: “The Man Who Knew Too Much”</p>	<p>9:00 <i>Yoga w/ Melanie</i></p>	7
9	<p>11:30 <u>Day trip: lunch at the Olde Bluebird Inn</u></p> <p>11:00 <i>Tai Chi</i></p> <p>10:00 Quilting, Knitting, coffee, Wii bowling & more!</p>	<p>11:00 <i>Strength & Fitness</i></p> <p>10:00 Beading/jewelry making w/Nancy</p> <p>1:00 Poker</p> <p>1-3pm watercolor class</p>	<p>10:00 Yoga w/Joy—Sr. Ctr. @Hurlbutt</p> <p>12:00 <i>Valentine luncheon</i> presented by <i>St. Francis Entertainment to follow</i></p> 	<p>11:00 <i>Strength & Fitness</i></p> <p>12:00 Afternoon at the Movies:”27 Dresses”</p>	<p>9:00 <i>Yoga w/ Melanie</i></p> 	8
16	<p>Senior Center closed</p> <p>School break</p>	<p>Senior Center Closed</p> <p>11:00 <i>Strength & Fitness</i></p>	<p>Senior Center Closed</p> <p>10:00 Yoga w/Joy</p>	<p>Senior Center Closed</p> <p>11:00 <i>Strength & Fitness</i></p>	<p>Senior Center Closed</p> <p>9:00 <i>Yoga w/ Melanie</i></p>	8
23	<p>11:00 <i>Tai Chi</i></p> <p>10:00 Quilting, Knitting, coffee, Wii bowling & more!</p> <p>2:30—3:30Computer Basics 101— registration required</p>	<p>11:00 <i>Strength & Fitness</i></p> <p>10:00 Beading/jewelry making w/Nancy</p> <p>1:00 Poker</p>	<p>10:00 Yoga w/Joy—Sr. Ctr. @Hurlbutt</p> <p>12:00 <i>Luncheon presented by Newcomers & Neighbors Club</i></p> <p><i>Stay after lunch for a variety of board games!!</i></p>	<p>8:45 am <u>Day trip: Yale Museum of British Art w/lunch at Jimmy’s Seaside</u></p> <p>12:00 Afternoon at the Movies: “Mamma Mia!”</p> <p>2:30—3:30 Computer Basics 101</p>	<p>9:00 <i>Yoga w/ Melanie</i></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>BOLD—Senior Center @ Hurlbutt</p> <p><i>Italic—Norfield</i></p> </div>	25
26						26