Weston Senior Activities Update

Volume 7, Issue 6 March 2008

"Perhaps I am a bear, or some hibernating animal underneath, for the instinct to be half asleep all winter is so strong in me." -Anne Morrow Lindbergh

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)

****

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

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March 2008—Weston Senior Activities Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	*3* **9:00 Commission on Aging monthly meeting** *11:00 Tai Chi* **10:00 Knitting, Quilting and More!**	*4* **10:00 Beading w/Nancy** *11:00 Strength & Fitness*	*5* *10:00 Yoga w/Joy* *11:15 Blood Pressure Screening* *12:00 Luncheon presented by Norfield CC* *12:45 BINGO!*	*6* *11:00 Strength & Fitness* ***11:00 Spinning Wheel*** ***"I Get a Kick Out of Cole"*** **12:30 Afternoon at the Movies: "Ocean's Eleven"**	*7* *9:00 Yoga w/ Melanie*	*8*
9	*10* *10:00—2:00 Tax Aide* *11:00 Tai Chi* **10:00 Knitting, Quilting and More!**	*11* **10:00 Beading w/Nancy** *11:00 Strength & Fitness* **1:00 Clay Class w/Eileen**	*12* *10:00 Yoga w/Joy* *12:00 St. Patrick's Day Luncheon presented by St. Francis* *12:30 Don Donegan sings Irish tunes*	*13* *11:00 Strength & Fitness* **12:30 Afternoon at the Movies: "Night at the Museum"**	*14* *9:00 Yoga w/ Melanie*	*15*
16	*17* *11:00 Tai Chi* **10:00 Knitting, Quilting and More!**	*18* **10:00 Beading w/Nancy** *11:00 Strength & Fitness*	*19* *10:00 Yoga w/Joy* *12:00 Luncheon presented by Emmanuel Episcopal* *12:30*	*20* *11:00 Strength & Fitness* **12:30 Afternoon at the Movies: "Casablanca"**	*21* *9:00 Yoga w/ Melanie*	*22*
23	*24* *11:00 Tai Chi* **10:00 Knitting, Quilting and More!**	*25* **10:00 Beading w/Nancy** *11:00 Strength & Fitness* **1:00 Clay Class w/Eileen**	*26* *10:00 Yoga w/Joy* *12:00 Italian Luncheon presented by Newcomers & Neighbors Club* *12:300 the Hoot Owls return!*	*27* *11:00 Strength & Fitness* **12:30 Afternoon at the Movies "Becoming Jane"**	*28* *9:00 Yoga w/ Melanie* ***9:45 Trip to "P.T. Barnum Museum" & lunch at Ralph 'n Rich's***	*29*
30	*31* **10:00—2:00 Tax Aide** *11:00 Tai Chi* **10:00 Knitting, Quilting and More!**		**BOLD—Senior Center at Hurlbutt** *Italic—Norfield Church*			

Snow Policy:

If the Weston schools are closed due to bad weather, Senior Center activities are also cancelled.
If the schools have a delayed 2 hour opening, the Senior Center will open at 11am.
This information can be found by calling the School Hotline at 291-1463

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.

"I Get a Kick Out of Cole"
at the Spinning Wheel Inn
Thursday, March 6th

Depart 11:00am-Return around 3:00
Enjoy a delightful 3-course luncheon while saluting the wit and talent of one of the greatest musicians of all time...Cole Porter.
Cost: $30.00/person includes 3-course lunch & show

"P.T. Barnum Museum"
Lunch at Ralph 'n Rich's
Friday, March 28th

Depart 9:45am-Return around 2:30
Join us as we take a trip through history as we explore Barnum's multifaceted career from his humble beginnings in Bethel, CT to his most famous enterprise, "P.T. Barnum's Greatest Show On Earth"
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!!

Happy Birthday to you...

March 5th — Tony Ockenden (Jen's Dad!!)
March 11th — Larry Bogush

Clay Handworks Class

Join us as we use our hands to dive into clay and create beautiful things !!

Taught by our own resident artist, Eileen Grace, you will learn the basics of working with clay in this 2-session class. All pieces will be glazed and fired.

Tuesday, March 11th
and
Tuesday, March 25th
From 1-3pm at
The Senior Activities Center
(max 10 students)

Cost $15 per person includes instruction and materials. Remember, your payment is your confirmation! Sign up at the Center or call Jen or Krista at 222-2608

Volunteers Needed!
RSVP Senior Medical Transportation Program

This program serves Westport and Weston seniors in need of transportation to medical appointments. It is a partnership of theWestport Departments of Human Services, the Westport-Weston United Way and RSVP. Due to the positive community response to this program, additional assistance is needed. Volunteer phone dispatchers to coordinate rides are needed approximately 3 hours a day, once a week. Volunteer drivers are also welcome. Training is provided. Please contact Sue Lebrija, Westport Department of Human Services at 203-341-1071 or email her at slebrija@westportct.gov

Shriners Hospital for Children
Collects metal tabs from cans—if you have any tabs to donate, please bring them to Norfield Church (Attn: Bobbie Sassano). Tabs can be found on cat food, soda cans, beer cans, etc.

Hurlbutt Elementary School
Collects "Box Tops for Education"
These are found on many cereal boxes, dessert boxes, etc. The school benefits greatly from collecting these box tops. These can be brought to the center or given to Krista.

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.

Bead Class with Nancy continues!

Join Nancy McCormick every Tuesday from 10:00 am—11:30 am in the Activity 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 and at our Holiday Craft Boutique!
No registration!
Just drop in—$2 per class or bring your own beads!

WANTED:

The Senior Center has graciously been given a large amount of pre-cut fabric which can be used for quilting. We would love to start a small group of people who'd be interested in creating a quilt which can be raffled off to support the Senior Center! Several machines are available at the center to use. If you're interested in working on this project, please call Jen or Krista at 222-2608!!

"A friend is someone who knows the song in your heart, and can sing it back to you when you have forgotten the words."
-anonymous

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:

March 6th: "Ocean's Eleven"
Danny Ocean and his ten accomplices plan to rob three Las Vegas casinos simultaneously. George Clooney and Brad Pitt bring this crime movie to a new level!
2001-run time 116 minutes Rated PG-13

March 13th: "Night at the Museum"
Ben Stiller, a newly recruited night security guard at the Museum of Natural History, discovers that an ancient curse causes the animals & exhibits on display to come to life, wreaking havoc!!
2006—run time 108 minutes Rated PG

March 20th: "Casablanca"
Yes, the classic Bogart & Bergman film set in unoccupied Africa during the early days of World War II. With 3 Oscars, a movie that can be seen over & over!!
1942—run time 102 minutes

March 27th: "Becoming Jane" A delightful biographical portrait of a pre-fame Jane Austen and her romance with a young Irish-man. Anne Hathaway gives a warm-hearted performance.
2001—run time 116 minutes Rated PG

April 3rd: "The Da Vinci Code"
A murder inside the Louvre & clues in Da Vinci paintings lead to the discovery of a religious mystery protected by a secret society for two thousand years—which could shake the foundations of Christianity.
2006- run time 149 minutes
Rated PG13

Senior Fitness Classes continue...

Tai Chi w/Helen
Mondays at 11:00 am
(beginners please come 15 minutes early for instructions)
*
Strength & Fitness Training w/certified instructor Sandy Adamcyzk
Tuesdays & Thursdays at 11:00 am
*
YOGA w/Joy Abrams Wednesdays at 10:00 am
*
YOGA w/Melanie Van Vliet
Fridays at 9:00 am
NOTE: All classes are held at the Norfield Congregational Church 64 Norfield Rd .
COST: $3.00 PER CLASS

DID YOU KNOW??

That only an hour a week of lifting weights can make you feel "15 to 30 years younger," according to the AARP Magazine? Strength and weight training have been shown to:

- Decrease insulin resistance
- Decrease resting blood pressure
- Reduce arthritis pain
- Improve memory

And, though it may surprise you, The Mayo Clinic also adds that sufferers of chronic pain can find some relief in regular exercise!

Maybe it's time to check out one of our Stretch & Strength Classes! Maybe some Tai Chi to help improve your balance?? Or how about a Yoga class for your body AND mind??

We look forward to seeing you!

Drop-In Activities

Knitting Club—each Monday from 10 to 12

Quilting Group—Are you interested?

We've graciously been given a large quantity of fabric squares for quilt making. We'd love to start a group on Monday or Tuesdays of people who'd enjoy making some baby/child quilts using our sewing machines. Please let Jen or Krista know if you'd be interested.

NO EXPERIENCE REQUIRED!!!

◊Poker◊Bridge◊Scrabble◊Puzzles◊

◊Billiards◊Darts◊

Let us know if you would be interested in any of these activities and what days and times work for you! We would love to get these activities started!

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

Sadly, we lost another dear friend recently when Carleton Anderson passed away. Carleton, a long time resident of Weston, was very involved in the community and served as the Chair of the Commission on Aging. We will miss him dearly. Our thoughts and prayers go out to his wife, Peg, his family and friends.

Heating Fuel Assistance~Tax Relief

As soon as you have completed your 2007 tax return, call Charlene in Social Services to make your appointment to discuss fuel assistance and tax relief.

*CT Energy Assistance Program is open. Information is available from Charlene or Suzanne in the Social Services Department by calling **222-2663** or pick one up at NEON 98 S. Main St, Norwalk

*Other **Winterization Programs** are available and information can be obtained from Charlene or Suzanne in the Social Services Department or by calling **222-2663**

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 Congregational Church coat closet, labeled "Senior Center Library" or bring them to the Senior Center at Hurlbutt Elementary

Thanks!

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.

AARP and the Weston Senior Center present

"SAFE DRIVER PROGRAM"

(Formerly known as 55Alive)

Monday, April 28th and
Tuesday, April 29th
(You must attend both classes to successfully complete the program)
9am-1pm
Weston Senior Activities Center
At Hurlbutt Elementary School
Cost $10

Please note: all checks (made out to AARP) MUST be received before the class begins.
Mail to:
Weston Senior Center
PO Box 1007, Weston, CT 06883
Or drop off at the Senior Center

Cup of coffee? Come hang in our drop-in room and enjoy some conversation, grab a book, catch the news or just savor a hot cup of coffee or tea to start your day!

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Tax day is right around the corner.....

The AARP Tax-Aide Foundation will provide
Free Tax Preparation
For area seniors

This free service is being offered by AARP trained professionals.

Appointments will be scheduled in 45 minutes increments and will take place at the Weston Senior Activities Center on the following dates:
Monday, March 10th & Monday, March 31st from 10am until 2pm

Please bring a copy of your 2006 income tax return, W-2's and all 1099's.
Please call Jen or Krista at the center to set up an appointment.

Appetizing
Wholesome
Easy

Looking for something easy to cook that's delicious and nutritious, too? This simple recipe can be easily modified to prepare for as many people as you're feeding. Dish up a side of potato or rice and you've got an elegant dinner!

Spinach-Stuffed Sole for 2

1 teaspoon olive oil
2 cups fresh spinach leaves
2 teaspoons minced garlic
Ground black pepper, to taste
2 sole (flounder) fillets, each 5 ounces
1/2 teaspoon butter, melted

Preheat the oven to 400 F. Lightly coat a baking dish with cooking spray.

In a skillet, heat the olive oil over medium heat. Add the spinach, garlic and pepper. Saute until the spinach starts to wilt, 2 to 3 minutes. You can also easily use a pkg of frozen spinach, cooked & drained.

Place the sole fillets in the prepared baking dish. Place half of the spinach mixture in the middle of each fillet and roll up. Place the rolled fillets seam-side down. Brush with melted butter. Bake until the fish is opaque throughout when tested with the tip of a knife. Approximately 8-10 minutes, though could take longer if the fillets are larger. Serve immediately.

*Reprinted from The Mayo Clinic