



Weston Senior Activities Update



Volume 8, Issue 1

September-October 2008

“Celebrate the happiness that friends are always giving, making every day a holiday and celebrate just living!”
-Amanda Bradley

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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WESTPORT, CT 06880



September 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labor Day	2 <i>11:00 Strength & Fitness—Weston Library</i>	3	4 <i>11:00 Strength & Fitness—Weston Library</i> 12:00 Afternoon at the Movies	5 <i>9:00 Yoga w/Melanie</i>	6
7	8 9:15 Commission on Aging meeting 10:00 Quilting, Knitting, coffee & more!	9 <i>11:00 Strength & Fitness—Weston Library</i> 1:00 Poker	10 10:00 Yoga w/Joy—Sr. Ctr. @Hurlbutt	11 <i>11:00 Strength & Fitness—Weston Library</i> 12:00 Afternoon at the Movies: "Butch Cassidy & the Sundance Kid"	12 <i>9:00 Yoga w/Melanie</i>	13
14	15 10:00 Quilting, Knitting, coffee & more!	16 <i>11:00 Strength & Fitness—Weston Library</i> 1:00 Poker	17 10:00 Yoga w/Joy— Sr. Ctr. @Hurlbutt <i>12:00 Opening Day luncheon presented by Weston Woman's League—Lyons Plain Fire House</i>	18 <i>11:00 Strength & Fitness—Weston Library</i> 12:00 Afternoon at the Movies: "My Best Friend's Wedding"	19 <i>9:00 Yoga w/Melanie</i>	20 <i>102nd Emmanuel Church Fair! Visit the Senior Center booth!</i>
21	22 10:00 Quilting, Knitting, coffee & more!	23 <i>11:00 Strength & Fitness—Weston Library</i> 1:00 Poker	24 10:00 Yoga w/Joy— Sr. Ctr. @Hurlbutt <i>12:00 Luncheon presented by Newcomers & Neighbors Club—Lyons Plain Fire House</i>	25 <i>11:00 Strength & Fitness—Weston Library</i> 12:00 Afternoon at the Movies: "Clear and Present Danger"	26 <i>9:00 Yoga w/Melanie</i>	27
28	29 <i>11:00 Tai Chi resumes</i> 10:00 Quilting, Knitting, coffee & more! <i>10:30—4:00 Wii Bowling Tournament! Monroe St. Ctr.</i>	30 <i>11:00 Strength & Fitness—Weston Library</i> 10:00 Beading/Jewelry making w/Nancy 1:00 Poker	BOLD—Senior Center at Hurlbutt <i>Italic—see specific activity listing</i>			

October 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>BOLD—Senior Center @ Hurlbutt <i>Italic</i>—see specific activity listing</p>		<p><i>1</i> 10:00 Yoga w/Joy—Sr. Ctr. @ Hurlbutt 12:00 Luncheon presented by Norfield C.C.—Lyons Plain Fire House</p>	<p><i>2</i> 10:00 Watercolor Class <i>11:00 Strength & Fitness-Weston Library</i> <i>12:00 day trip to Caramoor Afternoon Tea</i> 12:00 Afternoon at the Movie:</p>	<p><i>3</i> <i>9:00 Yoga w/ Melanie</i></p>	<i>4</i>
<i>5</i>	<p><i>6</i> <i>11:00 Tai Chi</i> 10:00 Quilting, Knitting, coffee & more!</p>	<p><i>7</i> <i>11:00 Strength & Fitness-Weston Library</i> 10:00 Beading/jewelry making w/Nancy 1:00 Poker</p>	<p><i>8</i> 10:00 Yoga w/Joy—Sr. Ctr. @Hurlbutt <i>12:00 Luncheon presented by St. Francis—Lyons Plain Fire House</i></p>	<p><i>9</i> 10:00 Watercolor Class <i>11:00 Strength & Fitness-Weston Library</i> 12:00 Afternoon at the Movies: "Dirty Harry"</p>	<p><i>10</i> <i>9:00 Yoga w/ Melanie</i></p>	<i>11</i>
<i>12</i>	<p><i>13</i> <i>11:00 Tai Chi</i> 10:00 Quilting, Knitting, coffee & more!</p>	<p><i>14</i> <i>11:00 Strength & Fitness-Weston Library</i> 10:00 Beading/jewelry making w/Nancy 1:00 Poker</p>	<p><i>15</i> 10:00 Yoga w/Joy— Sr. Ctr. @Hurlbutt <i>12:00 Luncheon presented by Weston Woman's League—Lyons Plain Fire House</i></p>	<p><i>16</i> 10:00 Watercolor Class <i>11:00 Strength & Fitness-Weston Library</i> 12:00 Afternoon at the Movies: "Pretty Woman"</p>	<p><i>17</i> <i>9:00 Yoga w/ Melanie</i></p>	<i>18</i>
<i>19</i>	<p><i>20</i> <i>11:00 Tai Chi</i> 10:00 Quilting, Knitting, coffee & more!</p>	<p><i>21</i> <i>11:00 Strength & Fitness-Weston Library</i> 10:00 Beading/jewelry making w/Nancy 1:00 Poker</p>	<p><i>22</i> 10:00 Yoga w/Joy— Sr. Ctr. @Hurlbutt <i>12:00 Luncheon presented by Newcomers & Neighbors Club—Lyons Plain Fire House</i></p>	<p><i>23</i> 9:30 day at Mohonk Mountain House leaves from Norfield parking lot <i>11:00 Strength & Fitness-Weston Library</i></p>	<p><i>24</i> <i>9:00 Yoga w/ Melanie</i></p>	<i>25</i>
<i>26</i>	<p><i>27</i> <i>11:00 Tai Chi</i> 10:00 Quilting, Knitting, coffee & more!</p>	<p><i>28</i> <i>11:00 Strength & Fitness-Weston Library</i> 10:00 Beading/Jewelry making w/Nancy 1:00 Poker</p>	<i>29</i>	<p><i>30</i> 10:00 Book Group "Atonement" 10:00 Watercolor Class <i>11:00 Strength & Fitness— Weston Library</i> 12:00 Afternoon at the Movies:</p>	<i>31</i>	

WELCOME BACK!

We're delighted to be starting our third year at the Senior Center at Hurlbutt!! Our first luncheon will be September 17th and will be held at the Lyons Plains Firehouse. Due to the construction at Norfield Church's Parish Hall, we will be enjoying each other's company for lunch at the firehouse for the next couple of months. Please be patient with us as we will be unable to accommodate our usual list of entertainers during this time.

We look forward to some great games of bingo, some wild games on the Wii game system, some travel videos and perhaps some music thrown in!!

Thank you for your patience and kindness and we look forward to a fabulous year!

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 are 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.

A Day at Mohonk Mountain House

Join us as we travel by luxury motor coach to New Paltz, New York to enjoy a wonderful buffet lunch at this magnificent historic hotel. Then walk the grounds, hike the trails or sit back on the beautiful porch and enjoy the lake!

Date: Thursday, October 23rd
Time: Depart Norfield Church 9:30am
Cost: \$55 per person

PLUS Mohonk Carriage Ride

Enjoy a 1/2 hour horse drawn carriage ride through Mohonk's spectacular grounds. Limited seats are available for these carriage rides and the cost is an additional \$12 per person. (weather permitting)

Name _____

Phone # _____

No. of people _____ x \$55 = _____

No. for carriage ride _____ x \$12 = _____

Total enclosed \$ _____

Please mail or drop off this registration form at:
Weston Town Hall, 56 Norfield Rd, Weston
Or at the Weston Senior Center at Hurlbutt.

Reservations will be taken in the order received and must include cash or check made out to

Weston Senior Center.

Refunds will only be given if seats can be resold

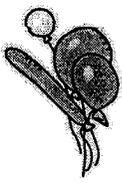
Wii Bowling Tournament!!
1st Annual Health Net Cup Bowling Tournament
Monday, September 29th
Depart 10:30-Return around 4:00
Hop aboard as we head out to lunch and then make our grand entrance at the Monroe Senior Center for the Wii Bowling Tournament!!
Players, alternates and cheerleaders are needed!
Cost: pay your own lunch

Caramoor Afternoon Tea
Thursday, October 2nd
Depart 12:00pm-Return around 5:30
Join us as we journey to Caramoor, the legacy of Walter and Lucie Rosen, known for it's education and music programs. This trip includes an hour tour of their amazing 20-room mansion followed by tea and finger sandwiches.
\$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

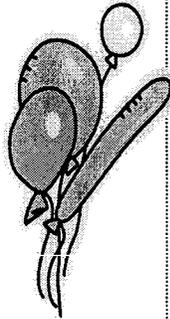
YOUR PAYMENT IS YOUR RESERVATION - REFUNDS ARE ONLY GIVEN WHEN YOUR SEAT CAN BE SOLD TO SOMEONE ELSE

Thank you for understanding!!



Happy Birthday to you...

September 3	Jeanne Konefsky
September 4	Dorothy Hall
	Walt Sassano
September 5	May Gorsuch
September 14	Nancy Coley
September 16	Elaine Barrese
September 18	Gil Jackson
September 22	Ben Nagy
	Ida Schimenz
	Laura Mathews
September 24	Fannie Gilbertie
September 25	Vicki Miller
October 2	Bobbie Sassano
October 12	Meta Schroeter
	Marlene Donohue
October 16	Julia Studwell
October 22	Margaret Walsh
October 28	Hilda Cole
October 30	Richard Miller



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, October 30th
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

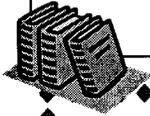
"ATONEMENT"

By Ian McEwan

Come prepared for lively conversation!

Copies available 9/25 at the
Senior Center—see Jen or Krista.
Call the Center to register
at 222-2608
\$2.00 for lunch

Have you checked our library lately?
We have a great start to our collection of large print
books and books on tape! Remember you are
welcome to borrow anything...and return it when
you're done! Never any late fees!!



Drop-In Activities

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

We have a large quantity of fabric squares for quilt making and would love to start a group on Monday or Tuesdays of people who'd enjoy making some baby/child quilts using our new sewing machines.

Beading & More—each Tuesday from 10-12 (starts 9/30)

Poker Play—each Tuesday from 1-3pm

NO EXPERIENCE REQUIRED!!!

◇**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!

Poker Tuesdays!!!

Forget how to play? Not sure if a flush beats a full house?? No problem!!!!
We have a wonderful group who enjoy playing poker on Tuesdays at 1:00!!
This is an easy-going game that guarantees lots of laughter!



**Please
note
changes!!**

Senior Fitness Classes continue...

Tai Chi w/Helen -STARTS 9/29

Mondays at 11:00am
(beginners please come 15 minutes
early for instructions)

Strength & Fitness at Weston Library

Training w/certified instructor Sandy Adamczyk
Tuesdays & Thursdays at 11am

YOGA w/Joy at the Senior Center—Hurlbutt

Wednesdays at 10am

YOGA w/Melanie

Fridays at 9am

Cost: \$3.00 per class

**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: Craft & Decorating Books and Magazines

*Get ready for the holidays and donate a craft or
decorating book from your collection and help your-
self to one that someone else has brought in!*

Please continue to drop off new/current fiction at
the Wednesday luncheon or bring them to the
Senior Center at Hurlbutt Elementary

Shriners Hospital for Children

Collects metal tabs from cans—if you have any tabs to do-
nate, 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.

Bead Class with Nancy!

Ongoing Classes start Tuesday, September 30th



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

They will 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!

Our gift shop is open!

Drop by the Senior Activities Center at Hurlbutt on
Mondays, Tuesdays and Thursdays
from 10:00—2:30 pm
to check it out!

Items for sale include beautiful hand made bead jewelry, fun fur
scarves, fun fur flip flops, hand knit baby items, greeting cards
and post cards too!

We also have a copier and shredder for your use!

IMPORTANT REMINDERS

CHECK YOUR PRESSURE!

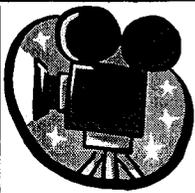
Blood Pressure Clinics are on the first Wednesday
of the month from 11:15am-noon at
the Lyons Plains Firehouse.

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.



Do you Wii??

Healthnet has generously donated a Wii gaming system to the Weston Senior
Center to encourage ongoing healthy lifestyles and wellness in the senior community. It
will be set up on Mondays and Tuesdays from 10-12 in the activity room. Come prac-
tice your skills, learn a new game or just watch and see what they are talking about!!



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:

Sept 11th: "Butch Cassidy & the Sundance Kid"

One of the most popular screen Westerns ever made, this Academy Award-winning classic blends adventure, romance and comedy to tell the story of the West's most likeable outlaws. Redford and Newman are unforgettable! 1969—run time 111 min

Sept 18th: "My Best Friend's Wedding"

A high-spirited romantic comedy that serves up something wild, something new, something touching and something truly hilarious. Roberts dazzles! 1997—run time 105 min Rated PG13

Sept 25th: "Clear and Present Danger"

Harrison Ford returns as intrepid CIA agent Jack Ryan in this critically acclaimed box-office smash. It will keep you on the edge of your seat!!

1994—run time 141 minutes Rated PG13



Watercolor Class w/Eileen!!

Thursdays, October 2, 9, 16 & 30
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!

\$20 covers materials and instruction

Remember your payment is your reservation!

Sign up at the Center

or Wed lunch!



-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, September 10th

Meet author Diana Loevy as she discusses her book

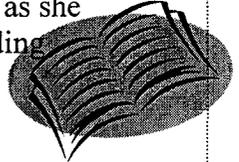
"The Book Club Companion"

Wednesday, October 8th

Meet author Marie Bostwick as she discusses her books including

her upcoming release

"A Single Thread"



Thursday Afternoon at the Movies continued!

October 2nd: "Three Men & a Baby"

Take three of Hollywood's hottest stars (Tom Selleck, Steve Guttenberg & Ted Danson), add one adorable baby girl and the result is one of the funniest blockbuster comedies! Run time 105 min Rated PG

October 9th: "Dirty Harry"

Harry Callahan is a tough, streetwise San Francisco cop whom they call Dirty Harry. IN this action classic, you'll see why! A riveting performance by Clint Eastwood, he catapults this movie to "Top 10" status!

1971—run time 113 min Rated R

October 16th: "Pretty Woman"

Academy Award nominee Julie Roberts and Richard Gere light up the screen in the most irresistible comedy. In this modern rags-to-riches romance, you can't help but feel good!!

1990—run time 98 minutes Rated R

October 23rd: no movie—Mohonk Trip

October 30th: "Atonement"—BOOK CLUB

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—run time 123 minutes Rated R

The Weston Senior Activities Center
cordially invites you to attend our

Opening Luncheon of the 2008-2009 season!

Wednesday, September 17th, 2008

Lyons Plains Firehouse, Lyons Plains Road, Weston

Lunch will be served at noon

prepared by the Weston Woman's League

Followed by the delightful sounds of the

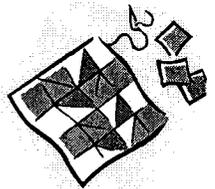
Weston boys a cappella group

"The Acafellas"

Remember to park at Emmanuel Church and the Senior Van will bring you to lunch!

THE 102ND EMMANUEL CHURCH FAIR!!

SATURDAY, SEPTEMBER 20TH
10AM-4PM



The Weston Senior Center will have a table
there selling our handmade jewelry,
knitted items and quilts.



Please speak to Jen or Krista if you're interested in
volunteering for the fair!!