

Guide to Town Senior Services

Senior Activities Center

Wendy Petty
Director

Pam Wilson
Program Coordinator
222-2608

Social Services

Charlene Chiang-Hillman
Director

Suzanne Friedman
Administrative Asst.

222-2663

Town Hall

Tom Landry
Town Administrator
Judy Devito

Selectman's Secretary
203-222-2656

Dial-A-Ride

Gordon Green
(24 Hr Notice Required)
222-2576

Drop-In Activities

Monday

Knitting/Crafts 10-12
Dance Class 11:00(N)

Tuesday

Beads 10-12
Great Courses DVD/
discussion 11-12
Strength & Fitness 11-12 (N)
Poker 12:00—2

Wednesday

Yoga 10-11
Lunch @ Norfield Church

Thursday

Wii Bowling 10-11:30
Strength & Fitness 11-12 (N)
Movies 12:00—2

Friday

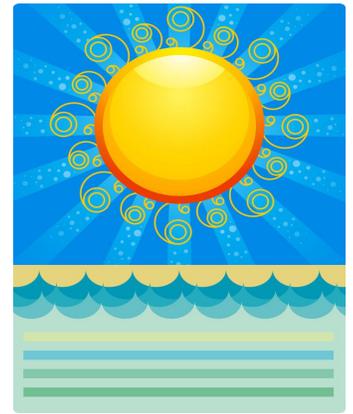
Yoga w/ Melanie 9-10 (N)

**Wednesday Lunch at
Norfield at 12 noon**

- (N=Norfield Church)
Center Hours: M, T, & Th
10:00-2:00

**WESTON SENIOR
ACTIVITIES CENTER**

July and August 2012



Hello Everyone,

All the blessings of summer are upon us. The weather is warmer and the days are longer. We have many fun activities planned to celebrate summer with you all.

But first, let's talk about spring. The Friends of the Weston Senior Center threw us a lovely strawberry shortcake party. David Connell, artist-in residence at the Norfield Church came to perform. It was a real treat and tons of fun. We also were honored to have local, esteemed artist Laura Wilk teach a series of art classes which were very insightful. In addition, the Freshman/Sophomore student government at the Weston High school invited us to a dance. It was a huge success! We are still taking about how lovely the kids were and how well everyone can dance.

This summer there are 4 barbecues planned, a beach picnic and a few restaurant outings. There will also be 3 enjoyable trips. Come join us for a private tour of the New York Botanical Garden, a ferry ride & lunch at the Steam Room in Port Jefferson, and a trip to NYC to see Cirque Du Soleil Zarkana. If you are interested in any of these outings please call us to sign up ASAP!! We need to know if there is enough interest to make these trips happen.

Last week we had a pot luck lunch here at the center. Over 30 people came. It was nice for us to eat and chat with neighbors in a casual atmosphere. This summer we will be hosting more of these types of informal "bring your own lunches". Look for them in the calendar on Tuesdays in August.

Our very best wishes to you all,
Wendy and Pam



In appreciation of:
Ginny Doherty
Nancy Coley
For their donations to the Senior Center.

New New New

Games, Games and more Games!! Come play Backgammon, Chess, Rummikub and Scrabble with high school students every Monday from 12-2pm.

Walk in computer help in the Senior Center on Mondays from 12-2pm July 9, 16, 23, 30 and August 6, and 20. sign up for 30 minute session. This is free taught by high school students. **Interested in free computer help at home? Call the Center for details.**



Picnic at Sherwood Island—Thursday, July 12th meet Gordon at 10:30 at Norfield or meet at Sherwood at 11am. Return by 2:00pm. Bring a dish to share. Sign up required.

Jimmies of Savon Rock—Thursday, July 19th meet at Norfield at 11am. Cost: \$2.00 for bus and pay for your own lunch. Sign up required for bus and reservation.

Port Jefferson trip and lunch at The Steam Room Tuesday, July 31st meet at Norfield at 9:00am, return approximately 3:00pm. Cost: \$18.00 for round trip ferry cost, \$2.00 for bus, and pay for your own lunch. Sign up required for bus and reservation.

Seashell Frame Craft Class with Betty Green August 13th and 20th—this is a 2 part class on Mondays from 11am to 2pm (break for lunch). Sign up required, space is limited to 12. Cost is \$3.00. Bring your own lunch. Frames and shells included, but if you have special shells, feel free to bring them!

“Senior Choice at Home” August 9th 1:00-2:00pm Long Term Health Care presentation. Refreshments will be provided Sign up required. Free at the Senior Center.

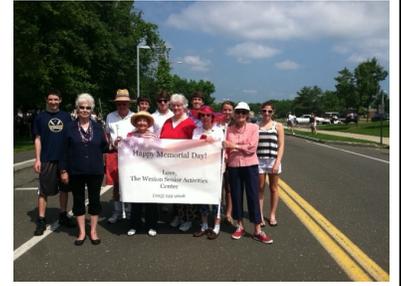
Brown Bag Lunches with Guest Speakers—Tuesdays in August, 8/7, 8/14, and 8/21. 11:30—1:30 in our Garden room at the Center. Bring your own lunch. Call to find out who our guest speaker will be!

New England Hearing Solutions -August 13th from 12-2pm. Sign up required. Cost: Free

Cirque Du Soleil's Zarkana at Radio City Music Hall August 17th Depart Norfield Church parking lot at 2:00pm, arrive back to parking lot at approximately 7:30pm. The cost is \$85.00 which includes the theatre ticket, bus trip, and a snack for the ride home. Sign up required by July 20th. If we do not fill the bus we will have to cancel.

New York Botanical Gardens & Monet's Garden Exhibit Thursday, August 23rd. Depart Norfield Church at 9:00am and return around 2:00pm. The cost is \$80, this includes bus trip, one hour live tram tour of larger garden, a walk through Monet's Garden and box lunch in café.

Thank you to some members of the Weston High School Student Government Freshman class for walking with us and to many of our seniors who made “comfort shawls” which were handed out as we walked the parade.



Day Trips and Lunch Outings

July 19th—Jimmies of Savon Rock

July 31st Port Jefferson Ferry and lunch at The Steam Room

August 1st 12pm Lunch at Toozy Patza \$4.00

August 17th Cirque Du Soleil's Zarkana \$85.00

August 23rd New York Botanical Garden

For Zarkana and New York Botanical Garden trips, please sign up by July 20th. If we can not fill the buses, we will have to cancel.



Exercise Classes!

~Walking Club~ is back Tuesdays and Thursdays at 9:15am. Meet at the track.

~Dance to the Music with Sandy~
Mondays @ 11:00 am (55+ welcome)
\$3/class (Norfield Parish Hall)

~Strength & Fitness with Sandy~
Tuesdays & Thursdays @ 11 am
\$3/class (Norfield Parish Hall)

~Wii Bowling with Anne~
Thursdays @ 10 am
Free (Center)

~Yoga with Melanie~
Fridays @ 9 am
\$3/class (Norfield Chapel)

~Gentle Yoga with Joy ~
Wednesdays @ 10 am
\$3/class (Hurlbutt South House Gym)

Please come and try a class,
1st class is free!

~Tennis Lessons~
See page 3 for details.

2

Tai Chi classes starting in the fall.

Thursday Afternoon At the Movies!

Join us Thursdays at 12:00 pm

Please call for a reservation. Movie and popcorn are free. (203) 222-2608, space is limited!



July 26th—The Adventures of Tin Tin—PG
The intrepid boy journalist of European comic strip renown is given the grand treatment in this performance capture animated rouser directed by Steven Spielberg. When Tin Tin makes a flea market purchase of an antique ship model, he doesn't suspect it to hold a clue to unimaginable treasure or that it will spur his kidnapping...

August 2nd—Albert Nobbs—Drama
Award winning Glenn Close (Albert Nobbs) plays a woman passing as a man in order to work and survive in 19th century Ireland. Some thirty years after donning men's clothing, she finds herself trapped in a prison of her own making.

August 9th— A Little Bit of Heaven—Comedy and Drama
Marley Corbett (Kate Hudson) is young, beautiful, and wildly funny, but she is afraid of opening herself up to true love and commitment. Though she used her humor to prevent matters from getting serious, a life changing visit to her doctor sends both of them on an eye opening adventure of mutual discovery.

August 16th—Salmon Fishing in the Yemen
A fisheries expert is approached by a consultant to help realize a sheik's vision of bringing the sport of fly fishing to the desert and embarks on an upstream journey of faith and fish to prove the impossible, possible.

August 23rd—How to Live Forever - Documentary
Director Mark Wexler embarks on a worldwide trek to investigate just what it means to grow old and what it could mean to really live forever. But whose advise should he take? Does 94 year old exercise guru Jack LaLaine have all the answers, or does Buster, a 101 year old chain smoking, beer drinking marathoner.....



We will be offering free bagels and coffee on Monday morning at 9:00am in July and August on the following dates: 7/16, 7/23, 7/30, 8/6, 8/13, 8/20. Come in, read the paper, and have coffee. We now have wireless internet!



Wednesday Lunch Schedule/outings Sign up required for all lunches Call Center 222-2608 or stop by!

July 4th—no lunch we are closed

July 11th at 12:00pm Weston Historical Society Senior Picnic at Coley House. \$4.00 sign up required.

July 18th at 11:30-1:30 Weston Fire Department BBQ at the Lyons Plains fire house. Old movies will be shown. Free—sign up required

July 25th at 12:00pm Selectmen's BBQ at Norfield \$4.00 with Bingo sign up required.

August 1st 12:00pm—Toozy Patza in \$4.00 includes 2 slices of pizza, side salad, roll and fountain soda.
991 Danbury Road—sign up required for both ride and reservation.

August 8th—lunch at Norfield, entertainment by Weston High School student Jack Seigenthaler—\$4.00—(Wrap sandwiches on the menu).

August 15th— 12:00pm at the Greens of Cannondale, 435 Danbury Road. Sign up required for both ride and reservation. This is free.

August 22nd at 11:30am Wilton Meadows 439 Danbury Road. This is free, includes bingo. Sign up required for both ride and reservation.

August 29th—no lunch we are closed this week.

COMING SOON

Thursday September 20th—Westchester Broadway Theatre—Cole Porter's Can-Can.

Thursday, October 18th—Tour of Kykuit, a prominent Hudson Valley Landmark.

New Tai Chi Series

Tennis Session III and IV

Lessons with Tennis Pro Glen Englander
Session III— July 15, 22, 29, August 5
4:00-5:30pm - Cost \$60.00
Session IV—August 12, 19, 26, Sept. 2
4:00-5:30pm—Cost \$60.00

All levels welcome.
Call the Senior Center to sign up.

July 2012

Mon

Tue

Wed

Thu

Fri

	2	3	4	5	6
	<p>Senior Center Closed This Week <i>Happy 4th of July!</i></p>	<p><i>Senior Center Closed</i></p>	<p><i>Senior Center Closed</i></p> 	<p><i>Senior Center Closed</i></p>	<p><i>Senior Center Closed</i></p>
	<p>9 9:15am Commission on Aging 10am Knitting, 11:15am Dancing 12pm Games 12pm Computer help 12:30 Medicare appt. Sign up required.</p>	<p>10 9:15am Walking Club 10am Beading 11m Strength & Fitness 12 poker with Stella</p>	<p>11 10am Yoga Historical Society Luncheon Picnic 12 Lunch at Coley House (\$4.00) - RSVP to Senior Center</p>	<p>12 9:15am Walking Club Sherwood Island Picnic 10:30 meet at Norfield if riding bus or 11am meet at Sherwood – free Bring a dish to pass, sign up at Center.</p>	<p>13 9am Yoga (N)</p>
	<p>16 9am Bagels and coffee 10a Current Events 10am Knitting 11:00a Dancing (N) 12pm Games 12pm Computer help</p>	<p>17 9:15am Walking Club 10am Beading make your own 11 Strength & Fitness (N) 12pm Poker with Stella</p>	<p>18 10am Yoga 11:30am Weston Firemen's BBQ at Lyons Plains Firehouse. This is free, sign up required.</p>	<p>19 9:15am Walking Club 10am Wii Bowling 11 Strength & Fitness 11am Jimmies of Savon Rock Lunch trip – sign up required.</p>	<p>20 9am Yoga (N)</p>
	<p>23 9am Bagels and coffee 10am Knitting 11:00am Dancing (N) 12pm Games 12pm Computer help 12:30 Medicare appt. Sign up required.</p>	<p>24 9:15am Walking Club 10am Beading-make your own today. 11 Strength & Fitness 12 poker</p>	<p>25 10am Yoga 12pm Selectmen's BBQ at Norfield \$4.00 with Bingo. Sign up required.</p>	<p>26 9:15am Walking Club 10am Wii Bowling 11 Strength & Fitness 12pm Movie <i>The Adventures of Tin Tin</i></p>	<p>27 9am Yoga (N) Summer Olympic Games begin through August 12th</p>
	<p>30 9am Bagels and coffee 10am Knitting 11:00am Dancing (N) 12pm Games 12pm Computer help</p>	<p>31 9am Port Jefferson Ferry and Lunch – sign up required 9:15am Walking Club 10am Beading -make your own 11a Strength & Fitness(N)</p>			

August 2012

Mon

Tue

Wed

Thu

Fri

		1	2	3
		10am Yoga 12pm Lunch at Toozy Patza in \$4.00 – sign up required for bus and reservation. See page 3 for details.	9:15am Walking Club 10am Wii Bowling 11a Strength & Fitness 12pm Movie <i>Albert Nobbs</i>	9am Yoga (N)
6 9am Bagels and coffee 9:15 Commission on Aging Meeting 10am Knitting, 11am Dancing (N) 12pm Games 12pm Computer help 12:30 Medicare appt. Sign up required.	7 9:15am Walking Club 10a Beading make your own today 11 Strength & Fitness (N) 12pm Brown Bag Lunch Series w/ guest speaker 12 poker with Stella	8 10am Yoga 12 Lunch at Norfield Wrap Sandwiches Entertainment by Jack Seigenthaler – high school student \$4.00. Sign up required.	9 9:15am Walking Club 10am Wii Bowling 11a Strength & Fitness 12pm Movie <i>A Little Bit of Heaven</i> 1pm Long Term Health Care Seminar “Senior Choice at Home”	10 9am Yoga (N)
13 9am Bagels and coffee 10am Current Events 10am Knitting 11:00a Dancing (N) 11am Seashell frames 12pm Games 12pm New England Hearing Solutions Sign up required.	14 9:15am Walking Club 10a Beading make your own 11a Strength & Fitness (N) 12pm Brown Bag Lunch Series w/ guest speaker 12 poker	15 10am Yoga 12 Lunch at The Greens of Cannondale – free- 435 Danbury Road- Sign up required for bus and reservation.	16 9:15am Walking Club 10am Wii Bowling 11a Strength & Fitness 12pm Movie <i>Salmon Fishing in the Yemen</i>	17 9am Yoga (N) 2:00pm (Norfield) Cirque Du Soleil’s Zarkana trip into NYC – sign up required. 
20 9am Bagels and coffee 10am Knitting 11:00a Dancing (N) 11am Seashell frames 12pm Games 12pm Computer help 12:30 Medicare appt. Sign up Required.	21 9:15am Walking Club 10a Beading -make your own 11a Strength & Fitness (N) 12pm Brown Bag Lunch Series w/ guest speaker 12 poker with Stella	22 10am Yoga 11:30am Lunch at Wilton Meadows – free including bingo. 439 Danbury Road. Sign up required for bus and reservation.	23 9am New York Botanical Garden – sign up required. 9:15am Walking Club 11a Strength & Fitness 12pm Movie <i>How to Live Forever</i>	24 9am Yoga (N)
25 SENIOR CENTER CLOSED THIS WEEK AS WE PREPARE OUR FALL SCHEDULES.	26 <i>Senior Center Closed</i>	27 <i>Senior Center Closed</i>	28 <i>Senior Center Closed</i>	29 <i>Senior Center Closed</i>

Other News

Did you know..... ?

The Wilton YMCA has a “Silver Sneakers” program for people over 65. Call the Y to see what the requirements are and if you qualify for a free membership. (203) 762-8384 or call the Senior Center for more information.

Did you know that you can ask for a free “senior coffee” at Wendy’s restaurants?

Do you have anything to add to our “Did You Know” column? Please call us! (203) 222-2608.

Important Medicare Information for 2012

Appointments for Medicare consultation are available two different afternoons a month - **July 9, 23 and August 6, 20**

MAKE AN APPOINTMENT THROUGH THE WESTON SENIOR CENTER BY THE THURSDAY PRIOR TO THE MONDAY at (203) 222 - 2608.

If these times or dates are not convenient for you may simply contact a

CHOICES counselor at 1(800) 994 - 9422.

To reach me if you have any Medicare questions just call the Weston Senior Center.
Meta Schroeter
CHOICES Counselor

“Friends of the Weston Library Events” At the Weston Library

Mon. July 9th – Pajama Pictures, Ice Age at 6:15PM

Mon. July 16th – Pajama Pictures, Free Willy at 6:15PM

Tues. July 17th – Play With Your Food at 12 noon – \$25; advance registration and payment required

Wed. July 18th – Movie Night, The Artist at 7 PM

Mon. July 23rd – Pajama Pictures, Indian in the Cupboard at 6:15PM

Mon. July 30th – Pajama Pictures, Happy Feet at 6:15PM

Wed. Aug. 15th – Movie Night, Film TBA at 7 PM

CURRENT EVENTS DISCUSSION (Laura Smits)

July 16th and August 13th
10am everyone welcome
Weston Senior Activities Center.



Upcoming Commission on Aging Meetings:

July 9th and August 6th at 9:15am
In Activities Room of the Center.

Open to the public—everyone welcome!

Board Members:

Helen de Keijzer, Chair
Terry Hulley
Peggy Anderson
Bruce Lorentzen
Nancy Hammerslough
Nina Daniel
Laura Smits



News from Weston Parks and Recreation

The Weston Middle School will be closed this summer, so there will not be “Senior Swim” available until after Labor Day. Call the Senior Center for more details.

Bisceglie Pond opens June 23rd. The pond is open daily from 11:30am to 6:00pm. Permits are free, stop by Parks and Rec to pick one up or go online and print a form.

Fourth of July Celebration—July 4th tickets are \$5.00 and can be purchased at the entrance that day or ahead of time at Parks and Rec. Gates open at 4:30pm, BBQ begins at 5:00pm, entertainment will be between 5-9pm, and fireworks go off at 9:20pm.

Call 203-222-2655 for more details.

Friends of the Weston Senior Activities Center

NEWS FROM YOUR "FRIENDS"



The Strawberry Festival was a huge success! Thank you to our "Friends" for such a wonderful event. We would also like to thank David Connell for the beautiful music he played for us as well as Diane Hartman for her extra help.



Events coming soon....

Weston Senior Activities Center Classic Car Show co-sponsored with the Friends of Weston Senior Center September 23rd See description below.

Genealogy Classes with Woody Bliss coming in October—dates to be determined. Space is limited!! Please call the Senior Center to reserve a spot if you are interested. More details to follow.

The Board of the Friends of The Weston Senior Activities Center consists of Nina Daniel, President; Bruce Missett, Vice President; Woody Bliss, Treasurer; Cynthia Williams, Secretary; and Stephan Grozinger, Legal Adviser and Member-at-Large

Donations, payable to the Friends of the Weston Activities Center, are 100% tax deductible and may be dropped off at the Senior Center. No donation is too small. All proceeds will go directly to benefit the seniors. *Also welcome are your suggestions on how to spend your charitable dollars so as to make your donation impactful and meaningful to you and others!*

Coming to Weston!

First Annual Weston Senior Center Classic Car Show co-sponsored with the Friends of the Weston Senior Activities Center

Sunday, September 23rd

at the Weston High School Parking Lots

This will be a fun event for everyone! If you have a classic car that you would like to put into the show, please call Wendy or Pam at the Center (203) 222-2608 for more details. Otherwise, we hope you will attend and bring your friends and family. Entry fees have not been determined at this time, but stay tuned for more details.



Proceeds will go towards more programs, events, supplies and trips for the Weston Senior Activities Center.

Weston Senior Activities
P.O. Box 1007
56 Norfield Road
Weston, CT 06883
203-222-2608
www.westonct.gov/

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www.thegreensatcannondale.com

The cost of printing this newsletter has
been paid for through the generosity of
The Greens at Cannondale.



Thank You Thank You Thank You!

With Special Thanks to the following organizations for contributing to our
First annual Volunteer Appreciation Luncheon:

- Langs Pharmacy
- The Lunchbox
- The Olive Market
- Swirl's
- Saraswati Yoga
- La Roue Elayne at Cobbs Mill
- Weston Gardens
- Tootzy Pasta
- Lombardi's Pizza
- Isabella Salon



Susan Byer, Roberta Morelli, Betty Green and Mary Doyle for dessert,
Kathleen Quinn, Stephanie Shapiro, Dawn Egan, Jeanne Piro, Erin Kirk,
Nina Daniel, Helen DeKeisjer and Erley for helping to prepare and serve
And Erik Paul and the Weston High School Orchestra for their beautiful music!