

Weston Senior Activities Update

Volume 7, Issue 4

January 2008



We are delighted to be starting another new year at our Senior Activities Center! With many programs up and running, we are looking forward to planning more.

Our Senior Center Bus has been out and about and plans to keep up the pace in the new year with more shopping, museum tours & restaurant visits!

A very special thank you for the generosity and kindness you've shown to us this holiday season. It is truly a joy to be a part of your lives and we thank you for your continued support and the love you show us.

Jen and Krista

'Another fresh new year is here...
Another year to live!
To banish worry, doubt and fear,
To love and laugh and give!

This bright new year is given me
To live each day with zest...
To daily grow and try to be
My highest and my best!

I have the opportunity
Once more to right some wrongs,
To pray for peace, to plant a tree,
And sing more joyful songs!"

William Arthur Ward

WISHING EVERYONE A JOYOUS & HEALTHY NEW YEAR!!

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

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Snow Policy:

If the Weston schools are closed due to bad weather, any Senior Center Programs will be cancelled as well. Call the Senior Center no: 222-2608 or watch Channel 12 for accurate information.

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 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!!

Note: Dial-A-Ride will take Weston residents to doctor's appointments, shopping, hair appointments, the post office and bank and anywhere else in Weston, Westport, Norwalk and Redding. Take advantage of this fabulous FREE service provided by the Town of Weston.

And don't forget, the van LOVES to take you to the Senior Center!

Our Book Group Continues!

Thanks to Westonite Terry Hully, who has been running a book group for 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,
February 28th at
10:00 am at the Senior Center.

We're delighted to follow the discussion with lunch and the movie of the same title.

The book being discussed is
"PLAINSONG"
by Kent Haruf

Several copies of the book will be available by the beginning of December. Terry asks that you come to the group prepared for a fun and lively conversation about the month's selection!

If you're planning to attend, please call the Center to register.

There is a \$2.00 fee for lunch.

Happy Birthday to you...

January 13th Ulla Driscoll
January 18th Olive Phillips
January 23rd Fran Hill
January 25th Eleanor O'Connell
January 26th Annette Winston
January 27th Dolores Mills
January 31st. Mary DiRollo
January 31st. Margaret Dowdy



Happy 45th Anniversary to ...
Roberta and Daniel Morelli

Su Mon Tue Wed Thu Fri Sat

| | | | | | | |
|----|---|---|--|--|---|----|
| | | 1 HAPPY NEW YEAR!!! | 2 12:00 HAPPY NEW YEAR luncheon presented by Norfield CC followed by BINGO! | 3 11:00 <i>Strength & Fitness</i> | 4 9:00 <i>Yoga with Melanie</i> | 5 |
| 6 | 7 10:00 Knitting and More! 11:00 <i>Tai Chi</i> | 8 10:00 Bead Class 11:00 <i>Strength & Training</i> | 9 10:00 <i>Yoga with Joy</i> 12: LUNCHEON presented St. Francis 12:45 following lunch, please join us to hear "Sign of the Times" terrific singing group! | 10 11:00 <i>Strength & Fitness</i> 11:30 Senior Ctr. Bus Trip —Lunch at "Centro" in Fairfield 12:30 Movie: "Chronicles of Narnia" | 11 9:00 <i>Yoga with Melanie</i> | 12 |
| 13 | 14 10:00 Knitting and More! 11:00 <i>Tai Chi</i> | 15 10:00 Bead Class 11:00 <i>Strength & Training</i> | 16 10:00 <i>Yoga with Joy</i> 11:30 <i>Domestic Violence speaker</i> 12:00 MEXICAN Luncheon presented by Emmanuel Church 12:45 <i>Our favorite mariachi performers</i> "Los Pajaros" (the birds! return!!) | 17 11:00 <i>Strength & Fitness</i> 12:30 Movie: "Mr. Bean's Holiday" | 18 9:00 <i>Yoga with Melanie</i> | 19 |
| 20 | 22 Closed for Martin Luther King holiday | 22 10:00 Bead Class 11:00 <i>Strength & Training</i> | 23 10:00 <i>Yoga with Joy</i> 12:00 <i>Luncheon presented by Newcomers & Neighbors Club</i> 12:45 <i>Mary Tokarsi on the accordion accompanied by the piano!</i> | 24 11:00 <i>Strength & Fitness</i> 12:30 Movie: "Breakfast at Tiffany's" | 25 9:00 <i>Yoga with Melanie</i> 11:30 Senior Ctr. Bus Trip -Lunch at "Barcelona" in South Norwalk | 26 |
| 27 | 28 10:00 Knitting and More! 11:00 <i>Tai Chi</i> | 29 10:00 Bead Class 11:00 <i>Strength & Training</i> | 30 10:00 <i>Yoga with Joy</i> 11:45 "TRY TAI CHI for Free!" 12:00 <i>Luncheon presented by Weston Woman's League</i> 12:45 "Matinee" returns as a woman's acapella group! | 31 <i>11:00 Strength & Fitness</i> 12:30 Movie: "Hairspray" | | |





**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:
January 3rd: No Movie—resume next week

January 10th: "Chronicles of Narnia"
Based on the classic novel by CS Lewis. Four London children are sent to a professor's country home in order for protection during World War II. There they find a magic wardrobe which leads to a mystical land called Narnia.

2005—running time 143 minutes. Rated: PG

January 17th: "Mr. Bean's Holiday"
Mr. Bean wins a trip to Cannes where he unwittingly separates a young boy from his father and must help the two come back together. On the way he discovers France, bicycling, and true love, among other things.

2007—running time 90 minutes.
Rated: G

January 24th: "Breakfast at Tiffany's"
Audrey Hepburn plays that daring, darling Holly Golightly to a new high in entertainment delight! The film won 2 Oscars and also stars George Peppard, Patricia Neal, Buddy Ebsen and Martin Balsam.

1961—running time 115 minutes

January 31st: "Hairspray" Pleasantly plump teenager Tracy Turnblad teaches 1962 Baltimore a thing or two about integration after landing a spot on a local TV dance show. Nominated for 3 Golden Globes, the film stars John Travolta, Michelle Pfeiffer, Christopher Walken

2007—running time 117 minutes. Rated: PG



**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 Adamczyk

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



**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.

Lunch at "Centro" in Fairfield
January 10th

Depart 11:30—Return around 2:30.
*Enjoy this delightful Italian restaurant which
serves up quite a treat. We hope you'll come!*
Cost: announced shortly

*And again.....
join us later in the month at "Barcelona" in
South Norwalk.*

January 25th
Depart 11:30—Return around 2:30.
*The restaurant features a delicious
assortment of Spanish food. Enjoy a taste of
Spain in the heart of South Nwlk*
Cost: announced shortly

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



You're invited!

If you've always wondered what Tai Chi was all about, you can now
"Try Tai Chi for Free!"

Join us on Wed. Jan. 30th at 11:45am, before lunch in the Norfield Parish Hall.

What is tai chi?

The art of slow motion routines, tai chi is a low impact exercise.
You should be in good physical health to enjoy this "moving meditation!"
Grab a friend and join Helen, our experienced instructor, and do
something good for your body!

Seniors 4 Seniors

Sharing your skills and services can be fun and helpful to others! Are you a...

*Justice of the Peace? Notary Public? Seamstress?
Handyman? Financial Guru? Tax Accountant??*

If you're a senior willing to offer your services to our seniors, let Jen or Krista know. Tell us what you can do and we'll keep your name on file!

Bead Class with Nancy continues!

Join Nancy McCormick every Tuesday from
10:00 am—11:30 am in the
Activity Room at the new 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 new Senior Activities Center and at our Holiday Craft Boutique!

No registration! Just drop in—\$2 per class

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!

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 for more information.
All inquiries will be kept confidential.

Thank you!

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.

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

Sadly, we lost another dear friend recently when Irving Bendowitz passed away. Irving was a very special person who was always smiling and consistently saw the positive things in life. We will miss him dearly.

Our thoughts and prayers go out to his daughter Jodi, her family and her friends.



Drop-In Activities

Knitting, coffee and... 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!

News from the State of Connecticut...

Ombudsman & Resident Advocate Program

The State of CT Long Term Care Ombudsman Program provides information and advocacy services for residents of long term care facilities and their families. They also investigate complaints made by or on behalf of residents with respect to resident's rights, quality of life, and quality of care.

For more information contact:

LONG TERM CARE OMBUDSMAN PROGRAM

State of CT—Dept. of Social Services

2a49 Thomaston Ave, Waterbury, CT 06702

(203)597-4181 or

TOLL FREE: 1-866-388-1888

Fuel/Energy Programs

*Warm Up Fund Applications
will be available after
January 1, 2008

***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:

Donate a Cook Book and then check out ones that others have brought in! You never know what fabulous new recipe you might discover!

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 11am-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.

Please mark your calendar for an important program on Wednesday, January 16th at 11:30 am in the Norfield Parish Hall.

We will have a speaker before lunch discussing domestic violence. This is sure to be an informative presentation.

We hope you'll join us.