Weston Senior Activities Update

Volume 7, Issue 5 February 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

Presort Standard
U.S. POSTAGE
PAID
Permit No. 2
WESTPORT, CT 06880

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

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

Copies of the book are available at the Senior Center or at the Wednesday lunch. 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.

Norwalk Community College Presents

Lumina String Quartet

The Disparate Yet Connected Worlds of Two Geniuses:

Beethoven and Shostakovich

Sunday, February 24th

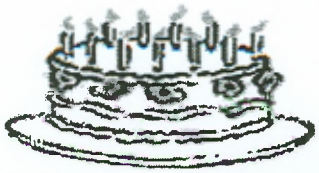
3:00 pm

Norwalk Community College

See Meta Schroeter for complimentary tickets

Happy Birthday to you...

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



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??***

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

Italic—Norfield Church

BOLD—Senior Center at Hurlbutt

FEBRUARY 2008—Weston Senior Activities Center

Mon	Tue	Wed	Thu	Fri	Sat
	**please call	24 hours ahead to see if class is being held		*1* *9:00 Yoga with Melanie*	*2*
4 **9:00 Commission on Aging monthly meeting** **10:00 Knitting and more!** *11:00 Tai Chi*	*5* **10:00 Bead Class**** *11:00 Strength & Training*	*6* *10:00 Yoga with Joy* *11:15 Blood Pressure screening w/Beth* *12:LUNCHEON presented St. Francis* *12:45 following lunch, please join us for BINGO!*	*7* *11:00 Strength & Fitness* **12:30 Movie: "Eight Below"**	*8* *9:00 Yoga with Melanie* **9:00 am Senior Ctr. Bus Trip: "Bodies Revealed"** - Hartford—rating outtanding reviews as the Exhibit tours the country	
11 **10:00 Knitting and More!** *11:00 Tai Chi*	*12* **10:00 Bead Class**** *11:00 Strength & Training*	*13* *10:00 Yoga with Joy* *12:00 VALENTINE luncheon presented Emmanuel Church w/members of the Weston High School Student Senate!* *12:45 Tom Stankus returns!*	*14* *11:00 Strength & Fitness* **12:30 Movie: "It Happened One Night"**	*15* *9:00 Yoga with Melanie*	*16*
18 **WSAC closed for School break** *11:00 Tai Chi*	*19* **WSAC closed for School break**	*20* **Senior Center Closed—School Break** ***Note: NO Yoga class***	*21* *11:00 Strength & Fitness* **WSAC Closed for School**	*22* *9:00 Yoga with Melanie*	*23*
25 **10:00 Knitting and More!** *11:00 Tai Chi*	*26* **10:00 Bead Class**** *11:00 Strength & Training*	*27* ***Note: NO Yoga class*** *12:00 LUNCHEON presented by Newcomers & Neighbors* *12:45 the "Harmonica Guys" are back!*	*28* **10:00 Book Club meets to discuss: "Plainsong" followed by lunch** *11:00 Strength & Fitness* **12:30 Movie "Plainsong"**	*29* *9:00 Yoga with Melanie* **9:00 am Sr. Ctr. Bus Trip: Join Jen at the "Palisades Mall"!** Every store you can imagine and plenty of spots to just relax!	

"Love is, above all else, the gift of oneself"
Jean Anouilh

The Weston Senior Activities Center
cordially invites you to our

"Be My Valentine"
Valentine's Day Celebration
presented by Emmanuel Church
12:00 noon on Wednesday, February 13th
Norfield Parish Hall
Norfield Road
Weston, CT

Joining us for lunch will be members of the
Weston High School Senate
Enjoy the extraordinary music by
Tom "T-Bone" Stankus

call Jen or Krista at 222-2608 for more information

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 7th: "Eight Below"
Brutal cold forces two Antarctic explorers to leave their team of sled dogs behind as they fend for their survival. An exciting tale of adventure!!
2006-run time 120 minutes Rated PG

February 14th: "It Happened One Night"
With 5 Oscars to its credit, this movie comes in as one of the grandest of romantic comedies!! Come for a Valentine's Day treat and enjoy Clark Gable and Claudette Colbert as they embark on a hilarious performance of love found in an unlikely place.
1934—run time 105 minutes

February 21st: No movie—CLOSED

February 28th: "Plainsong"
Against the sparse landscape of a small Colorado prairie town, seven lives are about to intersect in an unforgettable way. A Hallmark Hall of Fame movie and the movie which follows our Book Group discussion the same morning.
2004—run time 98 minutes

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 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

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.

"Bodies Revealed"-Hartford"
February 1st

Depart 9:00am-Return around 3:00
Explore the human body at a truly innovative exhibition—thrilling, but not chilling!! Followed by pay-your-own-way lunch at the Olive Garden.
Cost: $23.50 no audio tour
$30.00 with audio

"Palisades Mall"
February 29th

Depart 9:00am-Return around 3:00
Join us on a trip to one of the largest malls in the area. Enjoy shopping, lunch & plenty of people watching!
Cost: $3.00

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!!

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

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

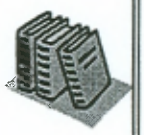
*Other **Winterization Programs** are available and information can be obtained from Charlene or Suzanne in the Social Services Department or by calling **222-2663**

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:
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 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.