

Weston Senior Activities Update

Volume 6, Issue 9

JUNE/JULY 2007

**Join us on Wednesday, June 25th for our Annual Cookout!
12 noon at the Norfield Congregational Church
Hamburgers, hot dogs, and all the fixing's!!
See you there!**

"May the long, warm days of summer bring you peace of mind...
Take breaks for shade & lemonade,
Find time to just unwind"

7/20/07



Guide to Town Senior Services:

Jen Ockenden Ruddy, Krista Hayward

Senior Activities Center at Hurlbutt Elementary School 222-2608

HOURS: Mon, Tues. & Thurs. 10am-2:30pm

DIAL-A-RIDE: 222-2576

9am-5pm Monday thru Friday

Available for medical appointments, shopping, senior center events.

Please call 24 hours ahead.

Charlene Chiang-Hillman, Suzanne Friedman

Social Services (inc. Meals On Wheels): 222-2663

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

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June 2007 Weston Senior Activities Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Italic = Norfield C.C.</i> Bold = Sr. Ctr. at Hurlbutt Elementary				May 31st: Financial First Aid Kit program Presented by U.S. Homeland Security "Go bags" will be distributed at no charge!	1 10:00 Yoga w/ <i>Melanie</i> 10:00 Day trip to NY Botanical Gardens	
	4 9:15 Commission on Aging monthly meeting 10:00 Knitting Club	5 10:00 Bead Class w/ Nancy 11:00 Strength & Fitness	6 10:00 Yoga w/ Joy Note: luncheon to be held at "The Greens" of Cannondale	7 11:00 Strength & Fitness 12:30 Movie: "A Good Year"	8 10:00 Yoga w/ <i>Melanie</i> 10:00 Day trip to NY Botanical Gardens	
10	11 10:00 Knitting Club 11:00 Tai Chi	12 10:00 Bead Class w/ Nancy LAST Class! 11:00 Strength & Fitness	13 10:00 Yoga w/ Joy 12:00 Luncheon w/help from the WHS Student Senate	14 FLAG DAY! 11:00 Strength & Fitness 12:30 Movie: "Dream Girls" 	15 10:00 Yoga w/ <i>Melanie</i>	16
17 	18 10:00 Knitting Club 11:00 Tai Chi	19 11:00 Strength & Fitness	20 10:00 Yoga w/ Joy 12:00 Luncheon Followed by the fabulous "Acafellas"	21 11:00 Strength & Fitness 12:30 Movie: "Fun w/Dick & Jane"	22 10:00 Yoga w/ <i>Melanie</i>	23
24	25 10:00 Knitting Club 11:00 Tai Chi	26 11:00 Strength & Fitness	27 10:00 Yoga w/ Joy 12:00 Annual Cookout!! 	28 11:00 Strength & Fitness 12:30 Movie: "Rear Window"	29 10:00 Yoga w/ <i>Melanie</i>	30

July 2007 Weston Senior Activities Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 11:00 Tai Chi Senior Ctr. closed for Vacation	3 11:00 Strength & Fitness Senior Ctr. closed for vacation	4 10:00 Yoga w/Joy Happy 4th of July!! (Senior Ctr. closed)	5 11:00 Strength & Fitness Senior Ctr. closed for	6 10:00 Yoga w/ Melanie Senior Ctr. closed for vacation	7
8	9 10:00 Knitting Club	10 11:00 Strength & Fitness	11 10:00 Yoga w/Joy NO Luncheon Historical Society Picnic at Coley House!	12 11:00 Strength & Fitness 12:30 Movie: "Music & Lyrics"	13 10:00 Yoga w/ Melanie	14
15	16 10:00 Knitting Club	17 11:00 Strength & Fitness	18 10:00 Yoga w/Joy Lunch & trip to Westport Country	19 11:00 Strength & Fitness 12:30 Movie: "Some Like It Hot"	20 10:00 Yoga w/ Melanie	21
22	23 10:00 Knitting Club	24 11:00 Strength & Fitness	25 10:00 Yoga w/Joy 12:00 Luncheon to be held at "The Greens" of Cannondale w/ Bingo! Last day of Senior Activities	26 11:00 Strength & Fitness (NO movie)	27 10:00 Yoga w/ Melanie	28
<div style="border: 2px solid black; padding: 5px; width: fit-content;"> <p>Please note: the Weston Senior Activities Center will be closed for the month of August.</p> </div>			See you in September!		<i>Italic = Norfield C. C.</i> BOLD = Sr. Activities Ctr. at Hurlbutt Elementary	



Mark your calendar...

On June 6th we will NOT be having our regular lunch at Norfield Church due to the church Fair.

We have been cordially invited to lunch at "The Greens" of Cannondale, located on Rte. 7 in Wilton. This beautiful assisted living complex will treat us to lunch AND bingo!

Call us if you need directions: 222-2608

Wednesday, June 25th

Weston Sr. Ctr. Annual Cookout!

12 noon at the Norfield

Congregational Church

Hamburgers, hot dogs, and

all the fixing's!!

Our cooks for the day will be our own Selectmen, Woody Bliss & Richard Miller!

See you there!



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Please stop by our ongoing art exhibits. Currently we are displaying both paintings and photographs of our wonderful friend and professional artist, Juli Turner.

Juli has been painting and doing photography for many years and her work is terrific.

We are happy to display artwork or interesting collections in our entry hall and display cases. If you would be interested in showing your work, please contact Jen or Krista at 2222608.

Exhibits will be open during regular Senior Center hours on Monday, Tuesday & Thursdays.

BOOK DISCUSSION NEWS...

Thank you to Terry Hulley who led the

Recent discussion of "The Great Gatsby" when the group met for the first time in May at the new Center.

Lunch follows the discussion at noon. The discussion, luncheon and movie that followed, were a rousing success!

Terry plans to hold the next book discussion group in the Fall. In case you want to get an early start, the group will be reading "For Whom the Bell



Tolls" As always, books will be available

Polymer Clay class in the Fall Nancy McCormick will be teaching a polymer clay in the Fall.

The basics of polymer clay are quickly mastered. Learn step-by-step the techniques used to design your own beads. Learn to condition, make lugs, strings & sheets, blending and coloring.

The cost for the 4 sessions is \$20.00. Please sign up at the Center or call us at 222-2608 to put your name down.

Be sure to visit our gift shop at the new Center.

It's open on Mondays, Tuesdays and Thursdays from 10:30-2:00 pm. Items for sale include beautiful hand made jewelry, fun fur scarves, fun fur flip flops, hand knitted baby items, greeting cards and post cards too!



Copies are available for 10 cents and we sell stamps too!

We also have a shredder _____ no charge but you do the shredding!

Thursday Flicks continue!

Check out our June & July selections! Come to

the Center at noon and bring a bag lunch

to enjoy before the movie. **NOTE: The movie starts at 12:30 with popcorn & soda! Hope to see you there!**

June 7th "A Good Year" A British investment broker inherits his uncle's chateau and vineyard in Provence where he spent much of his childhood. He discovers a new laid-back lifestyle as he tries to renovate the estate to be sold. With Albert Finney and Russell Crowe.

2006—running time 118 minutes Rated: PG-13

June 14th "Dreamgirls" Based on the Broadway musical, a trio of black female soul singers cross over the pop charts in the early 1960's. Winner of 2 Oscars, a riveting performance by newcomer Jennifer Hudson. With Jamie Foxx, Beyonce Knowles, Eddie Murphy and Danny Glover. 2006—running time 131 minutes Rated: PG-13

June 21st "Fun with Dick and Jane" An update of the 1977 comedy, Dick and Jane are living the good life until he loses his job and they must be creative in finding ways to pay the bills. A hilarious performance by Jim Carrey and Tea Leoni.

2005—running time 90 minutes Rated: PG-13

June 28th "Rear Window" In the Alfred Hitchcock classic, a wheelchair bound photographer spies on his neighbors from his apartment window and becomes convinced one of them has committed murder. Nominated for 4 Oscars, a movie that still raises the hairs on the back of your neck! With James Stewart and Grace Kelly.

1954—running time 112 minutes

July 12th "Music & Lyrics" A washed-up singer is given a couple of days to compose a chart-topping hit for an aspiring teen sensation. An enchanting love story with Drew Barrymore and Hugh Grant.

2007—running time 105 minutes Rated: PG-13

July 19th "Some Like It Hot" With Marilyn Monroe and Tony Curtis, how can you resist? When two musicians witness a mob hit, they flee the state in an all female band disguised as women, but further complications set in. Come see why this won an *Oscar!*

1959—running time 120 minutes



Senior Fitness Classes continue...

Strength & Fitness

Training w/ certified instructor

Sandy Adamczyk

Tuesdays & Thursdays at 11:00

YOGA w/Joy Abrams

Wednesdays at 10:00 am

YOGA w/Melanie Van Vliet

Fridays at 10:00 am

Tai Chi w/Helen

Mondays at 11:00 am

NOTE: All classes will continue to be held at the Norfield Congregational Church, 64 Norfield Rd., Weston.

The cost of classes is \$2.00 per class.

Happy Birthday to you...

Whilamena Kramer, June 10th

Jim Powers, June 20th

Don Snow, June 21st

Mary Doyle, July 2nd

Carleton Anderson, July 7th

Andree Askinazi, July 8th

Victor Burtsche, July 16th

Else Stock, July 20th

Ginnie Webber, July 20th

Ying Ming Chiang, July 22nd

Ron Coleman, July 27th

Doris Hall, July 31st

Tina Fowler, August 1st

Kelly Irish, August 8th

Fran Hines, August 10th

Joe Spetly, August 21st

Vicki Miller, August 25th

Happy Anniversary to

Mary & Joe DiRollo, June 13th **Enjoy your day! We'll celebrate birthdays for the month on the first Wed. at our weekly lunch.**



It's that very important time of the year when we say

Thank YOU

to all of the many individuals and groups who volunteer throughout the year at the Weston Senior Activities Center.

If we have left anyone out, our sincere apologies.

We appreciate you all so much! Jen & Krista



- *Thank you* to our fabulous lunch groups including the dedicated members of Norfield Congregational Church, St. Francis of Assisi, Emmanuel Episcopal Church, Newcomers & Neighbors Club and the Weston Woman's League, who prepare delicious meals for us each week.
 - *Merci* Reverend Bernard Wilson and the members of Norfield Congregational Church for their generosity in letting us use their beautiful hall and kitchen each week.
 - Gracias to all of our seniors who come in early to help us set up for Wednesday lunch—and to those who stay late to make sure we are all cleaned up! Also, everyone who helps us get the newsletter collated and folded each month.
 - Gr^azie Nancy McCormick for her ongoing support, talents and true love for the Weston Senior Center and all those who are a part of it. Also, Karen Schulz who volunteers her time to come up with delightful crafts to do before Wednesday lunch.
 - Obrigad^o Superintendent Lynn Pierson, Hurlbutt Principal Joanna Genovese and Asst. Principal Bruce Simon, Dan Clark and all his wonderful staff for working, so diligently with us to prepare, open and run our beautiful new Center!
 - 'D^ank u to The Weston Forum and Weston magazine for their ongoing coverage of our activities
T^ak^er de to the dedicated members of the Commission on Aging who advice us wisely and
 - continuously encourage us while we expand and grow!
 - **Tak for lan** Lan United Way of Westport/Weston for their unwavering support year after year, and
 - especially for their generous donation to buy our wonderful 19 passenger bus!!
 - T^ak^e sj^alv members of the PEO who organize our Bingo games after the Wednesday lunches AND provide the lovely prizes we love to win!
 - Mahalo to all of our generous donors including the Weston Woman's Club, Weston Woman's League, Newcomers & Neighbors Club, Sunrise Rotary, United Way of Westport/Weston
 - Arigato Peg Taylor and her Family & Life Sciences class for keeping us supplied with yummy cookies throughout the year!Xie
 - to the Weston Selectmen, Town Admin. Tom Landry and Social Services Director
 - Charlene Chiang-Hillman who have proven strong supporters of the Center and all the things we plan, or dream about planning, for the Center
 - 'D^anke to the Weston Music school and the "Acafella"s for donating their musical talents with us!
 - Spasibo Friends of the Weston Library for their generous donation of books from their recent fair.
 - Da^kujem Neil, Quinn, Kate & Owen Hayward along with Mike, Jamie, Callie, Luke & Ellie Ruddy, who put up with us even though there are times they don't want to hear another word about the Weston Senior Center! And Jen's dad for always helping us out in one way or another!
- And finally, to everyone who spends time with us at the Weston Senior Activities Center.

Havala! We are having so much fun and hope you are too!