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

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WESTPORT, CT 06880

Directions to the Weston Senior Activities Center

We are located in the Hurlbutt Elementary School South House building at 9 School Road, Weston, CT. Once you pull into School Road from Rte 57 we are located in the first parking lot on your right.

GUIDE TO TOWN SERVICES

Tom Landry.....203-222-2677
Town Administrator

Judy Devito.....203-222-2656
Selectman's Secretary

Charlene Chiang-Hillman.....203-222-2663
Director, Social Services/Municipal Agent for the Elderly

Suzanne Friedman.....203-222-2556
Administrative Assistant, Social Services

Jennifer Ockenden Ruddy.....203-222-2608
Director, Senior Center

Nancy McCormick.....203-222-2508
Program Coordinator, Senior Center

Charity Nichols.....203-222-2697
Tax Collector

Donna Anastasia.....203-222-2616
Town Clerk

Ellen Jones.....203-222-2617
Assistant Town Clerk

Mark Harper.....203-222-2642
Animal Control

Commission on Aging Members

Helen de Keijzer, Chair
Ernest Albin
Peggy Anderson
Terry Hulley
Sandy O'Brien
Susan Moore
Bruce Lorentzen

For more information on the Commission on Aging please go to the town's website

www.westonct.gov

203 222-2608 **Weston Senior Center – November 2010**

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:15 AM Commission on Aging Monthly Meeting 10 AM Knitting 11:00 PM: Zumba! 12:30 PM Quilting	2 10 AM Beading 10 AM Walking Club 11 AM Strength & Fitness (N) 12 PM Poker 1 PM Pierced & Hand Embroidered Paper Cards	3 10 AM Yoga (SAC) 12 PM Lunch: Norfield Entertainment: Bingo	4 10 AM Walking Club 10 AM Wii Bowling 11 AM Strength & Fitness (N) 12:30 PM Movie: *City Island*	5 9 AM Yoga (N)
8 10 AM Knitting 10 AM Current Events Discussion Group 11:00 PM: Zumba! 12:30 PM Quilting 1 PM Charlie & Chocolate Factory 2nd Grade Event	9 ***NO BEADING*** 10 AM Walking Club 11 AM Strength & Fitness (N) 12 PM Poker 1 PM Pierced & Hand Embroidered Paper Cards	10 10 AM Yoga (SAC) 10 AM Fall Hike 12 PM Lunch: St Francis Entertainment: Brian Gillie	11 10 AM Walking Club 10 AM Wii Bowling 11 AM Strength & Fitness (N) 12:30 PM Movie: *Extraordinary Measures*	12 9 AM Yoga (N) 10:30 AM Socrates Café (Weston Public Library)
15 10 AM Knitting 10 AM Xmas Tree Shop Trip 11:00 PM: Zumba! 12-2 PM Medicare Consultation with Meta Schroeter 12:30 PM Quilting	16 10 AM Beading 10 AM Walking Club 11 AM Strength & Fitness (N) 12 PM Poker 1 PM Pierced & Hand Embroidered Paper Cards	17 10 AM Yoga (SAC) 12 PM Thanksgiving Lunch & Holiday Bazaar: Emmanuel Entertainment: Marc Black	18 10 AM Walking Club 10 AM Wii Bowling 11 AM Strength & Fitness (N) 12:30 PM Movie: *Dear John*	19 9 AM Yoga (N)
22 10 AM Knitting 11 AM: Zumba! 12-2 PM Medicare Consultation with Meta Schroeter 12:30 PM Quilting	23 10 AM Beading 10 AM Walking Club 11 AM Strength & Fitness (N) 12 PM Poker	24 ***Senior Center Closed for Thanksgiving Break!***	25 **HAPPY THANKSGIVING!** 	26 ***Senior Center Closed for Thanksgiving Break!***
29 10 AM Knitting 11 AM Zumba! 12:30 PM Quilting	30 10 AM Beading 10 AM Walking Club 11 AM Strength & Fitness (N) 12 PM Poker			

203 222-2608 **Weston Senior Center – December 2010**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10 AM Yoga (SAC) 12 PM Lunch: Norfield Entertainment: Bingo	2 10 AM Walking Club 10 AM Wii Bowling 11 AM Digital Photography 11 AM Strength & Fitness (N) 12:30 PM Movie: *Beyond A Reasonable Doubt*	3 9 AM Yoga (N)
	Happy Hannukah ~ December 1 - 9			
6 10 AM Knitting 10:30 Long Term Care Planning Presentation 11:00 PM: Zumba! 12-2 PM Medicare Consultation with Meta Schroeter 12:30 PM Quilting	7 10 AM Beading 10 AM Walking Club 11 AM Strength & Fitness (N) 12 PM Poker	8 10 AM Yoga (SAC) 12 PM Lunch: St Francis Entertainment: Bob Forte	9 10 AM Walking Club 10 AM Wii Bowling 11 AM Digital Photography 11 AM Strength & Fitness (N) 12:30 PM Movie: *Into the Storm*	10 9 AM Yoga (N) 10:30 AM Socrates Café (Weston Public Library)
13 10 AM Knitting 10 AM Holiday Cookie Bake & Swap 11:00 PM: Zumba! 12-2 PM Medicare Consultation with Meta Schroeter 12:30 PM Quilting	14 10 AM Beading 10 AM Walking Club 11 AM Strength & Fitness (N) 12 PM Poker	15 10 AM Yoga (SAC) 12 PM Holiday Lunch: Weston Women's League Entertainment: Serendipity Chorale	16 10 AM Walking Club 10 AM Wii Bowling 11 AM Digital Photography 11 AM Strength & Fitness (N) 12:30 PM Movie: *White Christmas*	17 9 AM Yoga (N)
20 10 AM Knitting 11 AM: Zumba! 12-2 PM Medicare Consultation with Meta Schroeter 12:30 PM Quilting	21 10 AM Beading 10 AM Walking Club 11 AM Strength & Fitness (N) 12 PM Poker	22 	23 *~ Happy Holidays ~ The Senior Center will close for the holidays on Tuesday, December 21*	24
27	28	29	30	31 *Happy New Year!*
The Senior Center will reopen on Tuesday, January 4, 2011				

Guide to Town Senior Services

Senior Activities Center
Jen Ockenden Ruddy &
Nancy McCormick
222-2608

Social Services
Charlene Chiang-Hillman &
Suzanne Friedman
222-2663

Dial-A-Ride
Gordon Green
(24 Hr Notice Required)
222-2576

Drop In Activities
~Mondays 10-12~
Knitting
Zumba 11
Quilting 12:30
~Tuesdays~
Beads 10-12
Walking Club 10-11
Strength & Fitness 11-12 (N)
Poker 12:30 –2:30
~Wednesday~
Yoga 10-11
~Thursday~
Wii Bowling 10-12
Walking Club 10-11
Strength & Fitness 11-12 (N)
Movies 12:30—2:30
~Friday~
Yoga w/Melanie 9-10 (N)

Wednesday Lunch at
Norfield at noon

Stop by the Center at
9 School Road, have a
cup of coffee and visit
our gift shop!

-Copies made 10¢
-Shredder and paper cutter available ~ free!
-Free Book, VCR and DVD library
(N=Norfield Church)

WESTON SENIOR ACTIVITIES CENTER

Nov/Dec 2010

November/December already? It seems like just yesterday we were planning out our Fall Activities! Well, with Halloween over and Thanksgiving and the Holidays fast on our heels we're gearing up for some new and some old-favorite activities!

Have you been thinking about **Long Term Planning?** We have Laurie Sappern Gaugler joining us on Monday, December 6th to talk about options. Many of you may remember her from our Health & Wellness Fair in June. She's terrific and you don't want to miss this.

We'll be heading out to the **Christmas Tree Shop and the Hometown Buffet** on Monday, November 15th. This popular trip should fill up fast so make sure you sign right up. RSVP and the Senior Center have joined together to create **Quilts** to give away around the holidays. You don't need to know how to sew - just be willing to learn a new craft and enjoy working with others. Look for our quilts at Wednesday lunch to see a finished project.

It's Cookie Time Again - time for our annual **cookie bake & swap** (with lunch included). You can either bake with us or bake at home and join us for the lunch and swap - either way you MUST sign up in advance.

Digital Photography is on the agenda for Thursday mornings in December for 3 weeks. Please call for more information.

So take a look through this newsletter for more information on these and our other programs or call or drop by the Center! We look forward to seeing you all soon and please consider receiving this newsletter via email - it helps the environment and saves us money!

Happy Holidays, Jen & Nancy

IN MEMORY OF_____

IN HONOR OF_____

Send Memorial or Honor Card to:

Name:_____

Street:_____
9
City:_____State:____ Zip:_____

Amount of Donation: $_____
My Check is Enclosed made out to

The Weston Senior Center would like to help you honor and remember loved ones with our new **Always With Us** program. Donations allow us to develop new opportunities at our Center, provide for needy seniors in Weston, and subsidize programs. With a (tax deductible) donation of your choosing we will send a Memorial or Honor Card to the recipient of your choice. You may also choose to celebrate birthdays, anniversaries or the special occasions of your friends. We will acknowledge your donation in our newsletter.
Thank you for your support!

How are you set with your Long Term Planning Goals?

Come to an informational session with
Laurie Sappern Gaugler on
Monday, December 6th
at 10:30 am

Today you are healthy, but 24 hours from now, things could change. Come learn strategies for protecting yourself in the future when you may need long term care.

This is a free program ~ refreshments will be served ~ a RSVP is appreciated
203-222-2608

Medicare Consultation

with Meta Schroeter

Come find out how the program has changed and how your coverage will be affected.

November 15 & 22
December 6, 13 & 20
40 minute time periods
12-2 pm

You can sign up for a time slot
by calling the
Center at 203-222-2608
or at Wednesday lunch
You must sign up - no walk ins!
No exceptions!

To reprint this newsletter or to get updates on Senior Center activities, go to www.westonct.gov, click on **Youth and Adult Programs** and then click on **Senior Center.** From the displayed list, select either **Updates** or **Newsletter**.

Help the Weston Senior Activities Center

GO GREEN

If you would like to get this newsletter electronically instead of in paper form, please fill out the box below and drop it at the Center or mail it to:
Nancy McCormick
Senior Activities Center
PO Box 1007
Weston, CT 06883

Name_____
Address_____
Phone_____
Email_____

This information will not be used for any purpose other than the newsletter and will not be given or sold to any third party. You may opt out at any time by notifying the Senior Center.

Save paper, save ink, get weekly updates!

Come Join Us for a Unique Opportunity

Ms. Jennifer Barone, 2nd grade teacher at Hurlbutt & her class are studying "Charlie & the Chocolate Factory"

On
Monday, November 8th
from 1 - 3 pm

Ms. Barone's class will be creating their own CHOCOLATE FACTORY and they need your help!

There will be chocolate creations, descriptive writing and "getting to know you & Weston" with Weston Seniors

If you think you'd like to help out with this project, please call the Senior Center by Thursday, November 4th to register or sign up at Wednesday lunch
This is a terrific intergenerational opportunity and fun, too!

This activity will take place in the Weston Senior Activities Center on School Road.

Come with us on our travels as we head off to the **Christmas Tree Shop** (followed by lunch at the Hometown Buffet) on

Monday, November 15th

We will leave from Norfield Parking lot at 10 am Please plan on being there by 9:45 so you don't get left behind!

Cost: $3 for the bus, lunch is on your own. This is a limited attendance trip ~ your payment reserves your space. Call 203-222-2608 or sign up at Wednesday lunch.

What's all the fuss about

QUILTING?

It's fun to do and even *more* fun to do in a group!

We will be designing, sewing, and quilting projects which will go to RSVP (Retired Senior Volunteer Program) who will distribute them to those who will benefit from them the most.

We have the material, the sewing machines, and the space ~ all we need now are the hands!

Join Ann Moore as we put together these wonderful projects in time for the holidays.

No prior knowledge required!

For more information please call the Center at 203-222-2608 or see Nancy at Wednesday lunch

Please note ~ there will *not* be beading on Tuesday, November 9th ~ Beading will return on Tuesday, November 16
There *will* be Pierced Paper & Embroidered Cards on both Nov 9th and Nov 16th

The Commission on Aging will meet on Monday, November 1st and Monday, December 6th at 9:15 am in the Senior Center. This meeting is open to the public and all interested parties are invited to attend.

WEDNESDAY LUNCH

Nov 3 - Norfield
Entertainment: Bingo

Nov 10 - St. Francis
Entertainment: Brian Gillie

Nov 17 - Thanksgiving Lunch by Emmanuel
Entertainment: Marc Black

Dec 1 - Norfield
Entertainment: Bingo

Dec 8 - St Francis
Entertainment: Bob Forte

Dec 15 - Holiday Lunch by Weston Women's League
Entertainment: Serendipity Chorale

Lights, Camera, Action! Thursday Afternoon At the Movies!

Join us Thursdays at 12:30 pm in the Senior Activities Center at Hurlbutt for an afternoon of movie fun! We'll show new releases as well as old favorites! Popcorn is included!

November 4th - "City Island"
(PG-13) When he recognizes his son whom he hasn't seem in more than 20 years, Vince Rizzo decides to bring the troubled young man home with him, much to the surprise of his wife and kids. Starring Andy Garcia and Julianna Marguiles. (100 min/2009)

November 11th - "Extraordinary Measures"
(PG) After their two young children are diagnosed with a rare genetic disease for which conventional medicine has no cure, John and Aileen pin their hopes on the work of unconventional scientist Dr. Robert Stonehill. Based on a true story. Starring Harrison Ford and Brendan Fraser. (106 min/2010)

November 18th - "Dear John"
(PG-13) While on leave, US soldier John Tyree falls for Southern college student Savannah. But their love is put on hold when terrorist attacks prompt John to reenlist. Based on the novel by Nicholas Sparks. (108 min/2010)

December 2nd - "Beyond a Reasonable Doubt"
(PG-13) Michael Douglas stars as corrupt district attorney Mark Hunter in this remake of Fritz Lang's noir classic about a reporter who sets himself up as the prime suspect in a murder he didn't commit in order to expose Hunter's misdeeds. But things don't always go as planned. (105 min./2009)

December 9th - "Into the Storm"
(PG) As World War II rages, Winston Churchill employs inspiring rhetoric and shrewd leadership. But his political victories sharply contrast with the struggles in his marriage. Nominated for three Emmys this TV biopic (98 min/2009)

December 16th - "White Christmas"
(NR) Bing Crosby and Danny Kaye play war buddies turned entertainers who fall for a pair of sisters (Rosemary Clooney and Vera-ellen). The boys follow the girls to a resort which is owned by a former commanding officer who is in danger of losing the place. What better reason to stage a show than to help out a friend? Classic - and immensely entertaining! (120 min/195)

It's Cookie Time Again!

Join us for our annual Holiday Cookie Bake & Swap on Monday, December 13th

10 am at Norfield

You may bake with us (limited to 10 people) or bake before and come for lunch & the swap but you MUST sign up to participate. If you bake at home, you will be expected to bring 4 doz of your favorite holiday cookies to swap

For more information or to sign up call 203-222-2608 or see Nancy at Wednesday lunch

The last day to sign up (for both baking or joining for the swap is Wednesday, December 8th

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DIGITAL PHOTOGRAPHY

Thursdays in December from 11 - 12

Come find out what all the fuss is about. Even if you can't tell one end of a computer from the other, you can figure out how to use a digital camera and download pictures to share with family and friends.

This class is limited to 10 participants and will meet on December 2, 9, and 16th.

Cost: $25

If there is enough interest, we will offer Digital Photography 2 in 2011.

The Senior Center will be CLOSED on the following dates:
Wednesday, November 24th - Friday, November 26th for the Thanksgiving Holiday
Wednesday, December 22nd - Monday, January 3rd (reopening Tuesday, January 4th) for the Christmas & New Years Holiday

We'll see you in 2011!

Exercise Classes

Zumba! - Mondays at 11 am at the Senior Center
Stretch & Strength - Tuesdays & Thursdays at 11 am at Norfield
Yoga - Wednesdays at 10 am at Senior Center, Friday at 9 am at Norfield
Walking (outside) - Tuesdays & Thursdays at 10 am
Walking (inside) - Monday - Friday at 11 am

MENTORS WANTED

Do you like to play chess? Would you like to help the next generation learn to play?

Please call Mary Welsch-Lehmann at 203-557-3651 or email her at : mary@welsch-lehmann.com to find out how to help!

Join The Walking Club
for a
Fall Hike

Wednesday, Nov 10 @ 10 am
Trout Brook Valley
Rain or Shine
This 2 mile hike over a broad but stony path will head out to the fish ladder (installed for the benefit of the few reproducing populations of brown trout in Ct) and back
You **must** preregister for this hike
Please call 203-222-2608

Happy Holidays from all of us at the Senior Center

Put Life Back in Your Life

with the **Live Well Workshop**
This program is run by the
Westport Weston Health District

- Each workshop meets for 2 1/2 hours a week for six weeks
- Learn from trained volunteer leaders with health conditions themselves
- Set your own goals and make a step-by-step plan to improve your health and your life.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the **LIVE WELL** workshop can help you take charge of your life.

We need at least 10 people to schedule this workshop.
To sign up please call 203-222-2608.

Socrates Café will be held on Friday, November 12 and Friday, December 10th at 10:30 am at the Weston Public Library (please note new location). This is a local gathering which fosters critical thinking and discussion by everyday people. All are invited to attend. Bring a friend!

Our Current Affairs Discussion Group with Laura Smits where we discuss the goings-on in our world will be held on Monday, November 8th at 10 am at the Senior Center.
Note: there is no December meeting of this group.