

# ON THE ROAD AGAIN!

The Glass House Tour ~ Limited Tickets Available ~ Thursday, September 24

West Point ~ A Beautiful Day on the Hudson ~ Thursday, October 15

The Glenn Miller Orchestra/Westchester Broadway Theater ~ Tuesday, November 10

The Lion King at the Bushnell ~ An amazing award-winning show ~ Thursday, January 28

The Culinary Institute ~ Call now with interest ~ February TBD

South Pacific on Broadway! ~ Call now with interest ~ Wednesday in March TBD

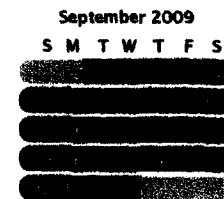
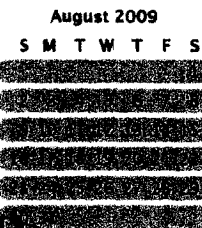
Circle Line Tour of Manhattan ~ See NYC as never before ~ May TBD

***See inside for more information on these trips or call 222-2608***

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

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# September 2009



## WESTON SENIOR ACTIVITIES CENTER

Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14 <ul style="list-style-type: none"> <li>■ 10:00 AM Knitting/Quilting 10-12</li> <li>■ 11:00 AM Tai Chi (N) 11-12</li> </ul>	15 <ul style="list-style-type: none"> <li>■ 10:00 AM Beading 10-12</li> </ul>	16 <ul style="list-style-type: none"> <li>■ 10:00 AM Yoga 10-11</li> <li>■ 10:30 AM Wednesday Lunch 10:30-1 (N)</li> </ul>	17 <ul style="list-style-type: none"> <li>■ 12:00 AM Wii 10-12</li> <li>■ 1:00 PM Movie 1-3 "It Happened Ome Night"</li> </ul>	18 <ul style="list-style-type: none"> <li>■ 9:00 AM Yoga (N) 9-10</li> </ul>	19
20 <ul style="list-style-type: none"> <li>■ 3:00 PM Tennis 3-6</li> </ul>	21 <ul style="list-style-type: none"> <li>■ 10:00 AM Knitting/Quilting 10-12</li> <li>■ 11:00 AM Tai Chi (N) 11-12</li> <li>■ 1:00 PM Medicare Consultation 1-3</li> </ul>	22 <ul style="list-style-type: none"> <li>■ 10:00 AM Computers 10-11</li> <li>■ 10:00 AM Beading 10-12</li> <li>■ 10:00 AM Walking 10-11</li> </ul>	23 <ul style="list-style-type: none"> <li>■ 10:00 AM Yoga 10-11</li> <li>■ 10:30 AM Wednesday Lunch 10:30-1 (N)</li> </ul>	24 <ul style="list-style-type: none"> <li>■ 10:00 AM Wii 10-12</li> <li>■ 10:00 AM Walking 10-11</li> <li>■ 11:00 AM Glass House Trip 11-4</li> <li>■ 1:00 PM Movie 1-3 "The Changeling"</li> </ul>	25 <ul style="list-style-type: none"> <li>■ 9:00 AM Yoga (N) 9-10</li> </ul>	26
27 <ul style="list-style-type: none"> <li>■ 3:00 PM Tennis 3-6</li> </ul>	28 <ul style="list-style-type: none"> <li>■ 10:00 AM Knitting/Quilting 10-12</li> <li>■ 11:00 AM Tai Chi (N) 11-12</li> <li>■ 12:30 PM Birthday Social 12:30</li> <li>■ 1:30 PM Bingo</li> </ul>	29 <ul style="list-style-type: none"> <li>■ 10:00 AM Beading 10-12</li> <li>■ 10:00 AM Walking 10-11</li> <li>■ 10:00 AM Computers 10-11</li> </ul>	30 <ul style="list-style-type: none"> <li>■ 10:00 AM Yoga 10-11</li> <li>■ 10:30 AM Wednesday Lunch 10:30-1 (N)</li> </ul>	1 <ul style="list-style-type: none"> <li>■ 10:00 AM Walking 10-11</li> <li>■ 10:00 AM Wii 10-12</li> <li>■ 1:00 PM Movie 1-3 "Saving Private Ryan"</li> </ul>	2 <ul style="list-style-type: none"> <li>■ 9:00 AM Yoga (N) 9-10</li> </ul>	3

# October 2009

September 2009							October 2009							November 2009						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S

## WESTON SENIOR ACTIVITIES CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 ■ 3:00 PM Tennis 3-6	28 ■ 10:00 AM Knitting/ Quilting 10-12 ■ 11:00 AM Tai Chi (N) 11-12 ■ 12:30 PM Birthday So- cial 12:30 ■ 1:30 PM Bingo	29 ■ 10:00 AM Beading 10-12 ■ 10:00 AM Computers 10-11 ■ 10:00 AM Walking 10-11	30 ■ 10:00 AM Yoga 10-11 ■ 10:30 AM Wednesday Lunch 10:30-1 (N)	1 ■ 10:00 AM Wii 10-12 ■ 10:00 AM Walking 10-11 ■ 1:00 PM Movie 1-3 "Saving Private Ryan"	2 ■ 9:00 AM Yoga (N) 9-10	3
4 ■ 3:00 PM Tennis 3-6	5 ■ 10:00 AM Knitting/ Quilting 10-12 ■ 11:00 AM Tai Chi (N) 11-12 ■ 1:00 PM Medicare Consultation 1-3	6 ■ 12:00 AM Walking 10-11 ■ 10:00 AM Beading 10-12 ■ 10:00 AM Computers 10-11	7 ■ 10:00 AM Yoga 10-11 ■ 10:30 AM Wednesday Lunch 10:30-1 (N)	8 ■ 10:00 AM Wii 10-12 ■ 1:00 PM Movie 1-3 "Must Love Dogs"	9 ■ 9:00 AM Yoga (N) 9-10	10
11 ■ 3:00 PM Tennis 3-6	12 ■ 10:00 AM Knitting/ Quilting 10-12 ■ 11:00 AM Tai Chi (N) 11-12	13 ■ 10:00 AM Beading 10-12 ■ 10:00 AM Walking 10-11 ■ 10:00 AM Computers 10-11	14 ■ 10:00 AM Yoga 10-11 ■ 10:30 AM Wednesday Lunch 10:30-1 (N)	15 ■ 9:00 AM West Point Trip 9-4:30 ■ 10:00 AM Walking 10-11 ■ 10:00 AM Wii 10-12 ■ 1:00 PM Movie 1-3 "Sound of Music"	16 ■ 9:00 AM Yoga (N) 9-10	17
18 ■ 3:00 PM Tennis 3-6	19 ■ 10:00 AM Knitting/ Quilting 10-12 ■ 11:00 AM Tai Chi (N) 11-12 ■ 11:00 AM WWHD "Fall Prevention Clinic" ■ 1:00 PM Medicare	20 ■ 10:00 AM Walking 10-11 ■ 10:00 AM Beading 10-12 ■ 11:30 AM Lunch Bunch "Vazzys" 11:30-2	21 ■ 10:00 AM Yoga 10-11 ■ 10:30 AM Wednesday Lunch 10:30-1 (N)	22 ■ 12:00 AM Movie 1-3 "Brideshead" ■ 10:00 AM Wii 10-12 ■ 10:00 AM Book Club 10-12 ■ 10:00 AM Walking 10-11	23 ■ 9:00 AM Yoga (N) 9-10	24
25 ■ 3:00 PM Tennis 3-6	26 ■ 10:00 AM Knitting/ Quilting 10-12 ■ 11:00 AM Tai Chi (N) 11-12 ■ 12:30 PM Birthday So- cial 12:30-1:30 ■ 1:30 PM Bingo	27 ■ 10:00 AM Beading 10-12 ■ 10:00 AM Walking 10-11	28 ■ 10:00 AM Yoga 10-11 ■ 10:30 AM Wednesday Lunch 10:30-1 (N)	29 ■ 10:00 AM Wii 10-12 ■ 10:00 AM Walking 10-11 ■ 1:00 PM Movie 1-3 "Frost/Nixon"	30 ■ 9:00 AM Yoga (N) 9-10	31

## **Thursday Afternoon At the Movies!**

Join us Thursdays at 12:30 pm at the Senior Activities Center where each week we will feature a different movie genre. The first week of the month will feature Action/Western/War, the second will be Romance/Comedy, the third will showcase great Classic films and the fourth week will be for New Releases. In the event there is a fifth Thursday it will be our Wild Card week!

### **September 17th ~ “It Happened One Night”**

(1934) Runaway socialite Ellie Andrews (Claudette Colbert) is en route to the Big Apple to elope with a fortune-hunting flyboy when she meets up with a crusty newspaperman (Clark Gable) who’s just been sacked and plans to use Ellis’s story to get his job back. This film swept every major Academy Award.

### **September 24 ~ “The Changeling”**

(2008) Christine Collins (Angelina Jolie—in an Oscar-nominated role) is overjoyed when her kidnapped son is returned home. But she soon suspects that this boy is not her son. Clint Eastwood’s period drama is based on actual events.

### **October 1 ~ “Saving Private Ryan”**

(1998) As U.S. troops storm the beaches of Normandy, three brothers lie dead on the battlefield with a fourth trapped behind enemy lines. A Ranger captain (Tom Hanks) and his seven men are tasked with bringing the boy home. This Oscar winner is from Steven Spielberg.

### **October 8 ~ “Must Love Dogs”**

(2005) Divorcee Sarah Nolan (Diane Lane) isn’t ready for romance. But when her sister (Elizabeth Perkins) signs her up for an online dating service, love-seeking mates (including Dermot Mulroney and John Cusak) come calling.

### **October 15 ~ “The Sound of Music”**

(1965) The hills are alive with the sound of music! This feel-good classic stars Julie Andrews and Weston resident Christopher Plummer.

**October 22 ~ “Brideshead Revisited”** (see book club news)

**October 29 ~ Wild Card Movie!!**



**Volunteers needed to help  
out at our Senior Center  
Booth at the  
EMMANUEL CHURCH FAIR  
Saturday, September 12  
12—4 pm**

**If you can't help, don't forget  
to stop by, say hi, and check  
out our wonderful handmade  
items!**

## **ELDER ABUSE**

Abuse of seniors can take many forms, like financial scams, insurance fraud, physical abuse, or financial exploitation. Unfortunately, this abuse can occur at the hands of family members or caregivers.

If you or someone you know is a victim of abuse, contact your local police department, your social worker, or your ombudsman.

Or you can contact:  
**Elder Abuse Unit**

**Office of the Chief State's Attorney  
300 Corporate Place  
Rocky Hill, CT 06067  
(860) 258-5800**

**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~  
Wii Bowling  
Knitting  
Quilting  
Tai Chi 11-12 (N)  
~Tuesdays~  
Beads 10-12  
Strength & Fitness 11-12 (N)  
Poker 1-3  
~Wednesday~  
Yoga 10-11  
~Thursday~  
Wii Bowling 10-12  
Strength & Fitness 11-12 (N)  
Movies 1-3  
~Friday~  
Yoga w/Melanie 9-10 (N)

Wednesday Lunch at  
Norfield resumes  
Wednesday,  
September 16 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 Book, VCR and DVD  
library

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

# WESTON SENIOR ACTIVITIES CENTER

Welcome back to our 'old' friends and hello to our new!

We are *very* excited about this upcoming 2009/2010 season. We are bringing back a lot of our most popular programs and adding a whole slate of new ones. Detailed information on each of the programs listed below is in this newsletter. Still have questions? Call us at 222-2608.

Looking to start an exercise regimen? September will see the first meeting of the **Walking Club**. Exercising currently, but ready for something more? Join a group and learn how to play or improve your **Tennis** game... Exercise not your thing? In the near future we will be offering **Digital Photography 101**, **Italian 101**, and a discussion group on **Contemporary Issues**. For those who want to learn or expand their computer skills **Beginning Computing**, **Understanding Email** and **Microsoft Word** will be offered. And in the Arts & Crafts Department, we are pleased to continue **Watercolor with Eileen** and we are looking to offer a class on **Stained Glass** in November.. Try out new restaurants and meet new friends with the monthly **Thursday Lunch Bunch**. The Westport Weston Health District will be holding **health screenings, flu clinics**, and a new series on **Healthy Eating, Healthy Living**. Then there are our new monthly programs: **Breakfast And...**, **Birthday Social**, and **Bingo...** Terry Hulley will again lead our **Book Club**, **Poker** will continue on Tuesdays, and **Wii Bowling** will return on Thursdays. Our ever popular **Weekly Movies** will return on Thursdays, too. **Knitting** on Mondays, **Beading** on Tuesdays and of course our **Wednesday Lunch** will pick up the week of September 14<sup>th</sup>. We're going on the road again so don't forget to check out our **Trips!** Some of our programs require pre-registration and some are drop-in and, remember, if we don't offer something you're looking for, ask us – we will explore what it takes to get your program started! For those of you who have a few hours a month to give back, we need trained **Volunteers** to help out at the Center. The more you give, the more we can give – remember this is *your* center! We hope you enjoy this newsletter, and we look forward to seeing you soon...at the Center!

Jen Ockenden Ruddy, Director  
Nancy McCormick, Programs

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  
Weston Senior Center

The Weston Senior Center would like to help you honor and remember loved ones with our new **[Always With Us]** program. Donations to [awu] 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 special occasions. We will acknowledge your donation in our newsletter. Thank you for your support!

Join Tiffany Davidson 'on the road' to fun and fitness!

Her 10-week walking program will get you up and moving!

Tiffany will show you how to warm up, how to start walking, and how to cool down afterwards. She will help you set goals and give you tips to stay motivated.

You will meet at 10:00 am at the Weston Senior Center prior to your walk on School Road ~ which will last approximately 45 minutes. Everyone will walk at their own pace so there's no need to worry about 'keeping up'. Walking is one of the best exercises for everyone and all you have to do is start. It's been proven that if you walk with others you are more likely to stay with it. The cost of this program is \$60. The first meeting date is Tuesday, September 22. Your check secures your place in this exciting new group.

# WALK WITH ME



The Weston Senior Center is pleased to announce the establishment of a tennis club for seniors 60+. Play will be outside on the Weston High School courts.

The sessions will begin on September 20, be held on Sundays at 3 pm, 4 pm and 5 pm and will run for 6 weeks.

The club is designed for those individuals who have never played, those who want to get back to playing after a period of time and those who are still playing, but are looking for more opportunities to enjoy this great game.

The fee for the six weeks is \$72. Pre-registration is required. Your instructor will be Glen Englander, one of Connecticut's legendary tennis professionals. He has earned a reputation for his passion, enthusiasm, and patience! We need 4 people per group to make this happen. Your payment is your registration. Please call to reserve a spot and drop off your check at the Weston Senior Center by Tuesday, September 15.

### Adult Beginner Group (Sunday 3-4 pm)

Designed for those who have never played. Emphasis will be placed on basic stroke development involving fundamentals such as using the proper grips, footwork, swing, and movement on the court.

### Adults/Previous Experience (Sun 4-5 pm)

Designed for those who want to get back to playing after an absence from the game. Emphasis will be placed on a review of basic fundamentals, some drills and practice playing points out.

### Adults Presently Active (Sunday 5-6 pm)

Designed for those who are still participating and are looking for more opportunities to enjoy this great game.



**Don't forget about our Gift Shop! We call it the Best Little Gift Shop in Weston! Come look at our variety of home-made items, including knitted, quilted, and crocheted hats, scarves, and throws, one-of-a-kind jewelry, cards, and other goodies for sale. All purchases directly support the Center's activities.**

The third Tuesday of every month the **LUNCH BUNCH** will be traveling to a different restaurant. Discover little-known finds and revisit some old favorites. In the past year we've gone to Tutti's in Westport and Rick's of Savin Rock in New Haven. This October we will kick off the season with a trip to Vazzys in Bridgeport. The cost of this month's lunch will be \$22 (tip included). Meet us there or sign up for the bus (seating extremely limited so sign up early!) This is a great way to meet new people, have a nice meal, and try a new restaurant! The group cannot exceed 20 people so your check is your reservation and it's due by Thursday, October 8th. Call 222-2608 for more information or to sign up.

P  
O  
K  
E  
R

Tues-  
days  
At  
Noon



Please Remember  
**NO ONE IS EVER TURNED AWAY FROM ANY  
PROGRAM OR ACTIVITY DUE TO FINANCIAL NEED.**

Please see Jen or Nancy for more information.  
All inquiries are confidential.

**Medicare Consultation with Meta Schroeter**  
**The 1st and 3rd Monday of each month**  
**1:00—3:00 p.m.**

Meta has been trained by SWCCA in Medicare issues including Medicare-D. She will be available at the Weston Senior Activities Center by appointment only on the 1st and 3rd Mondays of the month to help you review your plan and/or register for a new plan. Please sign up for an appointment (approximately half an hour in length) by the previous Thursday by calling the Weston Senior Activities Center at 222-2608. The September date is **Monday, Sept 21st** with registration by Thursday the 17th. The October dates are **Monday Oct 5th** (registration by October 1st) and **Monday Oct 19th** (registration by October 15th).

*All conferences and personal information will be kept confidential.*

**Happy Birthday  
to.....You?**

**Sept 28 & Oct 26~ 12:30 pm**

Come to our monthly **Birthday Social** on the 4th Monday of the month at 12:30 p.m. in the Weston Senior Activities Center @ Hurlbutt School. We will celebrate all of the birthdays with a delicious cake and coffee. If it's *your* birthday month, come as our guest (proof of date required!) -

if it's not your birthday but you'd like to come celebrate the other birthdays, the cost to you is only \$2. And after cake and coffee, stay for **Birthday Bingo** from 1:30—2:30 pm. Cards are 50 cents each and space is limited. Please call to pre-register (so we know how much cake to buy and how many chairs to set up!) at least 24 hours in advance. 222-2608



**BOOK CLUB MEMBERS ~ PLEASE NOTE**

The Book Club originally scheduled for Thursday, September 24 has been **rescheduled** to Thursday, October 22 from 10 am—12 pm.

The book remains

**Brideshead Revisited**

By Evelyn Waugh

Copies of the book are available at the Center. After the book discussion, join us for lunch and the movie!!

Please register in advance at 222-2608  
\$2 for lunch donation

The Westport Weston Health District is offering the following Seasonal flu clinics:

Saturday, September 25—WWHD Offices, 180 Bayberry Road, Westport—9 a.m.—2 p.m.

Tuesday, September 29—Weston Library, Norfield Road, Weston—9:30 a.m.—1:30 p.m.

Tuesday, October 6—Westport Library, Jessup Road, Westport—9:30 a.m.—1:30 p.m.

Wednesday, October 7—Westport Senior Center, Imperial Ave, Westport —5 p.m.—8 p.m.

The cost of the vaccine is \$32 cash. There is no cost to Medicare Part B participants but you must bring your Medicare Part B card with you for billing purposes. For more information call 227-9571 or go to [www.wwhd.org](http://www.wwhd.org)

## COMPUTERS

This fall we are pleased to be offering a class on the following:

### **Beginning Computing, Understanding Email and Microsoft Word**

Eric Ericsson, a Weston resident who has been in the Information Technology field for over 40 years, is bringing his expertise to the Center. He will offer this class once a week on Tuesdays from 10-11 a.m. on the following dates: September 22, September 29, October 6, and October 13. Space for this class is extremely limited so call to reserve a space today.  
222-2608

### **Dial-A-Ride**

This free transportation service is available for Weston seniors and disabled to go to medical appointments, shopping, and senior center events.

Hours: M-F from 9 am-3 pm

Call 24 hours in advance  
to schedule a ride

**222-2576**

### **Meals on Wheels**

**For information on Receiving or Delivering  
Meals on Wheels, please call Social Services  
Director Charlene Chiang-Hillman at  
222-2663.**

The Westport Weston Health District will present a

### **Fall Prevention & Education Program Monday, October 19 11:00 am—12:30 pm**

**Falls at home are one of the most common causes of unintentional injury among older adults. Falls can be reduced by at least one third by addressing key risk factors for falling. Join Monica Wheeler and Lauren Pace of the Westport Weston Health District when they make this important presentation. Afterwards, sign up for a personal home assessment and risk review. Pre-registration is required. Stay for lunch after. This is a free program.**

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### Alzheimer's Support Group

The Greens @ Cannondale  
1st Tuesday of the month  
3:30 pm  
(203) 761-1191

Or call the 24 Hour Helpline at  
1-800-356-5502

# VOLUNTEERS NEEDED

The Weston Senior Activities Center is expanding~ again. While we are limited in physical space, we are limitless in ideas. In order to effectively address the needs of Weston's adults 60+ and their families we have partnered with area agencies to bring you a wide variety of educational, cultural, recreational programs, trips, and exercise opportunities. These collaborations allow us to expand our programming module and our goal is to use these new programs to get seniors involved. We are working to enrich the lives of Westonites, while encouraging successful aging. Keeping Weston seniors in their homes living full lives benefits everyone.

In order to reach our goals we need to train and place volunteers in our center. These volunteers will allow us the flexibility to expand our programming while providing coverage for the center. Help us by answering phones, updating files, making coffee, or just greeting other seniors. Can you give one day a week? How about half a day a week? Any block of time you can give is appreciated. We will train you.. The only quality we are looking for is enthusiasm! So if you think you can help, please call Jen or Nancy at 222-2608 or stop in any Monday, Tuesday, or Thursday at the Center, or Wednesday at the lunch at Norfield and we'll sign you up!

*See you at the Center!*

## Join our Art and Photo Contest

Do you enjoy taking photographs?  
Are you a watercolor artist?  
Do you dabble in oils  
Or paper collage?

Whatever your artistic preference, if you are a senior 60+, we are looking for your artwork to show off at the Center.

All submitted artwork will be put on display from Monday, October 5 through Thursday, October 29  
Voting for the 'best' will go on all month with the winners announced in November.

Prizes will be awarded in the following categories:

Most Original

Most Interesting Use of Materials

Best Overall

Artwork can be dropped off at the Center from September 21 through October 1, Mondays, Tuesdays and Thursdays from 10am-1pm.

*All artwork will be returned. Please label with Name & Phone Number on the back or bottom.*

## ▣ Exercise Classes Continue ▣

We are pleased to announce the continuation of our exercise classes.

### ~ **Beginning Tai Chi with Helen** ~

Mondays @ 11 am  
(Norfield Parish Hall)

### ~ **Strength & Fitness with Sandy Adamczyk** ~

Tuesdays & Thursdays @ 11 am  
(Norfield Parish Hall)

### ~ **Yoga with Joy** ~

Wednesdays @ 10 am  
(Weston Senior Activities Center at Hurlbutt)

### ~ **Yoga with Melanie** ~

Fridays @ 9 am  
(Norfield Chapel)

Cost: \$3 per class



### **Philip Johnson Glass House Tour - New Canaan -Thursday, September 24**

**Depart Norfield Church 11:30am Return 4:00 pm**

**\$45 per person**

Philip Cortelyou Johnson was born in Cleveland, Ohio in 1906. Following his graduation from Harvard's Graduate School of Design in 1943, he designed some of America's modern architectural landmarks. Most notable is his private residence, the Glass House, a 47-acre property in New Canaan. Opened to tours only rarely, we are fortunate to have 8 tickets for this tour. Rain or shine, this is a 2-hour walking tour covering 1/2 mile of uneven terrain. Comfortable walking shoes are necessary. Please bring a snack/lunch for the bus as no food is provided or permitted on the grounds. Cameras and sketchbooks are encouraged!!

### **West Point/Hudson River Cruise—Thursday, October 15**

**Depart Norfield Church 9:00am Return 4:30 pm**

**\$75 per person**

West Point is beautiful no matter the time of year, but it's especially beautiful in October. This trip includes tour of West Point, lunch at the Thayer Hotel overlooking the Hudson, and a Commander cruise.

### **Glenn Miller Orchestra -Westchester Broadway Theater -Tuesday, November 10**

**Depart Norfield Church 9:45 am Return 4:30 pm**

**\$60 per person**

Enjoy lunch and some nostalgic tunes at the incomparable Westchester Broadway Theater ~  
This trip is limited to 20 people

### **Christmas Tree Shop and Lunch at the Hometown Buffet - Thursday, Dec 3**

**Depart Norfield Church 10 am Return 3:00 pm**

**\$3 per person (lunch is on your own)**

**Get your holiday shopping out of the way with our trip to Milford**

**This trip is limited to 18 people**

Upcoming trips include "The Lion King" at the Bushnell on January 28 (\$65), The Culinary Institute in February (Date and price: TBA), "South Pacific" on Broadway in March (Date and price: TBA), and a Trip on the Circle Line in May (Date and price: TBA).

If you are interested in any of our upcoming trips, please call now and let us know. We need demonstrated interest to secure dates/reservations.

Questions? Please call Jen or Nancy at 222-2608