

**Guide to Town Senior Services**

**Senior Activities Center**

Wendy Petty  
Director

Pam Wilson  
Program Coordinator  
**203- 222-2608**

**Social Services**

Charlene Chiang-Hillman  
Director

Suzanne Friedman  
Administrative Asst.

**203-222-2663**

**Town Hall**

Tom Landry  
Town Administrator  
Randi Derene  
Selectman's Secretary  
**203-222-2656**

**Dial-A-Ride**

Gordon Green  
(24 Hr Notice Required)  
**203-222-2576**

**Drop-In Activities**

Monday

Knitting/Crafts 10-12  
Dance Class 11:00(N)  
Pickleball 12pm

Tuesday

Beads 10-12  
Tai Chi 9:30  
Strength & Fitness 11-12  
Poker 12:00 –2

Wednesday

Yoga 10-11  
Lunch @ Norfield Church

Thursday

Tai Chi 9:15  
Bridge 10:30  
Wii Bowling 10-11:30  
Strength & Fitness 11-12  
Movies 12:00—2

Friday

Yoga w/ Melanie 9-10 (N)  
Open Gym 10-12  
Canasta 10:30  
Pilates 11

- (N=Norfield Church)

**WESTON SENIOR  
ACTIVITIES CENTER**

September/October 2014



Greetings everyone!

Fall is just around the corner and we have lots of great things in store for you. First... our Third annual Alden Sherman Classic Car Show is on September 21st. See details on page 7. This is our largest fundraiser and we need your help.

Other great news—**our Senior Center is expanding and we have more dedicated parking!** Please bare with us as we continue to improve our Senior Center. We will have a "Grand Opening Party" when everything is complete, watch for details in early November.

Starting in September, we will be open 9am to 3pm Monday, Tuesday, and Thursday, Wednesday 9am-11am, followed by our weekly luncheon, and Fridays 9am-12pm.

When our Senior Center space is complete, we will move the remaining exercise classes to our center, but for now, Friday Yoga and Monday Dance will remain at Norfield.

Another exciting bit of news is that we are able to order lunch through the school cafeteria. Orders must be made one day prior, so you will need to plan ahead. Lunch will include soup, sandwich, fruit and water for \$4.00. I hear the food is great!

Hope to see you soon. Remember, we send frequent email alerts of upcoming events, changes, additions, and closures, so please call us with your email address if you are interested in receiving those messages.

**Thank you.**

Thank you to the Friends of the Weston Senior Activities Center for co-sponsoring our fantastic trip to the Brooklyn Botanical Gardens and Museum! We had a wonderful day.

We look forward to many more exciting trips!



### **Painting Class with Keith Brooks** "Art with Friends"



1:00-3:00pm at the Weston Senior Center  
All levels are welcome, come and join fellow artists.

9/8, 9/15, 9/22, 9/29, 10/6, 10/20, 10/27  
Seven classes \$25.00 or \$5.00 drop in fee.

**Call for more details and to sign up!**  
**(203) 222-2608**

### **Games Games Games!**



#### Canasta on Fridays

We have moved our Canasta class to Friday mornings at 10:30am. Come and join us! We have different levels of play so there is room for everyone!

#### Poker on Tuesdays

We play every Tuesday at noon. Everyone is welcome.



### **Open Gym**



Fridays 10am-12pm  
*Starting in October*

Ping Pong, Shuffleboard, Ring Toss,  
Ladder Ball  
Join us for coffee, bagels  
and games on  
Fridays in October.

### **Brain Games and Lunch**

Sponsored by Wilton Meadows.



11:30am-1:00pm—Lunch and "Brain Games"

Thursday, September 18th

Thursday, October 16th

**These are free, sign up is required (203) 222-2608 .**

### **Halloween Lunch**



Wednesday, October 29th  
12pm at Norfield Church—\$4.00

We will have a costume contest with prizes for the following categories:  
**Most Original, Most Unrecognizable,  
and Best Overall**

Lunch will be presented by:  
Weston Women's League  
Entertainment by  
The Magic Genie

### **Claude Monet - Presentation**

Monday, September 15th 1:00pm

Art lovers and painters are invited to attend a presentation about Claude Monet and the impressionists on Monday, September 15th at 1:00pm at the Senior Center, as part of the "Art With Friends" class. They meet every Monday to draw and paint. Keith Brooks will introduce the program which features a one-hour DVD. Many images of early works are included and comments by art historians and authorities such as painter Chuck Close. Refreshments will be provided.  
**This class is free**

### **Exercise Classes!**

#### **Dance to the Music with Sandy**

Mondays @ 11:00 am (55+ welcome)  
\$3/class drop in (Norfield Parish Hall)

#### **Pickleball**

Mondays @ 12:15pm at the Senior Center—drop in (free)

#### **Strength & Fitness with Sandy**

Tuesdays & Thursdays @ 11 am  
\$3/class drop in Moved to Senior Center Gym

#### **Tai Chi for Better Balance with Bill Wren**

Thursdays 9:15am—sign up required. (Senior Center)  
*Newcomers can drop in! \$5.00*

#### **Tai Chi with Mari Lewis**

Tuesdays 9:30am—sign up required. (Senior Center)  
*Newcomers can drop in!*

#### **Wii Bowling with Anne**

Thursdays @ 10 am  
Free (Senior Center)

#### **Yoga with Melania**

Fridays @ 9 am  
\$3/class—drop in (Norfield Chapel)

#### **Gentle Yoga with Joy**

Wednesdays @ 10 am  
\$3/class—drop in (Senior Center Gym)

#### **Pilates with Andrea Silver**

Fridays @ 11am  
Bring a mat or feel free to sit in a chair!  
Sign up required. (Senior Center Gym)  
*Newcomers can drop in!*

#### **Beads and Card Making Classes**

Tuesdays with Carla

See calendar for dates and times.  
Beading Class \$2.00 (for supplies)  
Card Class \$5.00 (for supplies)



**Movies 12:30pm on Thursdays.**  
**Free with popcorn**  
**Sign Up Required, Space Is Limited**  
**(203) 222-2608**



**9/4: Heaven is For Real**—PG—Small-town businessman, pastor and volunteer firefighter Todd Burpo (Greg Kinnear) and his wife, Sonja (Kelly Reilly), are struggling to make ends meet during a tough year. After their young son, Colton (Connor Corum), undergoes emergency surgery, Todd and Sonja are overjoyed at the child's miraculous recovery. However, the Burpos are unprepared for what happens next -- Colton says that he went to heaven and back, and tells his parents things that he couldn't possibly know.

**9/11: The Other Woman**— PG-13-New York lawyer Carly Whitten (Cameron Diaz) lives by strict rules when it comes to romantic relationships, but when she falls for suave, handsome Mark King (Nikolaj Coster-Waldau), she begins an affair with him. A surprise visit to Mark's home reveals that he is married to devoted housewife Kate (Leslie Mann). Carly and Kate direct their hurt and anger toward Mark, and when they discover yet a third woman (Kate Upton) caught in his web of lies, the three join forces for revenge.

**10/2: Words and Pictures**—PG-13An art teacher and English teacher have a competition and allow students to vote on the importance of words and pictures.

**10/09: Draft Day**—PG-13- Sonny Weaver Jr. (Kevin Costner) is the general manager of the Cleveland Browns. One of pro football's most important days, NFL draft day, is drawing near, but Sonny has much more on his mind than just which players to recruit. His lover (Jennifer Garner) is pregnant, and the team's owner (Frank Langella) wants to fire him. After Sonny accepts a deal with Seattle that nets him that team's first-round pick, he immediately wonders if he has made the right choice for himself and the Browns.

**10/23: Million Dollar Arm**—PG- In a last-ditch effort to save his career, sports agent J.B. Bernstein (Jon Hamm) plans to find baseball's next star pitcher. He heads to India to find a cricket player whom he can nurture into a major league star. With the help of a scout (Alan Arkin), J.B. finds teens Dinesh (Madhur Mittal) and Rinku (Suraj Sharma), who haven't a clue about baseball but throw powerful pitches.

**10/30: The Fault in Our Stars**—PG-13-Hazel Grace Lancaster (Shailene Woodley), a 16-year-old cancer patient, meets and falls in love with Gus Waters (Ansel Elgort), a similarly afflicted teen from her cancer support group. Hazel feels that Gus really understands her. They both share the same acerbic wit and a love of books, especially Grace's touchstone, "An Imperial Affliction" by Peter Van Houten. When Gus scores an invitation to meet the reclusive author, he and Hazel embark on the adventure of their brief lives.

**October Lunch Outing to:**

**Fife and Drum  
in Kent, CT**



We will take a drive through the beautiful fall foliage and enjoy shopping and lunch. Thursday, October 9th. Depart Norfield at 9:30am. Shop in the Town of Kent, and have lunch at Fife and Drum. Bring money for lunch and reserve your spot on the bus. with \$3.00 at time of sign up.

**Lunch and Learn Series**

Tuesday, September 16th at Noon  
Protecting your Money from Scams.

Presented and sponsored by RVNA and Fairfield Bank. See page 7 for details.

Tuesday, September 23rd at Noon  
Eating for Energy

In this class we will talk about vitality, and which lifestyle factors contribute to our sense of energy and vitality.

We will discuss: which foods increase energy and vitality and which foods decrease it: how to buy high quality foods, how to tell if foods have life force, how to cook with super foods, which foods are "primary foods" and which foods are "secondary foods" and, which foods you could be eating for energy but may not be. We will also talk a little bit about how to cook your foods so that you feel your best.

\* This class includes a delicious and nutritious home made lunch prepared for you by Shirin and Pam

**Class is \$4.00.**

Tuesday, October 14th at 11:30am  
Dr. Sheinbaum presents a presentation on  
Gastroenterology:

- Common digestive disorders
- Heartburn/GERD
- IBS – Irritable Bowel Syndrome
- Treatment Options

Lunch will be provided by their office—**Free.**

Tuesday, October 21st at Noon  
Green Smoothie Class

Presented by Pam Wilson and Shirin Danishmend In this class you will learn exactly what a green smoothie is, the benefits of drinking green smoothies, and how to make them. We will demonstrate how to make a few of our favorite ones (which you will get to sample), and we will serve you a yummy, homemade lunch while you learn.

**Class is \$4.00.**

**Flu Shots**

**Wednesday, October 8th**  
**11:30am-12:15pm**  
**Norfield Church Parish Hall**



Westport/Weston Health Department will be back on the 8th to give flu shots during our luncheon. The Super Flu vaccine will also be available. Please bring your insurance card with you. Appointments are necessary, so sign up at (203) 222-2608.

# September 2014

*Mon**Tue**Wed**Thu**Fri*

1 <i>Senior Center Closed</i>	2 9:30am Tai Chi 10am Beading w/Carla 11am Strength& Fitness 12 Poker w/Stella	3 10am Yoga 12 Lunch at Norfield Sponsored by Norfield <i>Bingo</i>	4 9:15am Tai Chi 10am Wii Bowling 11 Strength & Fitness 12:30pm Movie <i>Heaven is For Real</i>	5 9am Yoga 10:30am Canasta 11am Pilates
8 9:15am Commission on Aging Meeting 10am Knitting 10am Medicare (by appointment) 11am Dancing (N) 12:15pm Pickleball 1:00pm Art Class	9 9am Walking Club No Tai Chi today 10am Cards w/Carla 11am Strength& Fitness 12 Poker w/Stella	10 10am Yoga 12 Lunch at Norfield Sponsored by St. Francis <i>Chris Coogan</i>	11 9am Walking Club 9:15am Tai Chi 10am Wii Bowling 10:30am Bridge 11 Strength & Fitness 12:30 Movie <i>The Other Woman</i>	12 9am Yoga (N) 10:30am Canasta 11am Pilates
15 10am Knitting 10am Feldenkrais 11am Dancing (N) 11am Current Events 12:15pm Pickleball 1:00pm Art Class Lecture and presentation on Claude Monet	16 9am Walking Club 9:30am Tai Chi 10am Beading w/Carla 11am Strength& Fitness 12pm Poker w/Richard <b>12pm Protecting Your Money From Scams Lunch and Learn sign up required</b>	17 10am Yoga 12 Lunch at Norfield Sponsored by Senior Center <i>Encore Entertainment</i>	18 9am Walking Club 9:15am Tai Chi 10am Wii Bowling 10:30am Bridge 11 Strength & Fitness 11:30am Brain Games No Movie Today	19 9am Yoga (N) 10:30am Canasta 11am Pilates <b>Car Show This Weekend</b>
22 10am Knitting 10am Medicare (by appointment) 10am Feldenkrais 11am Dancing (N) 12:15pm Pickleball 1:00pm Art Class	23 9am Walking Club 9:30am Tai Chi 10am Cards w/Carla 11Strength & Fitness 12pm Poker w/Stella <b>12pm Eating for Energy Lunch and Learn – sign up required</b>	24 10am Yoga 12 Lunch at Norfield Sponsored by Newcomers and Neighbors <i>Hula Hoops with Amy Irish</i>	25 Senior Center Closed	26 9am Yoga 10:30am Canasta 11am Pilates
29 10am Knitting 10am Feldenkrais 11am Dancing (N) 12:15pm Pickleball 1:00pm Art Class	30 9am Walking Club 9:30am Tai Chi 10am Beading <b>on own</b> 11Strength & Fitness 12 Poker w/Richard			

# October 2014

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

		1	2	3
		10am Yoga 12pm Lunch at Norfield Sponsored by Norfield <i>Chris Merwin</i>	9am Walking Club 9:15am Tai Chi 10am Wii Bowling 10:30 Bridge 11am Strength & Fitness 12:30pm Movie <i>Words and Pictures</i>	9am Yoga (N) 10:00am Open Gym 10:30am Canasta 11am Pilates
6	7	8	9	10
9:15am Commission on Aging 10am Knitting 11am Dancing (N) 12:15pm Pickleball 1:00pm Art Class	9am Walking Club 9:30am Tai Chi 10am Beading w/ Carla 11am Strength & Fitness 12 Poker W/Richard	10am Yoga 11:30am Flu Shot Clinic See page 6 for details. 12pm Lunch at Norfield Sponsored by St. Francis <i>Bingo</i>	9:15am Tai Chi <b>9:30am Kent Trip Fife and Drum, depart Norfield (sign up require)</b> 10am Wii Bowling 10:30 Bridge 11am Strength & Fitness 12:30pm Movie <i>Draft Day</i>	9am Yoga (N) 10am Open Gym 10:30am Canasta 11am Pilates
13	14	15	16	17
Senior Center Closed	9am Walking Club 9:30am Tai Chi 10am Beading w/Carla 11 Strength & Fitness 11:30am Dr. Sheinbaum <b>Gastroenterology Lunch and Learn sign up required</b> 12 Poker W/Stella	10am Yoga 12pm Lunch at Norfield Sponsored by Emmanuel <i>Ron Spataro</i>	9am Walking Club 9:15am Tai Chi 10am Wii Bowling 10:30 Bridge 11am Strength & Fitness 11:30am Brain Games and lunch No Movie Today	9am Yoga (N) 10am Open Gym 10:30am Canasta 11am Pilates
20	21	22	23	24
10am Knitting 10am Medicare (by appointment) 10am Feldenkrais 11am Current Events 11am Dancing (N) 12:15pm Pickleball 1:00pm Art Class	9am Walking Club 9:30am Tai Chi 10am Cards w/Carla 11 Strength & Fitness 12pm Poker W/Stella <b>12pm Green Smoothie Class – Lunch and Learn sign up required</b>	10am Yoga 12pm Lunch at Norfield Sponsored by Newcomers and Neighbors <i>John Redgate</i>	9am Walking Club 9:15am Tai Chi 10am Wii Bowling 10:30 Bridge 11am Strength & Fitness 12:30pm Movie <i>Million Dollar Arm</i>	9am Yoga (N) 10am Open Gym 10:30am Canasta 11am Pilates
27	28	29	30	31
10am Knitting 10am Feldenkrais 10am Medicare (by appointment) 11am Dancing (N) 12:15pm Pickleball 1:00pm Art Class	9am Walking Club 9:30am Tai Chi 10am Cards w/Carla 11 Strength & Fitness 12 Poker W/Stella	10am Yoga 12pm Lunch at Norfield <i>Halloween Lunch Sponsored by Women's League With The Magic Genie</i>	9am Walking Club 9:15am Tai Chi 10am Wii Bowling 10:30 Bridge 11am Strength & Fitness 12:30pm Movie <i>Fault in Our Stars</i>	9am Yoga (N) 10am Open Gym 10:30am Canasta 11am Pilates

## Medicare Open Enrollment October 15 – December 7

### REVIEW YOUR MEDICARE COVERAGE!

The annual open enrollment period for changing to or from Medicare plans (Plans B and C) and the drug plan for original Medicare (Part D) for 2015 coverage begins **October 15, 2014 and ends December 7, 2014**. In this period you can make penalty-free changes in coverage.

Make an appointment with a CHOICES counselor to review your prescription drugs and your current Medicare - D insurance plan. There are changes to 2015 Medicare Part D including new insurance plans, dropped insurance plans, changed formularies and increased premiums. Prescription medications including precise name, dosage and frequency of use will be reviewed on the Medicare website and the Medicare D insurance plans that are the most suitable will be given to you in order of price effectiveness. Last year reviews helped save several people more than \$400 yearly in drug & premium costs. Some had not reviewed their plans for many years, others changed providers from the previous year because of formulary changes.

There will be availability for half hour appointments every Monday. **YOU MUST MAKE AN APPOINTMENT THROUGH THE WESTON SENIOR CENTER** at (203) 222 - 2608. **NO WALK\_INS**. There is no charge for these consultations. If times or dates are not convenient simply contact a CHOICES counselor at 1(800) 994 - 9422.

If you are considering a change to or from a Medicare Advantage plan be sure your docs, labs for blood work and the hospital of your choice accept that particular Advantage plan. Do not trust lists that have been made to meet a printing deadline of four or five months ago. Lists can change at any time. A Medicare resource can drop out of or be removed from any plan any time.

Please book appointments early in the open enrollment period – couples book two appointments. There may not be time available when booking later, which could mean scrambling for help and answers. See you at the center!

Meta Schroeter CHOICES Counselor

### SCAM, SHAM OR JUST WHAT?

**Recently, I was speaking with a senior who was very angry at Social Security and Medicare. This person had donated money to fight to preserve these two senior supportive programs and had assumed that this donation had been made to these two organizations. “Now they are hounding me for more and more money. I get mail all the time asking for money. It never stops.”**

**Social Security and Medicare will never ask you for donations. Various groups that ask for monetary support and may or may not actually work to preserve these institutions. Rather than give money ask your legislators for help in supporting Social Security and Medicare. They are your voice and representatives!**

## Aging and Driving A Complex Combination

ITN Coastal Presents two seminars on driving.  
“How do you keep driving—but what do you do when you can't?”

Tuesday September 16 2pm-4pm—**Westport Center for Senior Activities**

Thursday September 18 7pm-8:30pm—**Pequot Library., Southport.**

These are free seminars, refreshments will be served. Call ITN for info. (203) 858-2001.

## Ridgefield Visiting Nurse Association and Fairfield Bank present: *Protecting Your Money From Scams!*

*Tuesday, September 16th—12:00pm-1:00pm*

**At the Weston Senior Center**—This is free and includes lunch. Sign up required by 9/11.

- Bank Fraud
- Check—Washing
- Check-Writing Schemes
- Local Mail, Phone, Computer Scams
- Look Alike Charities

## **Commission Meetings 9:15am**

Monday, September 8th and Monday, October 6th

### Board Members:

Helen de Keijzer, Chair  
Peggy Anderson  
Bruce Lorentzen  
Nina Daniel  
Laura Smits  
Donald Gumaer

## **Feldenkrais—Want to Move Like You Used To?**

Discover the Feldenkrais Method and a More Flexible, Powerful You!

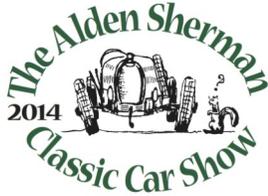
**Mondays at 10am—sign up required. \$5.00 per class.**

Whether you have pain or stiffness due to arthritis, injury, stress, surgery, or just sitting too long, these six gentle lessons will help you feel better, work better, and enjoy your life again. You will learn how it feels to:

- stand and sit with ease and comfort
- relax your back muscles
- use your pelvis to support your spine
- open your chest for better breathing
- improve your balance in standing and walking
- align your head, neck and shoulders more comfortably.



The Friends of the Weston Senior Activities Center

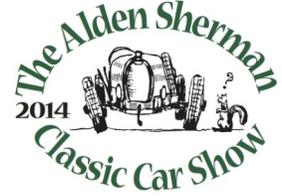


**The Alden Sherman Classic**

**Sunday, September 21, 2014  
(rain date September 28)**

**10am to 3pm**

**Weston High School Grounds**



**Come and see an amazing assortment of classic cars, race cars, motorcycles and trucks. There will be music, food, a fabulous silent auction, and a unique collection of cars.**

**This event is co-sponsored by the Friends of the Weston Senior Activities Center and all of the money raised will go towards programs and improvements to the Weston Senior Center.**

**Donations at the gate are greatly appreciated!**

**If you have any questions, please call us at (203) 222-2608.**

News from the Weston Department of Social Services

We hope you are all enjoying summer! The Department of Social Services is getting ready for our fall programs. Eligibility for our programs is based on income and assets, and we request that you submit a copy of your 2013 tax return and a current bank statement, if you have not already done so.

We will begin taking applications for the CT Energy Assistance Program on September 15. Applications will be taken by appointment only. NEON is now closed, and we are still waiting for the state to assign a cap agency for our region. Consequently, all CEAP applications will be made through our office. Please make your appointment early so that you can utilize your full benefits.

In addition to the heating assistance program, we are partnering with Mr. Handyman to offer free home energy solutions for income eligible households, to lower heating and electric bills. Please contact Mr. Handyman's outreach team at 203 373 7717 to schedule or for questions. Mr. Handyman will donate \$25 to the Weston Warm-Up Fund for each appointment that is completed. Norfield Church is holding its Day of Service on September 13, 2014. If you need help with home repairs or yard work or other chores, please contact Charlene or Suzanne at 203 222 2663 to request volunteer assistance through this wonderful program.

**Weston Historical Society and the Weston Public Library's World War I Remembrance**

The museum will be open Saturdays and Sundays 1-4pm in September, and Sundays 1-4pm in October.

- September 3<sup>rd</sup>-Movie: *The Guns of August*. **Weston Public Library; 7:00 p.m.**
- September 7<sup>th</sup>-Exhibition: "World War I Remembrance," **Historical Society- 3:00 p.m. – 5:00 p.m.**
- September 11<sup>th</sup>-Lecture: "The War to End All Wars: The Beginning," by Dr. Michael Nolan, Professor of History, Western Connecticut State University. **Weston Historical Society Museum; 7:30 p.m.**
- September 17<sup>th</sup>-Movie: *All Quiet on the Western Front*. **Weston Public Library; 7 p.m.**
- September 18<sup>th</sup>-Lecture: "World War I: The War on the Seas," by Dr. Glenn Gordinier, Williams College. **Weston Public Library; 7:30 p.m.**
- September 23<sup>rd</sup>-Lecture: "The Strange Career of General Pershing and the U.S. Army," by Major Andrew Florney, United States Military Academy, West Point. **Weston Historical Society; 7:30 p.m.**
- September 25<sup>th</sup>-Movie: *Sergeant York*. **Weston Public Library; 7:00 p.m.**  
Connecticut State University.  
**Weston Historical Society; 7:30pm**

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

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**ryna**  
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203.438.5555 | ridgefieldvna.org  
Staff Drop-in Site 250 Main Street South  
Southbury, CT | 203.264.3250  
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**Weston Bike and Pedestrian Club Present:**

**September 18<sup>th</sup>. Urban Trail Walk.** The mostly easy walk leaves from the main entrance of Wilton Library, rain or shine, 10 AM. This hike of about three miles is almost entirely on the Norwalk River Valley Trail. We walk through downtown Wilton to the Old Post Office Square (Positano's), cross under Route 33, and follow the trail past the Merwin's Meadows swimming hole and playground. You can leave the hike at the library or walk the final mile through the downtown Wilton Park of Schenk's Island. We can stop for coffee in Wilton.

Ray Rauth will lead the hike. He is the Chairman of Weston's Bicycle & Pedestrian Committee, has led area hikes for decades and is been active in promoting area trails.

**October 18<sup>th</sup> Bisceglie Autumn Walk.** This walk leaves from the parking area at Bisceglie @10:00 AM. We will peek at the leaves at their peak. It's an easy walk through Bisceglie culminating in a look at the old 19<sup>th</sup> century Weston Post Office.

The hike will be led by members of Weston's Bicycle & Pedestrian Committee.

**October 25<sup>th</sup> Great Ledge Hike.** Tom Failla will lead the hike. Take advantage of the gorgeous autumn leaves in Devil's Den. The ledges have the best view in the Den and overlooks the Saugatuck Reservoir and the surrounding state-owned Centennial Forest. The hike leaves from the Pent Road Parking lot at 10:00 AM. It's about a 7-8 mile hike and will return about 2-3 PM. Bring water and lunch or a big snack.

A portion of the cost to print this newsletter was paid for by Ridgefield Visiting Nurse Association.