

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

Celebrate the Holidays at Caramoor in Katonah, NY—December 11th

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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WESTON SENIOR CENTER

October 2009	November 2009	December 2009
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Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 ■ 10:00 AM Knitting/ Quilting 10-12	3 ■ 10:00 AM Beading 10-12 ■ 11:00 AM Strength & Fitness 11-12 (N)	4 ■ 10:00 AM Yoga 10-11 ■ 10:30 AM Coffee and... ■ 12:00 PM LUNCH ■ 12:30 PM Ent: Bingo	5 ■ 10:00 AM Wii Bowl- ing 10-12 ■ 11:00 AM Strength & Fitness 11-12 (N) ■ 12:30 PM Movie "Butch Cassidy & Sun- dance Kid" 12:30	6 ■ 9:00 AM Yoga (N) 9-10	7
8	9 ■ 10:00 AM Knitting/ Quilting 10-12	10 ■ 10:00 AM Beading 10-12 ■ 10:30 AM Westch- ester Broadway The- ater Trip ■ 11:00 AM Strength & Fitness 11-12 (N)	11 ■ 10:00 AM Yoga 10-11 ■ 10:30 AM Coffee and... ■ 12:00 PM LUNCH ■ 12:30 PM Ent: Karkowska Sisters	12 ■ 10:00 AM Wii Bowl- ing 10-12 ■ 11:00 AM Strength & Fitness 11-12 (N) ■ 12:30 PM Movie "Waking Ned Devine" 12:30	13 ■ 9:00 AM Yoga (N) 9-10	14
15	16 ■ 10:00 AM Knitting/ Quilting 10-12 ■ 11:00 AM Internet Safety Event 11-12 ■ 1:30 PM Meet the Artists! 1:30-2:30	17 ■ 12:00 AM Lunch Bunch 11:30-1:30 ■ 10:00 AM Beading 10-12 ■ 11:00 AM Strength & Fitness 11-12 (N)	18 ■ 10:00 AM Yoga 10-11 ■ 10:30 AM Coffee and... ■ 12:00 PM LUNCH ■ 12:30 PM Ent: Mar- lane & Martin	19 ■ 10:00 AM Wii Bowl- ing 10-12 ■ 11:00 AM Strength & Fitness 11-12 (N) ■ 12:30 PM Movie "A Place in the Sun" 12:30	20 ■ 9:00 AM Yoga (N) 9-10	21
22	23 ■ 10:00 AM Knitting/ Quilting 10-12	24 ■ 10:00 AM Beading 10-12 ■ 11:00 AM Strength & Fitness 11-12 (N)	25 CLOSED	26 CLOSED	27 CLOSED	28
29	30 ■ 10:00 AM Knitting/ Quilting 10-12 ■ 12:30 PM Birthday So- cial 12:30-1:30 ■ 1:30 PM Bingo 1:30-2:30	■ 10:00 AM Beading 10-12 ■ 11:00 AM Strength & Fitness 11-12 (N)	■ 10:00 AM Yoga 10-11 ■ 10:30 AM Coffee and... ■ 12:00 PM LUNCH ■ 12:30 PM Ent: Sun...	■ 10:00 AM Wii Bowl- ing 10-12 ■ 11:00 AM Strength & Fitness 11-12 (N) ■ 12:30 PM Movie "A Place in the Sun"		

Happy Thanksgiving!

December 2009

WESTON SENIOR CENTER

November 2009	December 2009	January 2010
S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2
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22 23 24 25 26 27 28	22 23 24 25 26 27 28	17 18 19 20 21 22 23
29 30	29 30 31	24 25 26 27 28 29 30
		31

Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 ■ 10:00 AM Beading 10-12 ■ 11:00 AM Strength & Fitness 11-12 (N)	2 ■ 10:00 AM Yoga 10-11 ■ 10:30 AM Coffee and... ■ 12:00 PM LUNCH ■ 12:30 PM Ent: Bingo	3 ■ 10:00 AM Christmas Tree Shop/Hometown ■ 10:00 AM Wii Bowling 10-12 ■ 11:00 AM Strength & ■ 12:30 PM Movie "Romancing the Stone"	4 ■ 9:00 AM Yoga (N) 9-10	
6	7 ■ 10:00 AM Knitting/Quilting 10-12	8 ■ 10:00 AM Beading 10-12 ■ 11:00 AM Strength & Fitness 11-12 (N)	9 ■ 10:00 AM Yoga 10-11 ■ 10:30 AM Coffee and... ■ 12:00 PM LUNCH ■ 12:30 PM Ent: TBA	10 ■ 10:00 AM Wii Bowling 10-12 ■ 11:00 AM Strength & Fitness 11-12 (N) ■ 12:30 PM Movie "Notting Hill" 12:30	11 ■ 9:00 AM Yoga (N) 9-10 ■ 11:30 AM Caramoor Tour & Tea 11:30	12
13	14 ■ 10:00 AM Knitting/Quilting 10-12 ■ 10:00 AM Cookie Bake & Swap 10-1:30	15 ■ 10:00 AM Beading 10-12 ■ 11:00 AM Strength & Fitness 11-12 (N)	16 ■ 10:00 AM Yoga 10-11 ■ 10:30 AM Coffee and... ■ 12:00 PM LUNCH ■ 12:30 PM Ent: Silver & Gold	17 ■ 10:00 AM Wii Bowling 10-12 ■ 11:00 AM Strength & Fitness 11-12 (N) ■ 12:30 PM Movie "The Lion In Winter" 12:30	18 ■ 9:00 AM Yoga (N) 9-10	19
20	21 ■ 10:00 AM Knitting/Quilting 10-12 ■ 12:30 PM Birthday Social 12:30-1:30 ■ 1:30 PM Bingo 1:30-2:30	22 ■ 10:00 AM Beading 10-12 ■ 11:00 AM Strength & Fitness 11-12 (N)	23	24	25	26
<div style="display: flex; justify-content: space-between;"> CLOSED CLOSED CLOSED CLOSED CLOSED </div> <h1 style="text-align: center;">Happy Holidays!</h1>						
27	28	29	30	31		
<div style="display: flex; justify-content: space-between;"> CLOSED CLOSED CLOSED CLOSED </div> <h1 style="text-align: center;">See you in 2010!</h1>						



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 ~ There are still a few tickets available ~ Call now to register!

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

Holidays at Caramoor — Friday, December 11

Depart Norfield Church 12 noon Return approx 4:30 pm

\$45 per person

Come with us to Katonah, NY for a tour of the beautiful Rosen House, live Holiday Music followed
by High Tea ~ This elegant trip will get you in the holiday mood! Only \$45 pp and limited to 20
people so sign up now! (Please note—this trip is in place of the December Lunch Bunch)

The Lion King at the Bushnell ~ Thursday, January 28th

Depart Norfield Church 11 am Return approx 4:30 pm

\$65 per person

This award winning show is worth the trip for the costuming alone! Add in fantastic music, dancing,
story and staging and you can't go wrong! We'll be taking a coach bus up to Hartford but seats are
going fast so call now to reserve your space!

Upcoming proposed trips include "South Pacific" at the Bushnell in April (Date and price: TBA),
and a trip on the Circle Line in May Date and price: TBA). Your check is your reservation. Please
make it out to Weston Senior Center and mail it to: WSC, PO Box 1007, Weston, CT 06883

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

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!

Nov 5th ~ "Butch Cassidy & The Sundance Kid"

(PG) Butch (Paul Newman) and Sundance (Robert Redford) are caught in the civilizing of the old West. Caught in a trap, they have to find their way out! Winner of 4 Oscars!

November 12th ~ "Waking Ned Devine"

(PG) When a lottery winner dies of shock, his fellow townsfolk attempt to claim the money.

November 19th ~ "It Happened One Night"

(NR) Elizabeth Taylor, Montgomery Clift, love...betrayal...it has it all!

November 26 ~ No movie ~ Happy Thanksgiving!

December 3 ~ "Romancing the Stone"

(PG) She's a girl from the big city—he's a reckless soldier of fortune. For a fabulous treasure, they share an adventure no one could imagine...or survive!

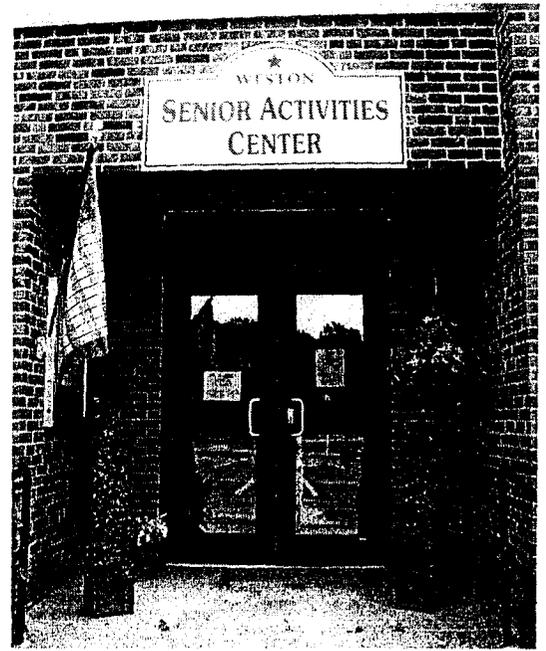
December 10 ~ "Notting Hill"

(PG13) Can the most famous film star in the world fall for an ordinary guy? Starring Julia Roberts & Hugh Grant

December 17 ~ "The Lion in Winter"

(PG) Henry II and Eleanor of Aquitaine meet with their three surviving sons at Christmas to decide who should inherit the throne after Henry's death. Starring Katherine Hepburn, Peter O'Toole, and Anthony Hopkins. Winner of 3 Academy Awards!

December 24 ~ No movie ~ Happy Holidays!



**Wii Tournament Vs
Monroe Senior Center
Monday, November 9**
Come compete, or just cheer
us on! Leave Weston at 10
am, stop for lunch at the
Rustic Grill and then on to
Monroe for 1 pm
Tournament ~ Sign up
required ~ 222-2608

**DIAL-A-RIDE
222-2576**

Please note that 24 hours is
required to schedule a ride
on the Dial A Ride bus!

This includes Monday
rides ~ You must call by
Friday morning to secure a
ride for Monday!

*As of November 1st —
Wednesday lunch will go
up to \$4 a meal!*

☐ Exercise Classes ☐

~ **Strength & Fitness with Sandy Adamecyzk** ~
Tuesdays & Thursdays @ 11 am
(Norfield Parish Hall)

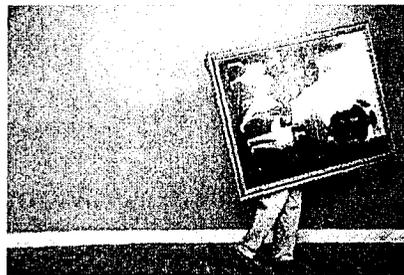
~ **Yoga with Joy** ~
Wednesdays @ 10 am
(Weston Senior Activities Center at Hurlbutt)

~ **Yoga with Melanie** ~
Fridays @ 9 am
(Norfield Chapel)

Cost: \$3 per class

VETERANS DAY

The Select Committee for Veterans Affairs will host the Annual Town Veterans Day Ceremony at the Monument at on November 11th
Meet in Town Hall at 10:15 for coffee followed by the ceremony at 10:45 and stay for a brief reception immediately following
(in case of rain, this will be held in Town Hall)
For more information, veterans and their families please call Betsy Pereigne at 557-3192



Come To Our
First Annual
Fine Arts,
Crafts and
Photo Contest

Our beautiful entries are on display in the Weston Senior Activities Center now!! Please come and see them and vote for your favorites! We have paintings, embroidery, even sweaters!

Prizes will be awarded in the following categories:

Most Original
Most Interesting Use of Materials
Best Overall

Artwork can be viewed at the Center now through Thursday, November 19th, Mondays, Tuesdays and Thursdays from 10am-2pm.

VOLUNTEER AT THE CENTER

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! Thank you to those who have already volunteered!

See you at the Center!

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 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**

Brrr! When I looked at the thermometer this morning, it registered cold!! And you know what *that* means—the holidays are right around the corner. Nancy and I have been very busy, however, planning activities for all of our friends at the Center and hope you'll take a minute to go through this newsletter and the calendar to see what's coming up. As always, if you have any questions, you can call us at the Center at 222-2608. All of our sign up sheets for activities and trips will be available to you at Wednesday lunch and at the Center when we're open.

We have a delightful trip to **Caramoor** in December (instead of our December Lunch Bunch trip), the Weston Police Department is sending a representative to talk about **Internet and Identity Safety**, we have a new **discussion group** once a month to talk about current issues affecting seniors (or whatever the group decides to discuss), movies continue (join Nancy on her birthday on Nov 19 for one of her favorites....) and with any luck the **Cookie Bake & Swap** will return in the beginning of December! We hope you'll drop in to have a cup of coffee with us but remember we're closed from November 25th through the 29th for the Thanksgiving Holiday (reopening on the 30th) and then again December 23rd through January 3rd, (reopening on January 4th). Have wonderful holiday seasons ~ we hope to see you at lunch or at the Center!

Jennifer O. Ruddy
Director

Always With Us

In Memory Of
Carleton Anderson

Given By
Peggy Anderson

IN MEMORY OF _____

IN HONOR OF _____

Send Memorial or Honor Card to:

Name: _____

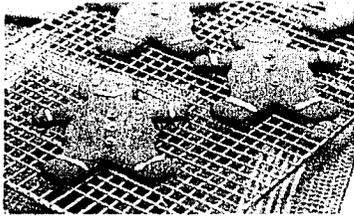
Street: _____

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 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!



December Cookie Bake & Swap

Nancy is trying once again to put together her holiday cookie bake and swap! She needs to know who's interested so please call her to sign up. Tentative date for this event is Monday, December 14th.

As in the past, you can come bake with us (limited to 10 bakers, sorry) and stay for lunch and the cookie swap OR bring 4 dozen cookies to share and join us for lunch and the cookie swap!

This fun activity was popular in the past and Nancy hopes it will be again so call her up at 222-2608 to sign up now!



Jen gratefully accepts a generous donation from the Newcomers & Neighbors of Weston Club at their September lunch!

Just a Little Conversation.....

Come join our group once a month to chit & chat. Every day things happen in the world which impact us in our daily lives. This interactive group will explore all of the ways that we face those changes. Facilitated by Joan Hartnett (who comes to us with a background in social services), we will meet on the 2nd Wednesday of the month at 10:30 in the Senior Activities Center for an hour. From there you can go over to Norfield Senior Center to lunch. There is no fee for this program, but pre-registration is required. For more info, call Jen or Nancy at 222-2608.

Computer Safety and Identity Protection

Join us on Monday, November 16th when the Weston Police Department puts on this important free program for Weston Seniors!

Learn how to keep your identity safe, both online and in other ways. Learn how to avoid insurance and other scams.

This program starts at 11:00 am in our Activity Room at the Center. There will be plenty of time for q & a at the end of the program.

Pre-registration is required but this program is offered free of charge.

Call Nancy or Jen at 222-2608 for more info or to sign up or look for the sign-up sheet at wednesday lunch.

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.



LUNCH BUNCH

We're off again....but not very far! Join us on Tuesday, November 17th as we travel 'up river' to Cobbs Mill Inn. This scenic spot changed management a few years ago so if you haven't been for a while, join us for a lovely luncheon by the falls. Pre-registration is required. Expected cost is \$22 (not confirmed at press time) so call for updated information or look for the sign-up sheet at the Center or at Wednesday Lunch. There is limited seating on our bus or you can take your own car and meet us there. Call Jen or Nancy at 222-2608 for info.

Rod and Mary Coleman have been keeping our Center beautiful all September and October by providing us with their gorgeous Dahlias! Thank you to both of them for sharing their green thumbs with us!



**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 or signing up at the Wednesday lunch.

The upcoming dates are **Monday, Nov 2nd** (registration by Thursday Oct 29th), **Monday, Nov 16th** (registration by Thursday Nov 12th), **Monday Dec 7th** (registration by Thursday Dec 3rd) and **Monday, Dec 21st** (registration by Thursday Dec 17th).

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

Happy Birthday to.....You?

Nov 23 & Dec 21~ 12:30 pm

Come to our monthly **Birthday Social** on the 4th Monday of the month (one week earlier in December due to the holiday break) at 12:30 p.m. in the Weston Senior Activities Center @ Hurlbutt School. We will celebrate all of the birthdays with a delicious cake, coffee, and friendship.. 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, we ask for a donation of \$2. 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

November & December Birthdays

Jeanne Taylor	Nov 15
Mary Ferruccio	Nov 17
Nancy McCormick	Nov 19
Gordon Hall	Nov 20
Juli Turner	Nov 21
Celeste Garr	Nov 23

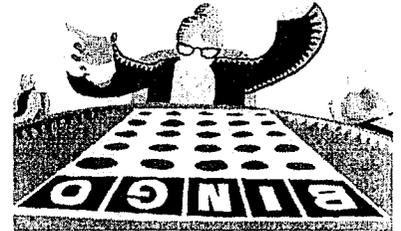
Paul Scribner	Dec 14
Emma Rodriguez-Guzman	Dec 17
Nikki Stone	Dec 20
Catherine Genhatty	Dec 25
Isabelle DaSilva	Dec 28



**~ Upcoming Wednesday Lunch Entertainment ~
Mark Your Calendars!**



November 4 ~ Bingo
November 11 ~ The Karkowska Sisters
November 18 ~ Marlane & Martin
December 2 ~ Bingo
December 9 ~ To be announced
December 16 ~ Silver & Gold



Wii Bowling at the Center ~ Fran Hines is looking for the perfect game against Monroe Senior Center!

MASSAGE

Rebecca Schiff, LMT, is offering reduced rates for seniors once a month at the Weston Senior Activities Center. You must sign up by the Wednesday before. Rates are by the half hour and the hour. Rebecca is experienced in Chronic Pain Management and also practices acupressure. Please call the Center at 222-2608 with any questions or to sign up. Rates are as follows:

1/2 hour—\$30

Hour—\$50

Upcoming dates: November 20 10am-2pm
December 18 10am-2pm

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.**

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