

Senior Center Member Birthdays will be celebrated on Monday, February 27th.



The Energy Assistance Program is now in progress. Proof of all income and assets are required. Call the Darien Social Service Dept at 203-656-7328 for more information.

Town of Darien Half-Price Taxi Vouchers are available for Darien Seniors 60+ and the disabled. You can purchase \$25 worth of taxi vouchers for only \$12.50. Come in or call the Darien Social Services for more information, 203-656-7328.

Don't forget the Gallivant is available to take you to appointments, shopping, visiting and of course, the Senior Center. Gallivant is on the road Mon, Tues & Wed from 9am - 4pm and Thurs & Fri from 9am - 3pm.

Call 203-655-2227 to reserve your ride. A suggested donation is \$5.

Save the Date

- March 5 Blood Pressure 10:00
March 7 Darien Garden Club 10:00
March 8 '60 Plus' with Pam James 12:30
March 15 St. Patrick's Day Entertainment 12:30
March 16 'Ask a Lawyer' 11:00
March 20 Caregiver Support Group 1:00
March 22 '60 Plus' with Pam James 12:30
TBD Winter Craft
TBD Take Shape for Life

Hot lunches are served Monday through Friday at 12 noon. Just call in by 11:15 to make your reservations. Lunch includes dessert and costs \$4. For dessert only, the cost is \$1. We ask that you bring in small bills whenever possible.



AARP Chapter 972 meets the 1st Friday of every Month from September through May at 1:15. A local speaker or entertainment is part of each monthly meeting. Also, pertinent information is given out regarding AARP as an organization and updates regarding federal programs that impact older adults.

The next meeting is Friday, Feb 3rd at 1:15. Entertainment is by the Darien Arts Center Ballet Performers.

Membership for the year is \$12.00. For more information call Ron Heinbaugh at 203-655-0538.

Computer Consultants Tuesdays @ 10:00

Computer help is back! We have drop in computer class every Tuesday from 10:00-12:00 run by Senior Center members, Ed Mulock and Bob Joseph. They will help with questions, teach you new techniques and consult with you if you are considering purchasing a new computer or software.

Come look through Grandma's Attic! Monday - Friday 9:00-3:00

Located in the Darien Senior Activities Center, Grandma's Attic gift/thrift store generates crucial funding to support many programs for seniors. Items for sale include collectibles, hand made items, small furniture, kitchen items, jewelry, and household goods. Grandma's Attic accepts a variety of donations in good condition. If you have any questions about donations, please call 203-656-7455. Grandma's Attic is staffed by volunteers and volunteers are always needed and appreciated. Please stop by during the holiday months to find that perfect gift for someone special!

Love Flowers? Mondays @ 10:00

We're looking for a few volunteers for flower arranging at the Senior Center every Monday from 10:00-11:00.

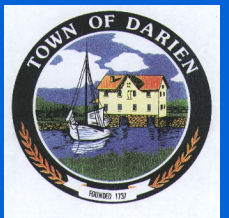
Please call 203-656-7455 if you are interested.

Elizabeth Paris Senior Center Coordinator Email: eparis@darienct.gov

Marcy Rand Program Specialist Email: mrand@darienct.gov

Anne DiCeglie, Editor Email: adiceglie@darienct.gov

The Darien Senior Activities Center Voice 30 Edgerton Street Darien, CT 06820 203-656-7455



FEBRUARY 2012 Hours of Operation 9 am - 3 pm

FROM THE DESK OF BETH PARIS

The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. Helen Keller

February is a month to celebrate love! As we grow older we have learned the lesson that self love - the kind that makes you be the best you can be - is good for everyone - family friends, community and the world at large. Participate in life, explore new interest, renew old ones. The Center has so many things to choose from this month that will delight the senses, keep your mind sharp and body strong! You won't want to miss any offering this month so keep your newsletter handy and remember you can visit us on line at www.darienct.gov click on Parks and Recreation and then Senior Center.

Front Desk Volunteers Needed:

Sign in members as they come into the Center, direct folks to the programs and activities of the day and keep the lunch list. Yes it is a busy position but the morning goes by fast. If you are interested even to be a back up person please see Beth or Marcy for details at 656-7455.

Come Lunch at the Darien Senior Activities Center - the best value in Town! Chicken Cacciatore, Lamb Kabobs w/ Cous Cous, Vegetable Lasagna, Roast Beef w/Lyonaise Potatoes, Seafood Gumbo, Meat Loaf w/mashed potatoes all complete with a vegetable side and dessert. These delicacies and more are prepared by our Master Chef Tom Mirto a graduate of the Culinary Institute of America. Not only are the meals nutritious and delicious but they are an incredible value at \$4.00 each.

Research shows that eating your main meal at noon time especially as we grow older has actual health benefits. We have more time to digest and metabolize the meal. Eating lighter fare in the evening meal can aide in a better nights sleep and help with weight control.

Eating at the Center also has the added benefit of socializing with peers and attending some of the wonderful programming offered before or after lunch.

Cooking for one can also be stressful. The cost saving of only having to shop for breakfast and a lighter evening meal is also significant.

So give a meal at the Center a try. Call in for our weekly menu on Mondays 203-656-7455 or 7448. To reserve a meal call by 11:15 the day of...Lunch is served 12:00 sharp! Try it you'll like it :o)

Mark your calendars...

Mobile Mammography Wednesday, March 28, 2012 Darien Town Hall Sponsored by the Darien Health Department



When Darien Schools are CLOSED for inclement weather, the Senior Center is CLOSED. When Darien Schools are DELAYED, we are still OPEN on our REGULAR 9:00-3:00 schedule. Tune into News 12 and Channel 3 for updates of area closings. We ask that you use good judgment throughout the winter season and only drive when roads are clear and passable.

**Introduction to Chinese Medicines
Monday, February 27th @ 12:30**

Mark Gurtkin L.Ac., MSTOM, Licensed Acupuncturist (NY & CT), and Board Certified Herbalist; Dipl. O.M. (NCCAOM) will present the theory of Traditional Chinese Medicine (TCM) and its modalities. Participants will be introduced to such concepts as Acupuncture, Herbal medicine, bodywork and Eastern Nutrition.

This lecture presents a general introduction to the fundamental theories of TCM, including Yin and Yang and 5 elements, and their application in clinical practice. We will go over basic 5 elements relationship and their association with organs, tissues and emotions. The presentation introduces the concepts of health, illness and the etiology of a disharmony or disease.



**Free Blood Pressure Testing
Monday, February 6th @ 10:00**

Come to the Senior Center to get your **Blood Pressure** checked, free of charge. Anne Shaw, a Darien resident and nurse from Visiting Nurse and Hospice of Fairfield County, will be here the first Monday of every month. Come and check out how you are doing comparatively on a monthly basis.

“Ask a Lawyer”

Friday, February 17th @ 11:00

Attorney Michael Nedder of Nedder and Associates LLC. will be available for 15 minute private appointments on **Friday, February 17th from 11:00 – 12:00**. Attorney Nedder can answer questions regarding Power of Attorney, Living Wills, Trusts, Guardianships, Disability Planning, IRA, Wills and Custodianships, just to name a few. To make an appointment please call 656-7455. Appointments will be strictly 15 minutes in order to fit as many people in as we can. This is a great opportunity to get your questions answered at no charge.

**Take Shape For Life!
Free Wellness and Weight Loss Seminar for Seniors
Tuesday, February 14th @ 11:00**

Maintaining a healthy weight is ideal for everyone – including seniors. Join “Take Shape For Life” to learn the science of weight loss and how to maintain a healthy weight. Lynn Hagerbrant, RN and Tom O’Malley, Certified Health Coach will discuss a safe, doctor supervised and researched program that is quick, simple, and personalized.

**RSVP 203-832-2058
omalley@teamtsfl.com**

**Stretch, Tone, Balance
Fridays @ 9:30**

This new class designed by fitness veteran of 30 years, Elizabeth Hall, combines her knowledge of fitness, dance, Yoga, and Pilates to give Seniors a full workout which will strengthen the heart, bones, and balance, which is so important to maintain the health and joy of later years. Set to classical music and jazz, the exercises flow into a series of movement which is easy to enjoy for the body and spirit. Individual attention is given to each student and tailored to the capabilities of the participants.

**Caregiver Educational Support Group
Tuesday, February 21st @ 1:00**

The Caregiver Educational Support Group meeting will be held on **Tuesday, February 21st**. The topic will be **“Honor Your Loved One and Yourself.”** If you provide care to a family member or a friend with multiple needs, especially related to cognitive impairments such as Alzheimer's Type Dementia, this group could be beneficial. For more information contact Beth Paris at 203-656-7445.

**MetLife Home Loans
Reverse Mortgages – The Pros and the Cons
Tuesday, February 28th @ 11:00**

Complimentary Lunch

Frank Magnate with MetLife Home Loans will be here to discuss Reverse Mortgages. A reverse mortgage is a loan which a homeowner can borrow money against the value of his or her home. No repayment of the mortgage is required until the borrower dies or the home is sold. The loan amount is not to exceed the value of the home. Frank will cover the rules of reverse mortgages, who they may be good for, and what to look out for.

Sign up by February 24th to take part in this informative program.

**“Let’s Talk” with Donna Spellman, MS
Wednesdays @ 12:30**

Donna Spellman will be here on Wednesday’s at 12:30 for her “Let’s Talk” discussion group. Donna is the Director of Self Sufficiency and Independent Living with Family Centers and has been providing supportive and independent living services to individuals and families of lower Fairfield County for many years. February’s topics are:

- February 1st: Staying active during the cold winter months.
- February 8th: Music that gets you moving.
- February 22nd: TV: What’s everyone watching these days?
- February 29th: Leap Year Memories

**Darien & Norwalk Senior Centers
Call Joan at 847-3115 ext 109**

Philadelphia Flower Show Overnight, March 6-8, 2012; \$349 pp double. Three day trip includes a visit to the National Constitution Center, two nights at the Radisson Hotel Philadelphia Northeast, Parz Casino, City Tour, Philadelphia International Flower Show and American Treasure Tour.

NY Botanical Garden Orchid Show & Arthur Ave, March 13, 2012; Price TBD. Lunch at Ann and Tony’s in the Arthur Ave. area followed by a visit to the Orchid Show featuring 5,000 dazzling specimens at NY Botanical Gardens.



Sunny Portugal, March 16-25, 2012; \$2,399 pp double. Highlights include Fatima, Lisbon, Jeronimo’s Monastery, Folklorico Fado Dinner Show and much more.

Sister Act on Broadway, April 11, 2012; \$188 pp. Lunch at Carmines followed by one of Broadway’s newest sensations.

Cherry Blossom Time in Washington, D.C. April 13-16, 2012; \$566 pp double. Includes 3 nights at the first class Radisson Hotel Crystal City, guided tour of Washington, D.C., free time at the Smithsonian, Mount Vernon and Arlington National Cemetery.

Bermuda Cruise, April 29-May 6, 2012; \$829 pp double. Holland America’s Veendam sails to Bermuda for an 8 day cruise which includes motor coach transportation to the NY pier, 7 nights onboard Holland America’s Veendam, all meals onboard, daily activities, nightly entertainment and a special walking tour of Hamilton.



Hairspray at Westchester Broadway Theatre, May 4, 2012; Price TBD

NYC Tenement Museum & Lower East Side Tour, May 15; \$72 pp. Visit Lower East Side’s Tenement Museum located in a tenement apartment building built in 1863 which housed nearly 7,000 working class immigrants. Lunch will be at the famous Katz’s Deli followed by a guided walking tour of the lower east side.

Newport Dinner Train, May 31 – Price TBD. Travel to Newport, RI where we will enjoy lunch on a one hour and 45 minute ride back in history. After lunch, we’ll visit the Newport Vineyard for a tour and tasting.

Canada & New England Cruise, June 3-10, 2012; Cabins start at \$943 pp double. Ports of call include Boston, MA, Portland, ME, St. John, NB, Halifax NS and Sydney, NS.

Lobsterbake & Mohegan, June 14; Price TBD



Northern National Parks Featuring Jackson, Wyoming, Yellowstone National Park and the Grand Tetons; June 22-29, 2012, \$1,999 pp double. Highlights include Salt Lake City, Jackson Hole, Oregon Train Museum, Yellowstone National Park, Old Faithful, Grand Teton National Park. Included in the price are round trip air from New York, air taxes and fees and hotel transfers.



Rhode Island Lighthouse Cruise, June 26; Price TBD

The Seine: Paris to Normandy River Cruise: Paris –Auvers –Sur-Oise–Giverny–Rouen–Honfleur–Normandy Beaches; July 26-August 7, 2012. Cabins start at \$4,195 per person. 13 day river cruise on the award winning M/S Bizet includes city tour of Paris, cheese tasting and cooking demonstrations, visit to D-Day landmarks in Normandy such as the American Cemetery, experience the local beauty of Honfleur, a location that inspired world-renowned artists like Paul Cezanne, a visit to the Peace Memorial Museum in Caen.

Boston Harborfest, July 2; Price TBD



Bridge Classes Begin Friday, February 3rd
Beginners 10:00 – 12:00
Intermediate 12:30 – 2:30

Richard Olson, an ACBL accredited instructor will be here to teach a full ACBL curriculum to both beginners and intermediate players. The ACBL Education Program was introduced with the aim of teaching bridge in a way that gave students confidence. In order to make the game easier to learn, a "hands-on" approach was introduced. Instead of using the blackboard, for example, as a way to display a hand, the table is used and the students, directed by the teacher, create the hands they are going to discuss. There is an emphasis on a balance between bidding and play of the hand. Lesson plans are structured so that at least half of the lesson is play of the hand. The further the student goes, the more opportunities the student has to play and practice. Classes will be 12 weeks in length. The first series of classes will be **February 3, 2012 – April 20, 2012**. Class cost: **\$5.00 per class**. Come and learn to play Bridge or improve your skills!



Computer Class
Wednesdays @ 10:30

Frank Billowitz will be offering a series of computer classes on **Wednesdays at 10:30**. Classes will cover everything from computer basics, software, email, and word processing to security tools, and internet use. Come learn how to use your computer to make your life more fun and easier! Surprise your friends and family with a Facebook page, or make a long distance call for free using Skype! Even if you don't have a computer at home come learn how to use the computers here at the center. The computers here are always available to use. **He will also hold a weekly computer session Q & A on Thursdays from 12:30-1:30 starting February 2nd.**



"60 Plus" Gathering with Pam James
Thursday, February 2nd & 16th @ 12:30

Pam will be hosting Bingo and refreshments on designated Thursdays from 12:30 - 2:30 at the Senior Center. The dates are as follows: February 2nd & 16th and March 8th & 22nd. The charge for this program is **\$2.00 per session**.

Learn to Make Your Own Jewelry!
Friday February 3rd @ 12:30

Beginning February 3rd at 12:30 Althea and Yvette will be hosting a weekly beginner Beading/ Jewelry making course. Our talented teachers will show you the "how to's" of making jewelry for a fraction of the cost of buying it while making it your "own." Come and learn about different types of stringing and how to attach clasps to create basic necklaces and bracelets. Class will be free of charge with students buying supplies for their own individual projects.



Love Songs with Bob Lupi
Tuesday, February 14th @ 12:30

Bob Lupi will be here to celebrate Valentines Day! Bob's vocal ability and extensive repertoire allows him to perform a mix of styles from the 40's to the 80's. So come stag, or with your sweetheart and enjoy an hour of beautiful music! Lunch (\$4.00) will be served at noon and entertainment begins at 12:30. Reservations for lunch by 11:00 on February 14th.

Valentine's Day Traditions and Customs with Phil Lechak
Wednesday February 15th @ 12:30

The romantic day of St. Valentine is celebrated in several countries around the world. Most common is the tradition of expressing love with cards, flowers, and gifts. Proposing is another popular tradition of the day that celebrates love in the United States. Many other countries have different traditions because of social and cultural differences. What remains constant and the same everywhere is the celebration of love. Phil will be here to discuss some of the most commonly observed way of celebrating St. Valentine's Day.

Little Miss Acorn
Valentine's Day Craft
Tuesday, February 7th @ 12:30

Kim Van Munching, "Little Miss Acorn" is back to do a beautiful Valentines Day Craft. Kim will create with you a lovely Valentines wreath made of silk rose petals to hang either inside or on your front door. The cost of this beautiful project is only **\$3.00!**

Space is very limited for this so please sign up!

Darien Garden Club Flower Arranging
Wednesday, February 1st @ 10:00

A group of dedicated volunteers from the Garden Club lead a flower arranging class each month called "**Pleasure Through Plants Program.**" They graciously provide all the flowers and the containers to highlight occasions or special holiday themes that month. They also offer instructions on making arrangements as well as valuable information on the flowers used at each class. The Garden Club was started in Darien in 1929. The flower arranging civic outreach community began in 1980 at the Center.

***Class size limited. Sign up by Monday Jan 30th ***

Traditional Belly Dancer - Sirica Linda!
Thursday, February 23rd @ 12:30

Continuing with our February "Romantic" theme we are excited to present to you, **Sirica Linda**, a traditional Belly Dancer! Sirica has studied belly dancing all over the world. She is trained in Egyptian, Turkish, Moroccan, Lebanese, Israeli and Greek Belly Dancing! She will be here performing with a variety of props: veils, Wings of Isis, candelabra, and a sword! Come be hypnotized by the beautiful belly dance moves! Lunch (\$4.00) will be served at 12:00 and the fantastic entertainment (free of charge!) will begin at 12:30. Please make lunch reservations by 11:00 on February 23rd.



Local Author to Visit!
Tuesday, February 21st @ 12:30

Local Author and fellow senior - 79 years young, Julian Padowicz will be here to visit and discuss how he accomplished his goal of being an author late in life. Mr. Padowicz holds a degree in English Literature from Colgate University, and is a former Air Force navigator, documentary filmmaker, and producer of audio tapes. He won a Golden Eagle Award for his educational film "The People Shop" from the Committee on International Non-Theatrical Events. Julian's two novels (Writer's Block and The Best Sunset in Venice) have main characters in their sixties and seventies. Both novels are full of romance, excitement, frustrations, and adventure.

Wii Bowling League
Tuesdays @ 11:00

Do you still have a passion for bowling but have no time to make it to the lanes? Are you tired of having to go through shoe rentals and looking for the perfect ball to roll those strikes? Is it hard for you to be mobile enough to toss the ball? If so, join us on **Tuesdays at 11:00** at the Senior Center for Wii Bowling for Seniors. We have a wonderful new volunteer who is excited to teach you how to Wii bowl and to help you create your leagues! Come with some great team name ideas, because we will be working at getting our Wii connected to the internet so we can have some good healthy competition with the other area senior centers without having to leave the building this winter!

Weekly Classes at the Senior Center

MONDAY

9:00 Pinochle/Cards
 9:30 Woodshop
 9:30 Mahjong
 9:30 Stained Glass
 9:30 Quilting
 10:00 Low Impact Aerobics with Weights
 11:00 Discussion Group with Family Center's Amanda Romaniello, LPC
 11:00 Ballet Class, \$4/Class
 12:30 Zumba Gold, \$5/Class
 1:30 Bingo Swap

TUESDAY

9:00 Pinochle/Cards
 9:30 Woodshop
 10:00 Knitting & Needlepoint
 10:00 Computer Help
 10:00 Writing Class
 10:00 Sittercise
 11:00 Wii Bowling *NEW!*
 11:00 Tai Chi, \$4/Class
 12:30 Movie
 1:00 Italian Conversation

WEDNESDAY

9:00 Pinochle/Cards
 9:30 Crafts
 10:00 Watercolor, \$4/Class
 10:00 Yoga, \$4/Class *NEW TIME!*
 10:30 Computer Class
 12:30 "Let's Talk" with Family Center's Donna Spellman, MS
 12:30 Coupon Cuties
 1:00 Ping Pong/Foosball



THURSDAY

9:00 Pilates, \$4/Class
 10:00 Acrylic Painting, \$4/Class
 11:15 Jazzercise, \$4/Class
 12:30 Mahjong
 12:30 Pool/Foosball
 12:30 Computer Q&A *NEW!*
 1:00 Senior Fitness
 1:00 Short Story Discussion

FRIDAY

9:30 Stretch, Tone, Balance, \$5/Class *NEW!*
 10:00 Ancient Art of Stone Carving, \$4/Class
 10:00 Oil Painting, \$4/Class
 10:00 Beginner Bridge *(Starts Feb 3)*
 11:00 "Ballet for Seniors", \$4/Class
 11:00 Intermediate Spanish, \$4/Class
 12:30 Intermediate Bridge *(Starts Feb 3)*
 12:30 Pool/Foosball
 12:30 Current Events
 12:30 "Let's Reminisce"

February Special Programs

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|---------------|---|
| Feb 1 | Darien Garden Club Flower Arranging 10:00 <i>*Sign Up by Jan 30 – Space Limited*</i> |
| Feb 2 | "60 Plus" Gathering with Pam James 12:30 |
| Feb 2 | Computer Q&A Starts 12:30  |
| Feb 3 | Make Your Own Jewelry 12:30  |
| Feb 3 | AARP Members Meeting - Entertainment by Darien Arts Council Ballet Performers 1:15 |
| Feb 6 | Blood Pressure 10:00  |
| Feb 7 | French Literature 12:30 |
| Feb 7 | Valentine's Day Craft 12:30 <i>*Space is very limited - please sign up*</i> |
| Feb 14 | "Take Shape for Life" 11:00  |
| Feb 14 | Love Songs with Bob Lupi 12:30 |
| Feb 15 | Valentine's Day Traditions & Customs with Phil Lechak 12:30 |
| Feb 16 | "60 Plus" Gathering with Pam James 12:30 |
| Feb 17 | "Ask A Lawyer" 11:00 |
| Feb 20 | CLOSED - PRESIDENTS DAY  |
| Feb 21 | Author Julian Padowicz 12:30 |
| Feb 21 | Caregivers Support Group: "Honor Your Loved One and Yourself" 1:00 |
| Feb 23 | Middle Eastern Luncheon 12:00 <i>*Sign Up By Feb 22nd*</i> |
| Feb 23 | Belly Dancer "Sirica" 12:30  |
| Feb 27 | February Birthdays |
| Feb 27 | Introduction into Chinese Medicines 12:30  |
| Feb 28 | MetLife Home Loans: Reverse Mortgages - The Pros and the Cons 11:00 <i>*Complimentary Lunch - Sign Up by Feb 24th*</i> |
| Feb 28 | Darien Library Talk 12:30 |

For more info see pages 2, 3 & 6