

Senior Center Member Birthdays will be celebrated on Monday, January 30th.



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.

**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!

Save the Date

- Feb 1 Darien Garden Club 10:00
- Feb 2 60 Plus 12:30
- Feb 3 Bridge Classes Begin (See page 6)
- Feb 6 Blood Pressure 10:00
- Feb 14 Take Shape for Life! 11:00
- Feb 14 "Stuck On You Band" Entertainment 12:30
- Feb 15 Historical Presentation by Phil Lechak 12:30
- Feb 16 60 Plus 12:30
- Feb 21 Caregiver Support Group
- Feb 23 "Sirica" - Belly Dancer 12:30
- TBD "Ask a Lawyer"
- TBD Winter Craft

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, Jan 6th at 1:15 with Entertainment by Chris Coogan.

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

**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.

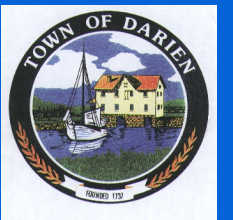
Please call 203-656-7455 if you are interested.

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



JANUARY 2012
Hours of Operation
9 am - 3 pm

FROM THE DESK OF BETH PARIS

"As for old age -embrace and love it. It abounds with pleasure if you know how to use it..." SENECA

Happy 2012! The New Year is upon us and we are ready with wonderful programs, services and volunteer opportunities at the Senior Center!!! The calendar is packed with offerings to keep you busy and active during the cold winter months...Once again our regular activities are enhanced with January Highlights - you won't want to miss any of them: Art Gottlieb is back by popular demand with another Historical Series. In addition there are 2 Health and Wellness Lectures both offering complimentary lunch. Great programs and free lunch... how can you beat that - so sign up!. There are also great entertainments like the Hoot Owls and High Tea with Cookie... Please see page 2 and 3 for further details!

Hopefully a mild winter is ahead of us so we can enjoy these great programs with little or no interruption. Please keep this newsletter for information on inclement weather closings.

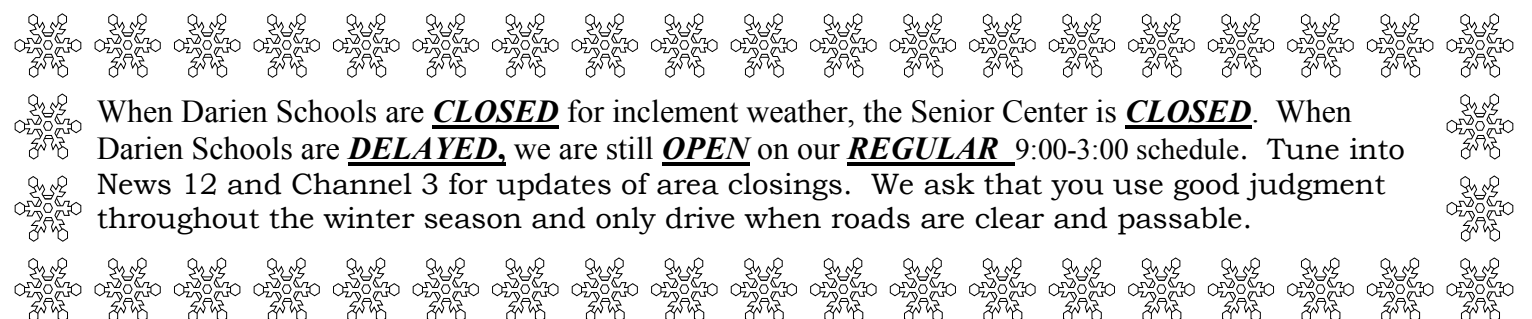
New and Renewal of Membership

Starting Tuesday, January 3rd through Friday, March 30th we will be accepting new memberships and renewals. It is very important to keep our records current. Once again this year there will be a brief Program survey to fill out. We got the ideas for our popular Wii Bowling and Mahjong classes from this survey so please give us your input! It will only take a few moments to update membership and fill out the survey. If it is easier to call in to update please call 203-656-7455 or email Anne DiCeglie our office manager at adiceglie@darienct.gov.

We're happy to announce that Bridge Classes will resume in February. Please contact Marcy at 656-7454 or email her at mrand@darienct.gov if you are interested in participating in the session. A headcount is needed!! See page 6 for more details.



Share a Thought for the Day! Just before lunch everyday, Marcy or I make the weekly/daily announcements. We have also added a thought for the day. As of late some of you have volunteered wonderful offerings. So that got us thinking -why not have a "thought for the day" box out in the main room. You can submit something, inspirational, philosophical, hopeful, thought provoking, humorous and even an original if you like. We ask that it be no more than a couple of lines... This is a great way to encourage and share with one another pearls of wisdom!



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.

**Lunch and Learn: "The Nutritional Needs of Seniors"
Wednesday, January 18th @ 11:00**

There's no question about it: Our bodies change as we age. In turn, seniors have very different nutritional needs than teenagers, children and even middle-aged adults. Age-related changes can affect how your body processes food, which influences your dietary needs and affects your appetite. These are some of the changes: your metabolism slows down, your digestive system changes, your appetite may change and your emotional health may be affected. A healthy diet packed with vital nutrients can help ward off potential health problems that are common in senior citizens, like constipation, heart problems, diabetes, high blood pressure and high cholesterol. Nutritious foods will also help you maintain a healthy weight and can work wonders for your energy level. Even if you've never followed a nutrition-based diet before, healthy eating isn't difficult. Join **Barbara Schmidt, Nutritionist**, as she presents this timely information.

Complimentary lunch at 12:00 - Please call 656-7455 to sign up by Jan 17th

**Free Blood Pressure Testing
Monday, January 9th @ 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.

**MetLife Home Loans
Reverse Mortgages:
The Pros and the Cons
Monday, January 9 @ 12:30**

Frank Magnate with MetLife Home Loans will be at the Darien Senior Activities Center 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.

**Take Shape For Life!
Free Wellness and Weight Loss
Seminar for Seniors
Tuesday, January 10th @ 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 clinically researched (through Johns Hopkins and the National Institute of Health) program that is quick, simple, and personalized.

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

**So I Have Had My Surgery,
What Now?
Wednesday, January 11th @ 11:30**

Recovery from surgery or any type of hospital stay can be stressful. **Synergy Home Care** will be here to discuss ways in which you can alleviate some of the stress and concentrate on your recovery.

**Complimentary lunch at 12:00*
Sign up by Jan 10th*

**Caregiver Educational Support Group
Tuesday, January 17th @ 1:00**

The Caregiver Educational Support Group meeting will be held on **Tuesday, January 17th**. The topic will be "**Resolve for the Care Plan to Include YOU**". 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.

**Safe Steps: Fall Prevention Program
Wednesday, January 25th @ 12:30**

For an older adult, a fall can be a life-changing event leading to less mobility, independence and even death. In fact, every year an average of nearly 5,000 Americans age 65 and older die from a fall-related injury at home. **Elaine Abrams, MPH, RN, CHES; with Visiting Nurse & Hospice of Fairfield County** will be here to present ways of reducing the risk of falling. Elaine will discuss exercise, simple behavioral changes, and low cost solutions all to enhance personal safety and independence. This winter stay safe in your home!

**"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. January's topics are:

- January 4th: New Year's Resolutions
- January 11th: Safety - How do we make ourselves safe?
- January 18th: How to make friends and keep friends.
- January 25th: Being positive - How to stay positive during challenging times.

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

Rose Parade New Years Extravaganza - December 30, 2011-January 4, 2012; \$2,719 pp double/\$2,639 pp double. Upon arrival at Los Angeles airport, we will transfer to the Hyatt Regency Hotel Long Beach. Some of the featured attractions of the trip include the Tournament of Roses Parade, exclusive New Years Eve party, Disneyland, Catalina Island or Queen Mary & Aquarium, Universal Studios or Reagan Library, post parade "Showcase of Floats", "Lights, Cameras, Hollywood" city tour and lunch at Knott's Berry Farm's famous Chicken Dinner Restaurant.

Mohegan Sun Overnight; January 18-19, 2012. \$128 pp double. Includes transportation, hotel accommodations, food coupon or 2 buffets, free bet, taxes and baggage handling.

Cruise to the Hawaiian Islands aboard the Norwegian, Pride of America; 11 days/10 nights - Jan 19-29, 2012. Price pp \$3,599 - \$4,109. Package includes 7 shore excursions: Polynesian Cultural Center in Honolulu, Maui, Hilo, Kona, Kauai and the Dole Pineapple Plantation in Honolulu.

Southern Caribbean Winter Escape Cruise - January 29-February 8, 2012; Cabins start at \$1,299 pp. Ports of call include San Juan, Puerto Rico, St. Thomas, Antigua, St. Maarten and Tortola. Price includes roundtrip motor coach to New York Pier, 11 day cruise on Norwegian Gem, all meals & daily entertainment on board, port charges & government taxes, two cocktail parties on ship, Tours of Distinction Concierge, driver and concierge gratuities

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.

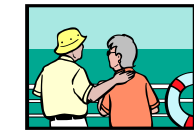


Sunny Portugal, March 16-25, 2012; \$2,399 pp double. Highlights include Fatima, Lisbon, Jeronimo's Monastery, Folklorico Fado Dinner Show and much more.

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

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.

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.

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.

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 @ 10:00

Frank Billowitz will be offering a series of computer classes on **Wednesdays at 10:00**. 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.



60 Plus Gathering with Pam James
Thursday, Jan 19th @ 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: January 19th, February 2nd & 16th and March 8th & 22nd. The charge for this program is **\$2.00 per session**.

"Ask a Lawyer"
Friday, January 13th 11:00 - 12:00

Attorney Michael Nedder of Nedder and Associates LLC. will be available for 15 minute private appointments at the Senior Center on **Friday, January 13th from 11:00 – 12:00**. Attorney Nedder can answer questions regarding Power of Attorney, Living Wills, Trusts, Guardianships, Disability Planning, IRA Custodianships, and Wills 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.



Historical Series with Arthur N. Gottlieb; LCSW, CSA
Tuesdays, January 17, 24, 31 @ 12:30

Air War over Britain; January 17th: During the summer of 1940 the German Luftwaffe launched a massive air offensive against Britain in preparation for the invasion that was to follow. In this dramatic account of aerial combat the Royal Air Force emerged victorious, forcing Hitler to call off the invasion.

Air War over Korea; January 24th: Flying over hostile enemy territory, US Air Force, Navy and Marine Corps pilots fought the first virtually all-jet war against formidable Russian, Chinese and North Korean adversaries. Engaging in aerial "dogfights" that were to become legendary, no less than 39 American pilots achieved "Ace" status.

Air War over Vietnam; January 31st: In skies filled with radar guided and heat seeking missiles, US pilots flew sorties from aircraft carriers in the Tonkin Gulf and land bases ashore. The first true helicopter war also saw the introduction of the massive B-52 bomber, and the need to regain aerial "dog-fighting" skills led to the creation of the famous "Top Gun" school for fighter pilots.

Darien Garden Club Flower Arranging
Wednesday, January 4th @ 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 Friday, Dec 30th ***

Hoot Owls!
Tuesday, January 10th 12:30

The Darien Senior Center welcomes the **Hoot Owls**, who will perform and entertain seniors with old time favorites, folk songs, sea chanteys, show tunes and popular classics on **Tuesday, January 10th at 12:30**. The group is led by talented, well-known, local musician and singer-pianist-arranger Chris Coogan.

The Hoot Owls are the singing group of the Men's Y of Westport and Weston whose mantra is "Enlightenment, Fellowship and Service to the Community in Retirement."

Little Miss Acorn
Friday, January 13th @ 12:30

Kimberly Van Munching, "**Little Miss Acorn**" an avid crafter, needle worker, and artist will be here to host a craft hour after lunch. Kim will bring a winter craft sure to delight! Kim has sold her handmade works of art online and in retail stores and we are thrilled she is here to share her passion with us! The craft will cost \$3.00. ***Sign up by Tuesday, Jan 10th ***

Exercising at the Senior Center



There are many Exercise classes offered weekly at the Senior Center on a drop in basis. See page 4 for details on days and times. Come give them a try! Our classes are: Low Impact Aerobics with Weights, Ballet, Zumba Gold, Sittercise, Tai Chi, Yoga, Pilates, Jazzercise, Senior Fitness and Dance for Health. If you don't want to take a class you can always come and try Wii Bowling, shoot some Pool and play Ping Pong or Foosball!

"The Games We Played"
Tuesday, January 24th @ 11:00

The Darien Library will be here to host a reminiscence program on **Tuesday, January 24th at 11:00**. The program is called "The Games We Played." Please come and enjoy the conversation!

High Tea with Cookie Martini
Wednesday, January 18th @ 1:30

"Laughter is the Best Medicine." We've heard the expression time and again. For decades, researchers have explored how humor helps patients relieve stress and heal. Humor is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. In addition to the domino effect of joy and amusement, laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use. Come and enjoy laughter, tea, and friends with Cookie!

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
 9:30 Knitting & Needlepoint
 10:00 Computer Help
 10:00 Writing Class
 10:00 Sittersize
 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 Computer Class *NEW!*
 11:00 Yoga, \$4/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
 1:00 Senior Fitness
 1:00 Short Story Discussion

FRIDAY

9:30 Dance for Health, \$5/Class
 10:00 Ancient Art of Stone Carving, \$4/Class *(Starting Jan 20)*
 10:00 Oil Painting, \$4/Class
 10:00 Beginner Bridge *(Starting Feb 3)*
 11:00 "Ballet for Seniors", \$4/Class
 11:00 Intermediate Spanish, \$4/Class
 12:30 Intermediate Bridge *(Starting Feb 3)*
 12:30 Pool/Foosball
 12:30 Current Events
 12:30 "Let's Reminisce"

January Special Programs

Jan 2	CLOSED
Jan 4	Darien Garden Club Flower Arranging 10:00 *Sign Up by Dec 30 – Space Limited* 
Jan 6	AARP Members Meeting with Entertainment by Chris Coogan 1:15
Jan 9	Blood Pressure 10:00
Jan 9	MetLife Home Loans Reverse Mortgages: The Pros and the Cons 12:30
Jan 10	"Take Shape for Life" 11:00
Jan 10	Hoot Owls Entertainment 12:30
Jan 10	French Literature 12:30
Jan 11	"So I've Had My Surgery, What Now?" 11:30 *Complimentary lunch to follow - Sign up by Jan 10 th *
Jan 13	"Ask A Lawyer" 11:00
Jan 13	Crafts with "Little Miss Acorn" 12:30 *Sign up by Jan 10 th * 
Jan 16	CLOSED
Jan 17	Art Gottlieb Historical Series: "Air War over Britain" 12:30
Jan 17	Caregivers Support Group: "Resolve for the Care Plan to Include YOU" 1:00
Jan 18	Lunch and Learn: The Nutritional Needs of Seniors 11:00 *Complimentary lunch to follow - Sign up by Jan 17 th *
Jan 18	High Tea with Cookie Martini "Laughter is the Best Medicine" 1:30 
Jan 19	60 Plus Gathering with Pam James 12:30
Jan 24	The Games We Played 11:00
Jan 24	Art Gottlieb Historical Series: "Air War over Korea" 12:30
Jan 25	Safe Steps: Fall Prevention Program 12:30
Jan 30	January Birthdays 
Jan 31	Art Gottlieb Historical Series: "Air War over Vietnam" 12:30

For more info see pages 2, 3 & 6