

Heritage Center News and Activities

3-16-17

*Special Programs and
notes...*

Inclement weather procedures- One last time! Heritage Center follows the public school procedure as to closings, delayed openings, and early dismissals. If school is not in session please check the town's website homepage, or local media and channel 12 for changes in schedule. You may also call our office to hear a recorded message. Our van service will operate according to the judgment of the driver based on his assessment of road conditions. Please know that all driveways must be cleared and accessible for the van to enter. In the event your driveway is not cleared, individuals will have to be responsible for getting themselves to the street for pickup.

Opera Talk – Although we had to cancel our opera talk scheduled for 3/14, our next session will be Tues. April 11th @ 10:00 a.m. Mrs. Schroeder's topic will be famous orchestral passages in opera. I'm sure she will be eager to get back to her presentations by then. Be sure to mark your calendar and register to attend.

Yoga for the Rest of Us - Next session is scheduled for March 22nd @ 1:30 p.m. The spring season will have sessions on Tuesdays @ 12:30 p.m. instead of Wednesdays beginning March 28th.

Painted Pots & Planted Bulbs - We're jumping into spring with a special workshop on Tues. 3/21 @ 12:45 p.m. Participants will

do decorative painting of terra cotta pots then planting them with spring flowering bulbs... perfect for your patio or deck. This is a free workshop sponsored by Bethel Health Care. Please reserve your spot by Fri. 3/17.

Afternoon opera DVD – our next program will be Thursday 3/23 @ 12:15 p.m. Come early with a sandwich and have free coffee, tea and dessert on us. Enjoy the fellowship of other opera enthusiasts as you view the movie "Breaking Away" and appreciate its operatic sound track. Please register by Wed. 3/22 for this free event.

Book Discussion – Being Mortal by Atul Gawande will be the focus of the discussion on Mon. March 27th. All readers are welcome and encouraged to explore this best selling non-fiction book since it will also be excellent background information for several upcoming Heritage Center programs dealing with healthcare decisions.

Meet Mr. Roger Sherman - Journey back to the late 1700's and come hear a special presentation by Mr. John Jenner, a renowned authority on Roger Sherman. This history presentation is scheduled for Wed. March 29th @ 1:30 p.m. and will inform you of the significant role Sherman played in the early development of our country's government. History buffs will not want to miss this free offering sponsored jointly by the Redding Historical Society and the Heritage Center. Please register by Tues. March 28th by contacting the Heritage Center office (203-938-9725).

"Fitness Fit for You" - We're launching a new fitness program with personal trainer Garner Leister on Monday April 3rd @ 1:30 p.m. This initial session will be a sharing of ideas about fitness and what Mr. Leister foresees for his weekly scheduled fitness and personal training program beginning Fri. April 21st. Register by March 31st to attend this free "getting to know you" event. We're sure Mr. Leister will have some helpful tips for everyone and can help individuals improve their fitness.

Free Income Tax Assistance - Tax-Aide, a program sponsored and supported by AARP and the IRS, is now available at the Bethel Senior Center and the Ridgefield Library. For information and scheduling of appointments call 203-792-3048 (Bethel) or 203-438-4288 (Ridgefield).

Expanded Senior Van Service – Beginning Fri. April 7th the Heritage Center van will be available on Friday mornings 9:00 – 11:30 a.m. This Friday service will focus primarily on local trips to the grocery store, bank, post office, and library. Call our office (203-938-9725) for more information and to schedule a ride.

Lunch @ Heritage Center – CW Resources provides lunch each Tuesday and Wednesday at noon for a donation of \$3.00. If you are interested in attending lunch it is essential that you register one week in advance and no later than 1:00 p.m. on Wed. If you would like the month's menu, or have any questions kindly contact our office.

***Please Note:** For all weekly classes please register at the beginning of each month before class begins so we can have accurate rosters for instructors.*

The Week Ahead...

Monday, Mar. 20th

- 9:00 – Mah Jongg
- 9:00 – Intro. to Tai Chi*
- 10:00 – Tai Chi*
- 1:30 - Advanced Genealogy*
- 2:00 – Clay Art*
- 3:30 - Beginning Genealogy*

Tuesday, Mar. 21st

- 10:00 – Needle Works (knitting, crocheting, etc.)
- 10:00 – Beginning Spanish*
- 11:00 – Advanced Spanish*
- 12:00 – Lunch* prepared by CW Resources (must reserve one week in advance)
- 12:30 – Bridge
- 12:45 – “Painted Pots and Planted Bulbs” workshop
- 1:00 - Lap-walking in gym

1:00 – Art: Painting in all mediums*

Wednesday, Mar. 22nd

- 8:50 - Yoga*
- 10:00 - Tai Chi*
- 10:00 – Drawing and sketching*
- 10:00 – Current Events Discussion
- 12:00 – Lunch* prepared by CW Resources (must reserve one week in advance)
- 1:30 – Yoga for the Rest of Us

Thursday, Mar. 23rd

- 9:00 - Lap Walking in Gym
- 10:00 - Quilting
- 10:00 - 3:00 Massage and Acupuncture* (sessions available by appointment)
- 12:00 – Opera matinee – DVD of “Breaking Away” with its operatic soundtrack
- 12:30 - Bridge
- 1:00 - Afternoon Quilting Bee

Friday, Mar. 24th

- 11:00 – Tai Chi*
- *Requires registration fee. Contact the Heritage Center for details and registration information (203-938-9725).

Information

The Heritage Center's routine schedule of operation is Monday to Thursday from 8:30 a.m. to 5:30 p.m. and Friday from 9:00 – Noon. Stop by our office in the Community Center or call (203-938-9725) for further information on our programs and to register for activities. We also offer a free van service for seniors needing transportation to medical and special services. The van operates Mondays through Thursdays with first pick up at 9:00 a.m. and last take home at 4:30 p.m. Beginning April 7th the van will be operating on Friday mornings for trips to bank, grocery store and library. Call the number above at least a week in advance to schedule a ride.

Contact Heritage Center (203-938-9725) for any further information and /or to RSVP to an event.

