

# Heritage Center News and Activities

8-17-17

## *Special Programs and notes...*

**Flu Clinics** – Believe it or not we're already planning for the fall/winter flu season and have scheduled an opportunity for getting flu shots here at the community center on Sept. 19 from 11 a.m. to 1:30 p.m. administered by Ridgefield Visiting Nurse Assoc. (RVNA). Walk-ins accepted. No need to schedule an appointment.

**Medicare Open Enrollment** – Fall is the time to be reviewing your medicare benefits. To assist you we'll have a knowledgeable representative from the Ridgefield Visiting Nurse Assoc. (RVNA) here to present general and "what's new" info. about medicare and it's options for the 2017-18 program. This is a free offering scheduled for Wed. Sept. 13<sup>th</sup> at 1 p.m. Kindly register your attendance by contacting our office.

**Genealogy Classes** – Registration happening now. Our instructor, Toni McKeen, will be back to share her expertise in helping you research your family lineage with classes beginning Sept. 25. Advanced class will meet at 1:30 p.m.; beginner's class @ 3:30 p.m. for a series of eight weeks. Fee for the eight week course is \$64.

**Opera Talks** - Jean Schroeder has confirmed the dates for her new season of opera talks. The dates are: Sept. 12, Oct. 17, Nov. 14, Dec. 5, Jan.16, Mar. 13, Apr. 10, and May

15. Each session will begin promptly at 10 a.m. in the "card room." There are also flyers from the Ridgefield Playhouse with the listings and dates of HD opera broadcasts for the Oct. 2017 to April 2018 season. Stop by the office to pick up one.

**Be good to yourself** — Tuesdays at Heritage Center have become known as "Healthy Tuesday" since reiki practitioner Linda Lubin and massage and acupuncture practitioner, Beth Dobseavage, are available for private sessions (must be scheduled a week in advance) for helping to restore health. They are both licensed. Schedule an appointment and inquire about fees by calling the Heritage Center office.

**Heritage Center "shutdown"** — As in previous years, Heritage Center activities are temporarily suspended during the Mark Twain Library Book Fair, which is held at the Community Center during the Labor Day weekend. The book fair committee uses its activity rooms the week of Aug. 28 to set up for the fair, and again the week of Sept. 4 to clean up after the fair. During those two weeks, there will not be regular classes, except for the "Yoga for the Rest of Us" class, which will meet on Tuesday Sept. 5 (in the computer room and lounge), Current Events Discussion, which will meet Wednesday, Sept. 6, in the card room, and Bridge session on Thurs. Sept. 7<sup>th</sup> will meet in the card room.

**Tai Chi in the Country** – Since our Tai Chi classes cannot have their usual sessions in our Community Room during the book fair, our instructor, Deby Goldenberg, will offer classes at Lachat Town Farm in Weston at 9:30 -10:30 a.m. on the following dates: Mon. 8/28, Wed. 8/30, Wed. 9/6 and Fri. 9/8. A \$5 donation to Lachat Town Farm is encouraged in lieu of a class fee. Classes will be held rain or shine. Lachat Town Farm is located @ 106 Godfrey Rd. West just off route 53 in Weston. Enjoy Tai Chi in the open and natural setting of this lovely spot just down the road.

**Out to Lunch** — Have lunch at Grassy Plains Pizza in Bethel on Tuesday, Aug. 29 at noon, since no lunch will be served at the Heritage Center during the Mark Twain Library Book Fair. Reservations will be called in on Monday, Aug. 28. Be sure you're on our list of attendees.

**Primary Elections** – Tues. Sept. 12<sup>th</sup> will be a primary election day for both democratic (Board of Finance) and republican (Board of Education) municipal offices. Voting will be held in the Community Center beginning at 6 a.m. and closing at 8 p.m. Consequently there will be no lunch served here at Heritage Center on that day.

**Lunch at the Heritage Center** — CW Resources provides lunch each Tuesday and Wednesday at noon for a donation of \$3. Those interested in attending lunch need to register one week in advance and no later than 1 p.m. on Wednesday. For the month's menu, contact the office.

**Please note:** For all weekly classes at the Heritage Center, please register at the office at the beginning of each month before class begins instructors can have accurate rosters.

### *The week ahead...*

#### **Monday, Aug. 21**

9 a.m. — Tai Chi (introductory class)\*  
10 a.m. — Tai Chi\*  
2 p.m. — Clay Art Class, hand-building with raw clay, then fired and glazed

#### **Tuesday, Aug. 22**

9:15 a.m. — Beginning Spanish\*  
10 a.m. to noon — Reiki, available by appointment\*  
10 a.m. to 3 p.m. — Acupuncture and/or massage, available by appointment\*  
10:30 a.m. - Spanish\*  
Noon - Lunch\* prepared by CW Resources (Reservations must be made by noon on Wednesday of the prior week.)  
12:30 - Bridge  
1:00 - Art: Painting in all mediums\*

#### **Wednesday, Aug. 23**

10 a.m. — Tai Chi\*  
10 a.m. — Current events discussion  
Noon — Lunch\* prepared by CW Resources, must reserve one week in advance

#### **Thursday, Aug. 24**

10 a.m. — Quilting  
11:30 a.m. - Guided meditation and Qi Gong\*  
12:30 p.m. - Bridge  
1 p.m. — Afternoon quilting bee

#### **Friday, Aug. 25**

9:30 a.m. - Fitness to Fit You\*  
11 a.m. - Tai Chi\*

\*Requires registration fee. Contact the Heritage Center for details and registration information

### **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 a.m. to Noon. Stop by the office in the Community Center or call [203-938-9725](tel:203-938-9725) for further information on programs and to register for activities. Free van service for seniors needing transportation to medical and special services is also offered. The van service operates Mondays through Thursdays with first pick up at 9 a.m. and last take home at 4:30 p.m. It also does Friday morning runs for trips to the bank, grocery store and library. Call the Heritage Center office at least one week in advance to schedule a ride.

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

