

# February Special Events @ Heritage

**Please note:** The Redding Community Center will be **Closed on Monday, Feb. 17th** in observance of President's Day.

**“Playing with Clay,”** our Monday afternoon clay class, is gaining popularity with new participants joining and space becoming crowded. Consequently, we are opening an additional time slot for those wanting to participate. Beginning **Monday, Jan. 27th** there will be a session from **10 a.m. – 2 p.m.** in addition to the current **2 p.m. – 6 p.m.** session. Each session will be \$5.00 plus materials fee. You may register for one or both sessions. Since individual projects require different time constraints, participants can be flexible in their time commitments to each session. Please consult with Ruth Moran (clay class instructor/ facilitator) or Michelle Stillman (office coordinator) to arrange your scheduled sessions.

A **NEW Beginners Ukulele** series of 4 classes will also be starting on **Wednesday, Feb. 5th @ 2:30**. Each class is one hour. Registration for the block of 4 classes is \$32.00 and should be completed by Feb. 1st.

**Rebecca Swett**, who has enchanted us in the past with her lovely harp music, will be entertaining us again on **Tuesday, Feb. 11th @ 1:15**, just in time to get us in the mood for Valentine's Day! Light refreshments will be served. Admission is \$3. Kindly register in advance.

**"Stand Up to Falls"** will be presented by Carli Lee Spinola at Meadow Ridge on **Wednesday, Feb. 19th** from **11:30-1:30**. This informative **free** program will discuss fall prevention, mindfulness, tips to reduce falls and improve the health and wellbeing of participants and will be followed by a complimentary buffet lunch.

**Yoga Nidra** will be held on the **second** and **third Thursdays** for the month of February only due to a scheduling conflict. The usual schedule will resume in March.

**Book Discussion:** The next session will be **Monday, Feb. 24th @ 1:30 p.m.** when we will be discussing **"The Miniaturist"** by Jessie Burton. Please contact Hilda Rhodes for more details. ([stanrhodes@sbcglobal.net](mailto:stanrhodes@sbcglobal.net))

An **opera movie** will replace this month's opera talk on **Wednesday, Feb. 26th @ 12:45** in the community room. We'll be showing the lyric Russian opera **"Eugene Onegin"** by Tchaikovsky. Based on the famed novel by Pushkin, it is renowned for its melodic pulse and emotional punch. Jean Schroeder will be offering an introduction and commentary on the movie. Register with our office and come enjoy a free afternoon music, tea and coffee.

**Looking ahead:**

**Genealogy instructional classes** will be starting again on **Monday, March 16th**. The advanced class will begin @ **1:30 p.m.** and a beginner class will start @ **3:30 p.m.**

**Kindly register for events by contacting the  
Heritage Center office (203-938-9725).**

**We're open:**

**Mon. - Thurs. 8:30 - 5:00**

**Fridays 9:00 - Noon**

**Services Available through the Town of Redding Social Services Department**

Redding Social Services provides assistance to seniors and families. A variety of support is offered for residents going through hardship. Some of the services that they provide are:

- **FOOD PANTRY:** The food pantry is available to town residents and is stocked with non-perishable food and household items. It is able to stay stocked thanks to the generous donations from individuals and organizations in the area.
- **TRANSPORTATION– Senior Van:** This is available to Redding seniors and disabled residents by appointment only. There is no charge to use this service and there is even wheelchair access and lift available for easy access.
- **ENERGY ASSISTANCE:** If a resident is having trouble affording oil to heat their home, the social service department can help them fill out an energy assistance application.
- **REDDING SHARES THE WARMTH:** This is an assistance program that can help residents pay their heating or electric bill.
- **United Way of Western Connecticut’s “ALICE”** (Asset Limited, Income Constrained, Employed) Enrichment Fund provides families who fall within the income category financial subsidies for children to take part in extracurricular activities.
- **SALVATION ARMY FUND:** This is a special fund in Redding that can help struggling local residents. For example, providing back to school products, helping with medical bills, and other emergency assistance.
- Assistance with Medicare questions and the Medicare Savings Program.
- **BRUNISSEN TRUST:** This trust helps distribute funds to support and help eligible senior citizens in need of assistance. It was created in an effort to help senior residents remain comfortable in their homes. It also helps to increase the knowledge and awareness of the needs of Redding’s senior citizens.
- **REFERRALS :** Meals on Wheels and other Western Connecticut Agency on Aging programs.
- **REFERRALS:** Mental Health services and providers.

**A Note of Gratitude**

The Town of Redding's Social Services Department would like to thank the following organizations and community groups that have played an integral role in helping Redding residents. These generous donations during the holidays and throughout the year have helped keep seniors and families stay comfortable during difficult times. We greatly appreciate your continued support.

ABC Fuel  
Bethlehem Lutheran Church  
Brunissen Trust  
Christ Church Parish  
Coldwell Banker Residential Brokerage  
Eastward Christian Fellowship  
Episcopal Diocese of New York from St. John's Church, South Salem, NY  
Fairfield County Extension  
First Church of Christ, Congregational  
Georgetown Lions Club  
Do Ngak Kunphen Ling: Tibetan Buddhist Center for Universal Peace  
Doug Hartline & Friends  
Hello Redding  
Jane T. Muhlethaler Foundation, Inc.  
Joel Barlow High School  
John Read Middle School Outreach Club  
The Keystone Club  
Landmark Preschool  
Lions Club  
Local Cub Scouts, Daisy Troops & Girl Scouts  
Marilyn Sloper Realty, Inc.  
Mark Twain Library  
Meadow Ridge and residents of Meadow Ridge  
Montessori School of Redding  
National Charity League (8<sup>th</sup> graders from Redding & Easton)  
The Outreach Club  
Private Donors  
Redding Elementary School  
Redding Garden Club  
Redding Historical Society  
Redding Neighbors & Newcomers  
Redding Police Department  
Redding PTA

Redding Running Club  
Ridgefield & Redding Board of Realtors  
Rock n' Roots Revival  
Sacred Heart Church  
Salvation Army  
Santa Fuel  
Lara Schuler and Musicians for the 2<sup>nd</sup> Annual Benefit "Music Food Love"  
St. Patrick Church  
Temple B'nai Chaim  
Torch Club  
Town Hall and Registrar of Voters  
Town of Redding  
Toro Fuel  
Warrup's Farm  
Westbrook Nature School  
West Redding Post Office