

INN-SIGHTS

The Inn • 73 Oenoke Ridge • New Canaan, CT 06840 • 203-594-5450

August 2017

Summer School For Residents

Classes will be given at The Inn throughout August in Art Appreciation, Music, Theater, History and Literature.

Engage Your Mind!

Summer School #1 - Theater From Page to Stage Monday, August 1 – 3 p.m.

Sheri Dean, President of the Town Players of New Canaan, will talk about the entire process of staging a play—from the play reading committee, choosing a director, holding auditions, having rehearsals, selecting costumes, building sets, designing lights, gathering props, marketing, publicity and finally preparing for Opening Night.

Summer School #2 – Literature Thursday, August 3 – 3 p.m.

Andee Gravereaux, former English teacher for many years at New Canaan High School, has selected poems by Robert Frost, Langston Hughes and

Beverly McLoughland to discuss. We will make copies ahead of time for you.

Saturdays with Brant

Our Saturday mornings are full of activities with Brant Hooks at the helm: **9:30-10, Drawing:** (no experience necessary), **10 Video Exercises: 10:45 Ask Genie** (ask any question on any topic and Brant's laptop computer, hooked up to our large screen TV, will answer your questions – live and in color) and finally, **11:30 Walking Outside.**

Summer School #3 – Literature Monday, August 7 – 3 p.m.

Ken Oxman is a man of many talents: teacher of English and drama, stage actor, director, writer and presenter for the BBC, and now a first time author. He will speak on the vagaries of publishing a book and the unbelievable challenges which that process entails.

Summer School #4 - Literature Tuesday, August 8 – 3 p.m.

Evelyn Bergstrom, long time New Canaanite, and published author, has a unique meditative and spiritual approach

to writing. Her topic will be “Gleanings,” and we will hand out beforehand a one-page piece of Evelyn’s writing, called “Fragments” which we hope will inspire residents to reflect on their stories and gather their own fragments together.

**Summer School #5 – Art Appreciation
Tuesday, August 15 – 3 p.m.**

Wendy Moore, award-winning artist who has exhibited her paintings twice at The Inn, will talk about “Why Beauty Matters” and show residents a DVD presentation on this topic. We encourage residents to bring a one-liner on why beauty matters to them.

**Summer School #6 – Art
Appreciation
Thursday, August 17 – 3 p.m.**

Laura Einstein, Executive Director of the Center for Contemporary Printmaking, has a thirty plus year career in curating and museum work at Yale and the Metropolitan Museum of Art. She will talk about and demonstrate the art of printmaking.

**Summer School #7 – Music
Saturday, August 19 – 3 p.m.**

Twenty furious fingers! We have two very young piano prodigies returning to the Inn – Cary Wang and Angela Hubertus. They are both multiple winners in international piano competitions and have both played at Carnegie Hall and in The Royal Albert Hall in London.

**Massage
Monday, August 21 – 2 p.m.**

A new class from The Connecticut Center for Massage Therapy comes this afternoon to work their magic – just before Jim Bach’s Summer School presentation.

**Summer School #8 – History
Monday, August 21 - 3 p.m.**

Jim Bach, an original New Canaanite and much loved speaker on the town’s history, will speak about the main battle of the Revolutionary War closest to New Canaan – The Battle of Danbury and Ridgefield.

**Summer School #9 – History
Tuesday, August 22 – 3 p.m.**

Janet Lindstrom, former Executive Director of the New Canaan Historical Society, now recently retired and serving as Director Emeritus, will speak on a topic near and dear to her heart – “The Moderns” in New Canaan – a look at the contemporary homes built by America’s pre-eminent architects of the period.

**Massage – Again!
Tuesday, August 22 – 7 p.m.**

Another new class of students from The Connecticut Center for Massage Therapy arrives right after supper tonight. A relaxing end of the day activity!

**Summer School #10– Literature
Thursday, August 27 – 3 p.m.**

David Rosenberg, retired English and Drama teacher at Greenwich and New Canaan High Schools, will compare two short stories by Ernest Hemingway and F. Scott Fitzgerald. We will have copies available beforehand so residents will have the chance to read them before David's discussion

**Summer School #11 – Literature
Monday, August 28 – 3 p.m.**

Our very own resident Nancy Hugo, long-time English teacher at New Canaan High School, will discuss poetry. We will distribute copies of her choices well before her class.

Summer School – Music

With summertime vacations, concerts, travel, it's been a challenge to schedule our music programs – The Animato Trio will return – but their players are at the moment performing in Europe – so keep tuned. We will keep you posted on their Inn appearance as well as a concert by another two talented young pianists!

**Staying Sharp
Thursday, August 31 – 3 p.m.**

Now that we've engaged our minds with the August summer school classes, Barbara will finish off with a program on keeping your brains sharp! The latest brain research by the Dana Alliance for

Brain Initiatives and AARP is presented in a 30-minute DVD with accompanying booklets and handouts.

on-going

**Living Tableaux Meetings
Monday, August 7 - 11 a.m.
Tuesday, August 29 – 3 p.m.**

We're gearing up for our next Living Tableaux presentation this fall, and honing in on heroes and heroines throughout history.

**Resident Meeting
Monday, August 21 - 1:15 p.m.**

Debra, Barbara and Terri share topics of interest with residents and encourage thoughts, comments and suggestions about life at The Inn.

**Inn-Notes
Tuesdays at 11 a.m.**

We've been singing up a storm this summer with our latest group of songs: old-fashioned folk songs mostly from America with a few from around the world.

Current Events Wednesdays–10 a.m.

Our volunteer current events presenters come every week, month in and month out. We are so grateful to these community spirited folks who bring fresh thoughts and ideas to ponder.

Book Buzz at Lunch
Monday, August 28 - noon

This is not a book discussion – rather an informal time to share what we’ve been reading. Join Barbara at the round table nearest the kitchen. And bring a pencil and piece of paper - we often hear about a great read!

Spiritual Discussion with Tom
Fridays, August 4 & 18 – 3:30 p.m.

Rev. Tom Lilly, Director of Spiritual Services for the Waveny Network, comes twice a month with a lively discussion. Join Tom in the living room.

Nutrition with Joan Danford
Wednesday, August 30 – 2:30 p.m.

inn-formation

Mass at St. Aloysius – drivers from St. Aloysius pick up residents for the Saturday afternoon mass – please be ready by 5:05 p.m. and if you’re not going, be sure to tell the front desk.

Friday Communion – 10 a.m. in library

Volunteer Shoppers/Mondays & Thursdays

We have a dedicated corps of volunteers who go to town and “shop” for residents. They make trips to banks, dry cleaners, the library, Walgreen’s and CVS, grocery

stores, etc. Please give your orders to Delia or Pattie by 9:15 a.m. on Monday and Thursday mornings.

Walking Project

Mondays with Barbara: 11 a.m.
Tuesdays with Barbara: 1:15 p.m.
Thursdays with Barbara: 11:15 a.m.
(except 8/10)
Fridays with Pattie: 11:15 a.m.
Saturdays with Brant: 11:30 a.m.

Tag Sale – early Fall – donations accepted at any time

August Birthdays

Jennie Tiso – 8/3
Norma Collier – 8/24
Ginny Lamborn – 8/14
Nancy Rose – 8/25

Staying Well!

Nutrition Talk with Joan Danford
Last Wednesday/August 30
2:30 p.m.

Blood Pressure
Thursday, August 17
1 p.m./library

Exercises - Daily
Mondays – 10 a.m. - Barbara
Thursdays–10 a.m. - June Bird
Other days – DVD/Barbara: see calendar & bulletin board for times