

INN-SIGHTS

The Inn • Part of the Waveny LifeCare Network
73 Oenoke Ridge New Canaan CT 06840 203-594-5450

February 2019

Teddy Bear Tea

Saturday, Feb. 9 from 3-4 p.m.

For the second year, the New Canaan Recreation Department is holding their “Teddy Bear Tea” here at the Inn – with our residents! Come join these little girls, their teddy bears, and their mothers for an afternoon of intergenerational fun.

Bingo with The SLOBS

Sunday, Feb. 3 – 4:30 p.m.

The high school boys from The Service League of Boys come the first Sunday of the month and call bingo.

Visits to New Canaan Library

Mondays, Feb. 4 & 25 – 11:15 a.m.

Residents requested trips to the local library. So we’re going to hop on the Waveny van and go twice this month for about ½ hour. Then back for lunch. Please sign up on bulletin board. The

library is full of wondrous delights. Kathy Blance (“Let’s Talk” programs) will meet us on the first visit and give us a mini-tour.

Short Story Discussions

Monday, Feb. 4 – 2:30 p.m.

Monday, Feb. 11 – 3:30 p.m.

Tuesday, Feb. 19 – 2:30 p.m.

Monday, Feb. 25 – 3 p.m. & Tea

If you haven’t read the story, or have vision challenges, Lily Mayer reads the story aloud one half hour before the discussion. Folks are enjoying the diversity and range of authors from all over the world. We’ve recently tackled James Joyce, Edgar Allen Poe, Kate Chopin and a Japanese tale. Barbara hands out the next story at each session. We encourage all residents to come to this entertaining, educational, and often enlightening program.

John Hair at the Piano

Monday, Feb. 4 – 5:15 p.m.

Welcome John Hair again during Happy Hour! A lovely pre-dinner interlude.

Flower Power**Tuesday, Feb. 5 – 3 p.m.****Friday, Feb. 22 – 3 p.m.**

Mary Tanzi comes twice this month with her cart full of fresh flowers for the dining room. Residents are loving this hands-on program and their arrangements are so perky and colorful.

Director of Library**Wednesday, Feb. 6 – 11 a.m.**

Lisa Oldman, the Director of The New Canaan Library, will speak about this treasured and magical place, its offerings, its mission, and its outreach to all ages.

Sing-A-Long with the Children**Thursday, Feb. 7 – 2 p.m.**

The Presbyterian Church Nursery School children are coming with a Valentine Sing-A-along! They came last year at this time and amazed us all with their songs, their enthusiasm, and with the sweetness and innocence of childhood.

NCL Class Visits**Thursday, Feb. 7 – 4 p.m.****Thursday, Feb. 21**

What a bonanza this month. We have two classes (2021 and 2019) of girls and their mothers from The National Charity League – a nationwide program that encourages young women and their moms to volunteer throughout the community. Aren't we the lucky recipients! Join these friendly youngsters who always think up fun programs for us.

Circle of Life**Friday, Feb. 8 – 3:39 p.m.**

Join Rev. Tom Lilly, Director of Spiritual Services for the Waveny Network, in a program about the "Circle of Life" – a forum for discussing spiritual and seasonal topics.

St. Mark's Communion**Sunday, Feb. 10 – 11:30 a.m.**

On the second Sunday of every month, St. Mark's Episcopal Church will administer and share Holy Communion with residents. All are welcomed, regardless of faith. Meets in our library.

Email Help with Henry**Sunday, Feb. 10 - 1:30 p.m.**

Henry Benton is a sophomore at New Canaan High School who has his own business called "Cyber Savvy Seniors." He will come this afternoon and help anyone who needs advice and hands-on learning about emails. Last month he talked about "social media." His advice is free!

Sadie Visits**Monday, Feb. 11 - 10:45 a.m.**

Sadie is an adorable one-year old Cock-A-Poo puppy who, with her owner, Dana Posner, comes and visits with residents.

First Selectman Speaks**Monday, Feb. 11 – 2:30 p.m.**

Kevin Moynihan, our First Selectman, will speak about his first year in office, give us a snapshot of issues facing the town, and update us on projects on the horizon.

Tots

Tuesday, Feb. 12 – 10 a.m.

The children from St. Mark's Nursery School walk down the hill from their classrooms and sing, read stories and share a craft activity with residents. It's such a joyful and happy morning.

Watercolor Class

Tuesday, Feb. 12 – 2:30 p.m.

Residents have expressed interest in possibly having a watercolor class. We have invited Marianne Rothballer, a New Canaan resident and award-winning watercolor artist to come and demonstrate some simple techniques. She will be here only one time. If there's enough interest, we'll try to figure out how to have a class. Meets in the library.

The Unanswered Question

Thursday, Feb. 14 – 2:30 p.m.

We're going to delve into the life of Charles Ives, an American composer, now regarded as one of the most original and advanced composers of his time. Leonard Bernstein called him "a musical Mark Twain, Ralph Waldo Emerson and Abraham Lincoln all rolled into one." We're going to study his 6 minute composition "The Unanswered Question" and hear for ourselves the atonality,

dissonance and multiple rhythms for which he is so famous.

Valentine's Party

Thursday, Feb. 14 – 5:15 p.m.

Wear pink or red today and join us at Happy Hour for our annual Valentine Party – complete with a variety of word-type games such as complete the quote, complete the lyrics, etc.

We're Off to the Movies

Friday, Feb. 15 – 11:45 a.m. Sharp!

We're taking the Waveny Van to the Lapham Community Center to see their free Friday movie "Zoo." The film is set in 1941 – about a boy and his misfit friends who fight to save a baby elephant during the German bombings of Belfast. Sign up on bulletin board. We'll eat lunch at 11:45 so we can catch the van and arrive at Lapham by 1 p.m.

Nutrition Class

Wednesday, Feb. 20 – 3 p.m.

Joan Danford, Dietician from Waveny, will come and talk about healthy eating and smart nutrition. Bring your questions.

Blood Pressure Clinic

Wednesday, Feb. 20 – 4 p.m.

Katarina Tchakarov will be coming to The Inn once a month to provide a blood pressure clinic for residents. Meet her in the library.

Carriage Barn Photo Exhibit
Thursday, Feb. 21 – 11:15 a.m.

Kevin, the Waveny van driver, will pick us up and take us to the Carriage Barn in Waveny Park to see their annual photography exhibit. The barn is walker friendly and easy to navigate. Sign up on bulletin board. Back to the Inn for lunch.

To Cheer the Heart!
Sunday, February 24 – 3 p.m.

Sylvia Corrigan, soprano, accompanied by Alma Hamilton, is presenting a concert of Songs of Love from Mozart to Broadway to Cabaret! There are eight songs and the program should be about 45 minutes long. A lovely way to spend a Sunday afternoon!

Mindful Meditation
Tuesday, Feb. 26 – 2:30 p.m.

Art Greenspon, a resident in town, is a licensed clinical social worker and has been volunteering at Silver Hill for 12 years teaching secular mindful meditation. He will discuss the very basics of meditation as well as talk about the health benefits from relaxation and meditation.

Shamrock Wreaths
Wednesday, Feb. 27 – 1:15 p.m.

Several youngsters from New Canaan Country School are coming right after lunch to help residents make shamrock wreaths, in anticipation of St. Patrick's Day!

Let's Talk
Thursday, Jan. 28 – 11 a.m.

Kathy Blance, librarian from the New Canaan Library, last talked about "happiness" and what it means to various cultures throughout history. She picks a subject, does in-depth research, and finds books, posters, and photos on the topic. Meets in the living room.

Soups, Salads, and Stories
Thursday, Feb. 28 – 3 pm.

Virginia Stephens volunteers at the Lapham Community Center. She is helping folks collect their life stories to share with families and friends. Here at the Inn, she will encourage residents to bring favorite family recipes and share the story behind each one. Was it Grandma's traditional apple pie recipe? Or my mother's thanksgiving stuffing? She'll be here for three sessions. Who knows, maybe we can create an Inn Recipe Booklet!

inn-formation

Knitting for Newborns

There's a bit of interest in getting together to knit little receiving blankets. The pattern is very easy: the entire blanket is made with a knit stitch! We will donate them to Norwalk Hospital's pre-natal care program for first-time mothers. Barbara will buy some yarn and

then post a notice on the bulletin board for a first meeting.

Tag Sale - We've decided to bring back our Tag Sale – so donations are always welcomed at any time – just drop your items at the front desk. Get a head start on your spring cleaning!

Store - reopening

At our brainstorming meeting a few weeks ago, residents would like Barbara's "store" to come back! So we'll give it a try and see what happens. We will have a small supply of stamps, detergent, Kleenex, toothpaste, sodas, individual packs of chips, cookies, crackers, some sort of chocolate, mini wine bottles, Tums, Aspirin and Tylenol. They will be kept in a locked drawer up front, and a price list – just tell the receptionist what you want, and please have your money ready! We already have greeting cards downstairs in Barbara's office.

Saturday Mornings with Brant

9:30 Drawing – 10 Exercise – 10:45 Tech Help

Inn-Notes (resident singers)

Tuesdays at 11

We've started on the songs for our next Musical revue at the end of April. The "theme" this year is Paris! Ooh la la!

Exercises/daily/ see bulletin board

**Friday Communion from St. Aloysius
Fridays at 10 a.m. in library**

Volunteer Shoppers Mondays & Thursdays

We have a wonderful corps of volunteer shoppers who go to town twice a week and "shop" for residents. They make trips to the post office, banks, dry cleaners, library, Walgreen's and CVS, grocery stores, etc. Please give your orders to Delia or Pattie by 9:15 a.m. on Mondays and Thursdays.

Saturday Mass at St. Aloysius/5:15

The "Driving Miss Daisy" volunteer drivers from the church pick up residents every week for the Saturday afternoon Mass. Please be ready in the lobby at 5:05 p.m. and if you're not going, please tell the receptionist.

Resident Meeting – 2/25 – 1:15 p.m.

February Birthdays

Jane Nesbett - 2/15

Jim Long – 2/16

Harry Van Benschoten – 2/18

Anna DeBlasi – 2/18

on and of the shelf

Our batch of large print books from The New Canaan Library, have arrived.