

INN-SIGHTS

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

January 2019

FAMILY SPAGHETTI NIGHT **THURSDAY, JAN. 24 – 6 P.M.**

Families are invited to join our residents for an all-you-can-eat Spaghetti Night! We'll transform our dining room into a gay Italian hot spot! Please rsvp by Jan. 18 (203)-594-5450.

their magic. Come meet these interesting folks in the living room. They have interesting stories and backgrounds, and oh, those feel-good hands!

BINGO WITH THE SLOBS **SUNDAY, JAN. 6 – 4:30 P.M.**

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

UNTRIM THE TREE **THURSDAY, JAN. 3 – 1:15 P.M.**

It's that time again! We need helpers to remove the Christmas tree ornaments. We have boxes of carefully folded tissue paper. Folks chuckled about that when we opened them up, and now they'll be happy at their efforts.

MASSAGE **FRIDAY, JAN. 4 – 10 A.M.** **TUESDAY, JAN. 8 – 7 P.M.**

Two more new classes from The Connecticut Center for Massage Therapy, based in Westport, are coming to work

SHORT STORY DISCUSSIONS **MONDAY, JAN. 7 – 11 A.M.** **TUESDAY, JAN. 15 – 2:30 P.M.** **THURSDAY, JAN. 24 – 2:30 P.M.** **TUESDAY, JAN. 29 – 2:30 P.M.**

All residents are encouraged to join us as we delve into the magical world of short stories! We've read works by Truman Capote, Guy de Maupassant, Graham Greene, Willa Cather, James Thurber, Anatole France among others. At the discussions, we hand out the next story. If you missed a session, speak with Barbara to get the next selection.

TEA & NEW YEAR'S WISHES
MONDAY, JAN. 7 – 3 P.M.

A cup of hot tea, served in our beautiful china teacups, and wishes for the New Year (not necessarily resolutions) are the stars for this afternoon's program. Join us in the living room as we usher in 2019.

BEN MCCORMACK AT THE PIANO
TUESDAY, JAN. 8 – 2:30 P.M.

Betsey Doyle's talented grandson, Ben, composes, plays the piano, sings, is a music director – as well as an actor! This afternoon he will be playing the piano.

AROMATHERAPY
WEDNESDAY, JAN. 9 – 2:30 P.M.

Carolyn Antonion works at Waveny in the Admissions office, and is an expert on Aromatherapy. She'll give a brief history (essential oils have been used for nearly 6,000 years), demonstrate various types, discuss the benefits, and let folks sample different scents. This calm and relaxing program will end in a little hand therapy!

BRAINSTORM WITH BARBARA
THURSDAY, JAN. 10 – 3 P.M.

An opportunity to state your thoughts and wishes for upcoming programs and activities in 2019. We can't always honor all of them, but we'll certainly try and give it the old one-two!

REV. TOM
FRIDAY, JAN. 11 – 3:30 P.M.

Rev. Tom Lilly, Director of Spiritual Services for The Waveny Network, will talk about "The Circle of Life" - a forum for discussing spiritual and seasonal topics and a time to share reminiscences and observations of how we live.

ST. MARK'S COMMUNION
SUNDAY, JAN. 13 – 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.

HENRY BENTON
SUNDAY, JAN. 13 – 2:30 P.M.

Henry is a young Waveny volunteer who does IT presentations. He can speak on a variety of topics such as cyber security and social media. Today he'll focus on social media.

CHAMBER OF COMMERCE SPEAKER
MONDAY, JAN. 14 – 2:30 P.M.

Tucker Murphy, the Director of our Chamber of Commerce, will give us an up-to-date snapshot of what's going on in and around town. She works closely with all the merchants and folks working in town. Tucker's a bundle of energy and a perfect spokesperson for New Canaan.

TOTS

TUESDAY, JAN. 15 – 10 A.M.

Every month, the children from St. Mark's Nursery School, walk down the hill and come and touch our hearts! They sing, read stories and share a craft activity with residents. We're always amazed at their friendliness and self-assured behavior.

NUTRITION & WELLNESS CLASS

WEDNESDAY, JAN 16 – 2:30 P.M.

Joan Danford, Dietician from Waveny, will come and talk about healthy eating and smart nutrition. We're bombarded in the media with ads for all sorts of food supplements many of which are not endorsed by the FDA. So bring your questions to her.

BLOOD PRESSURE CLINIC

WEDNESDAY, JAN. 16 – 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.

FLOWER POWER

FRIDAY, JAN. 18 – 3 P.M.

Mary Tanzi will come once this month and will bring fresh flowers for residents to arrange for our dining room tables. She also makes the gorgeous arrangements in our lobby. Mary is an accomplished and award-winning gardener and offers all sorts of helpful tips and advice.

MARSHMALLOW SNOWMEN

TUESDAY, JAN. 22 – 2:30 P.M.

We're making adorable – and edible – marshmallow snowmen this afternoon: perky looking with a Hershey kiss for a cap! Bring your sense of whimsy and join Barbara in the living room.

LET'S TALK

THURSDAY, JAN. 24 – 11 A.M.

Kathy Blance, librarian from the New Canaan Library kicks off another year of her popular "Let's Talk" programs. She picks a topic, does considerable research, and finds books, posters, and photos on the topic. Kathy's presentations are always enlightening, educational, and thought-provoking. Meets in the living room.

SILVER SCOUTS

SATURDAY, JAN. 26 – 3 P.M.

This Scout troop of seventh grade girls is working toward their Silver Scout award, and come to The Inn once a month all year! We've gotten to know these friendly and dear youngsters and always look forward to seeing them again and participating in their projects!

SNOWFLAKE MAKING

MONDAY, JAN. 28 – 3:30 P.M.

These are not your run-of-the-mill grade school snowflakes! Join Barbara and learn how to cut out lacy and delicate snowflakes! If you have a pair of sharp scissors, bring them.

COOKIES WITH KATIE
THURSDAY, JAN. 31 – 2:30 P.M.

Katie Barksdale is a Waveny volunteer who offered to come to the Inn and help residents roll out and cut cookies. We'll meet in the dining room.

inn-formation

SATURDAY MORNINGS WITH BRANT
9:30 DRAWING – 10 EXERCISE – 10:45
TECH HELP

INN-NOTES (RESIDENT SINGERS)
TUESDAYS AT 11

We going to start 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 – 1/28 – 1:15 P.M.

JANUARY BIRTHDAYS

Pauline Bell – 1/10
Jill Stevens – 1/24
Chris Doran – 1/29

on and of the shelf

New books added to our library:

The Astronaut Wives Club – a true story by Lily Koppel; *Life Goes On* by Philip Gulley; *The Simplicity of Cozy* by Melissa Alvarez; *The Road to Little Dribbling* by Bill Bryon; *Renting Silence* by Mary Miley; *Death without Tenure* – a Karen Pelletier Mystery by Joanne Dobson; *Turbo TwentyThree* – a Stephanie Plum novel by Janet Evanovich.