

# INN-SIGHTS

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

**March 2019**

## **Irish Dancers**

**Friday, March 8 – 4:30 p.m.**

Sure and Begorrah the young dancers from The Anam Cara School of Irish Dance are coming to The Inn. With their high kicks and choreographed dances, they will bring the spirit of Ireland to 73 Oenoke Ridge!

## **Circle of Life**

**Friday, March 1 – 3:30 p.m.**

Rev. Tom Lilly, Director of Spiritual Services for the Waveny Network, brings a new and fresh approach to his “Circle of Life” programs – a forum for discussing spiritual and seasonal topics.

## **Bingo with The SLOBS**

**Sunday, March 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. Join these friendly and caring young men.

## **St. Luke’s Tech Help Day**

**Monday, March 4 – 10:30 a.m.**

Eighth grade students from St. Luke’s School are coming and working individually with residents – two students per resident. They can do all sorts of things with you – look up your hometown and take you back (virtually) on google maps, you can talk about your favorite TV shows from the 50s or 60s and they can look up photos from that show, etc. Technology doesn’t get any better!

## **NCL**

**Monday, March 3 – 4 p.m.**

The senior high school girls and their moms from The National Charity League are coming this afternoon. Join these friendly and engaging students!

## **Short Story Discussions**

**Tuesday, March 5 – 2:30 p.m.**

**Monday, March 11 – 2:30 p.m.**

**Monday, March 18 – 2:30 p.m.**

**Monday, March 25 – 2:30 p.m.**

One half hour before each short story discussion, Lily Mayer reads the story out loud. So if you haven't read the story, or have vision challenges, or simply want a refresher, this is perfect!

**Soups, Salads, and Stories**  
**Thursdays, March 7 & 14 – 3 pm.**

Last month Virginia Stephens began to help residents bring favorite family recipes and share the story behind each one. She'll now come two more times and continue the project. Who knows maybe we'll be able to "publish" a booklet!

**Flower Power**  
**Friday, March 8 – 2 p.m.**  
**Friday, March 22 – 3 p.m.**

Our dining room tables are graced twice a month with fresh flowers arranged by residents with Mary Tanzi at the helm. She brings a cartful of flowers which then residents turn into delightful centerpieces.

**Cyber Savvy Seniors**  
**Saturday, March 9 – 1 p.m.**

Henry Benton, a sophomore at New Canaan High School, has his own business called "Cyber Savvy Seniors." He will come this afternoon to help residents with their tablets, cell phones, smart phones, etc. He will work on an individual basis – and it's free! Speak with Barbara if you'd like his help.

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

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

**The Connolly Family Irish Band**  
**Sunday, March 10 – 1:45 p.m.**

Sally and Damien Connolly have the most amazing musical family! Their children range from ages eight to fourteen, and play the tin whistle, piano and dance. Mom and Dad play the fiddle, button accordion and flute. A joyful Irish concert is in store!

**Sadie Visits**  
**Mondays, March 11 & 25 - 11 a.m.**

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

**Tots**  
**Tuesday, March 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.

**Cub Scouts Visit**  
**Tuesday, March 12 – 4:15 p.m.**

Nine Cub Scouts, ages 9 and 10 years old, will visit us for the very first time.

Let's welcome these young boys and participate in their activity!

**Blood Pressure Clinic**  
**Wednesday, March 13 - 3 p.m.**

Katarina Tchakarov comes to The Inn every month to provide a blood pressure clinic for residents. Meet her in the library.

**St. Patrick's Day Party**  
**Thursday, March 14 – 5:15 p.m.**

Erin go Bragh! We're having a party during Happy Hour to celebrate St. Patrick! Wear green and be prepared to answer some trivia questions and hear fascinating facts about the holiday – like this one: did you know that the original Guinness Brewery in Dublin has a 9,000 year lease!

**Silver Scouts**  
**Saturday, March 16 – 3 p.m.**

These young scouts are working toward their Silver Award and come every month to The Inn. We've grown to enjoy them so – and bask in their friendly and caring ways – not to mention their refreshments and planned activities!

**Visit to New Canaan Library**  
**March 18 – 11:15 a.m.**

We're taking the Waveny van to go to the library. Back for lunch. A great time to browse, find a good book to read, and see the art exhibit. Sign up on bulletin board.

**Saxe Middle School Concert**  
**Tuesday, March 19 – 3:30 p.m.**

An afternoon of music that raises the roof and brings joy to listeners of all ages! We love to welcome these young musicians who provide such entertaining and often surprising concerts!

**Nutrition Class**  
**Wednesday, March 20 – 3 p.m.**

Joan Danford, Nutritionist at Waveny Care Center, will speak about healthy eating – what's good and not good, and welcomes all your questions.

**Knitting Project**  
**Thursday, March 21 – 1:30 p.m.**

Sue Scannell, knitter extraordinaire, will be on hand this afternoon to help with our new project – knitting little receiving blankets for newborns at the Norwalk Hospital Pre-Natal Classes for first-time mothers. The pattern is extremely easy, all knitting – no other stitches! We will supply the yarn and needles!

**NCL**  
**Thursday, March 21 – 4 p.m.**

Two National Charity League classes this month – aren't we the lucky ones! This afternoon the class of 2020 comes – we love these girls and their moms and always enjoy their programs!

## **Watercolor Class**

**Tuesday, March 26 – 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.

## **Bojangers Sing-A-Long**

**Tuesday, March 26 - 7:15 p.m.**

An amazing after-dinner treat! These joyful men and women singers love to perform and their mission is to bring joy and spirit through music to their audiences! Large-print sing-a-long words and a variety of rhythm instruments will guarantee a fun evening.

## **Let's Talk**

**Thursday, March 28 – 11 a.m.**

Kathy Blance, librarian from the New Canaan Library, picks a subject, does in-depth research, and finds books, posters, and photos on the topic to share and stimulate! Meets in the living room.

## **WPA Art Exhibit**

**Thursday, March 28 – 1:30 p.m.**

We're taking the Getabout to the Historical Society to see their current exhibit of WPA art in New Canaan. Featured are five large scale works by Justin Gruelle (Raggedy Ann fame), four

on loan from the Lapham Center among others. During the 30's New Canaan was grateful to accept relief from various governmental agencies set up under President Roosevelt's New Deal. We'll also watch a 20 minute documentary film about New Canaan residents who rescued and restored many of these works of art. Betty Branch, who spearheaded this effort, will meet us there and answer any questions about the process. This promises to be a great trip - \$5.00 for non-members of the Society. Sign up on bulletin board.

## **Gospel Concert**

**Saturday, March 30 - 2 p.m.**

Back by popular demand, the Twum Gospel Trio, Ellen, Joseph and Victor, will sing gospel songs, narrated by their mother, Lily! Not to be missed.

# **inn-formation**

## **Saturday Mornings with Brant**

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

**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. We accept just about anything – small furniture and collectibles, lamps, toys, knick-knacks, household and kitchen items, jewelry, clothing. No books, please – donate them to the New Canaan Library! Get a head start on your spring cleaning!

## **BJ's Store**

Up and running, our “virtual store” is handled by the receptionists from 9 a.m. to 9 p.m. Residents have received an inventory of items for sale and a price list. Included will be stamps, detergent, Kleenex, toothpaste, sodas, individual packs of chips, cookies, crackers, Hershey's, mini wine bottles, Tums, Aspirin and Tylenol. Greeting cards are in Barbara's office.

## **Inn-Notes (resident singers) Tuesdays at 11**

We're working on the songs for our Musical revue at the end of April. The theme this year is Paris and the setting will be an outdoor café near the Seine River! 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 dedicated corps of volunteers who go to town and shop for residents. They can be seen standing in line at CVS, Walgreens, at the post office, library, the grocery stores, shoe repair, etc. Please give your “order” to Delia or Pattie by 9:15 a.m. on Mondays and Thursdays.

## **Saturday Mass at St. Aloysius/5:00**

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 before 5 p.m. and if you're not going, please tell the receptionist.

## **Resident Meeting – 3/19 – 1:15 p.m.**

We encourage residents to attend our monthly meetings – a good opportunity to hear firsthand about what's going on, projects in process, and to voice your opinions and concerns about living at The Inn.

## **March Birthday**

## **Rose Pla – 3/19**

## **on and of the shelf**

New additions to our library: *The Book Worm* by Mitch Silver; *A Gentleman in Moscow* by Amor Towles. This book came out as the number one “read” for the patrons of the New Canaan Library for 2018.