

INN-SIGHTS

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

March 2021

OH, YOU BEAUTIFUL DOLLS! **THURSDAY, MARCH 18 – 3 P.M.**

A musical salute to the ladies, performed by our own resident singers, The Inn-Notes. Every song celebrates a woman's name – and we'll get all gussied up with hats, boas, and props.

tension and anxiety, and provide a background for relaxation, wellness, healing and inner peace.

SHORT STORIES **TUESDAYS AT 3 P.M. – IN LIBRARY**

Carson McCullers and Sarah Ornett Jewell are the latest short story writers we've discussed. Everyone always welcomed.

TEA WITH A TWIST **WEDNESDAYS AT 3 P.M.**

A mid-winter week's break – our teas are well attended, with lots of chatter beginning with a simple "twist" of an idea. On the 10th, the twist will be: "St. Patrick: Man or Myth." Barbara has some interesting research.

UNSUNG HEROES OF WORLD WAR II **THURSDAYS, MARCH 4 & 11 – 2:30 P.M.**

Whether it was a young mother who became the leader of the largest Allied spy network in occupied France, a 23 year-old nurse from Brussels who created an escape line that smuggled hundreds of

WRITERS WORKSHOP **MONDAYS, MARCH 1, 15, 29 – 3 P.M.**

We didn't know last month if anyone would show up at our first writers workshop, but lo and behold, several intrepid residents came albeit with a bit of trepidation. Hopefully, fears flew out the window when folks realized this was going to be informal, non-judgmental, all genres of writing welcomed, and a promise to do the typing!

MEDITATION – IN THE LIBRARY **MONDAYS & THURSDAYS – 11:30 A.M.**

These five to ten minutes guided imagery sessions help release stress, let go of

shot-down British and American airmen out of enemy territory, Royals fighting back, or the heroics of the Polish Pilots who helped win the Battle of Britain, these unsung heroes who have slipped into history's shadows are now getting their proper recognition. These ½ hour lectures from The Great Courses have captured our imaginations and hearts. We have two more weeks of the lectures, so ably presented by historian Lynne Olson.

**FAITHFUL FRIDAYS DURING LENT
3:30 P.M.**

Join Rev. Tom Lilly, Director of Spiritual Services for the Waveny LifeCare Network, around the piano, and share stories and reflections on some of our favorite hymns.

**ST. PATRICK'S DAY CRAFTS
MONDAY, MARCH 8 - 3 P.M.**

We'll mix up some fun along with making St. Patrick's Day cards. If you can draw a heart, you can make a shamrock!

**ST. PATRICK'S DAY PARTY!
WEDNESDAY, MARCH 17 - 5:15-6 P.M.**

Shure & Begorrah! They say that everyone's Irish on St. Patrick's Day! So wear green and come to Happy Hour for some trivia, facts, fables and lots of songs!

**JEOPARDY!
THURSDAY, MARCH 25 - 3 P.M.**

With a nostalgic nod to Alex Trebek, we'll play this iconic game again – with prizes! Come to the living room, put on your thinking caps and try to come up with the correct questions to the answers!

**MARCH BIRTHDAYS – CELEBRATED ON
TUESDAY, MARCH 30 AT LUNCH WITH
WINE AND CRAIG'S AMAZING BIRTHDAY
CAKE!**

Virginia Spugani – 3/17

**inn-formation
BLOOD PRESSURE READINGS**

We're going to start up our monthly BP readings - watch our new bulletin board for the next date.

AROMATHERAPY – we haven't been able to settle on a date yet for a session of Aromatherapy with a Waveny employee who is an expert. Watch bulletin board.

RESIDENT MEETINGS
Wednesdays at 11:30 a.m.

**COVID PRECAUTIONS STILL IN
EFFECT**

We can't stress enough the Covid precautions that need to be observed to keep folks healthy and safe. Wash hands frequently, wear mask inside and outside, and observe social distancing.