



# WESTON SENIOR ACTIVITIES CENTER

203-222-2608  
9 School Road  
Weston, CT 06883

Monday-Thursday - 9:00 am to 3:00 pm  
Friday - 9:00 am to 12:00 pm

[www.westonseniorcenter.info](http://www.westonseniorcenter.info)

## Weston Senior Services and Resources

**Weston Senior Center**  
9 School Road  
[www.westonseniorcenter.info](http://www.westonseniorcenter.info)  
203-222-2608

Mailing Address:  
P.O. Box 1007  
Weston, CT 06883

### Center Staff:

Director: Wendy Petty  
Program Coordinator:  
Carla Jegen  
Asst. Program Coordinators:  
Linda Gilmore  
Angela Connaughton

### Dept. of Social Services

203-222-2663  
Director:  
Charlene Chiang-Hillman  
Volunteer Coordinator:  
Allison Lisbon  
Administrative Assistant:  
Suzanne Friedman

### Dial-a-Ride

203-222-2576  
Driver: Roy Marsh  
(24-hour notice required)

### Weston Town Hall

[www.westonct.gov](http://www.westonct.gov)  
203-222-2500

### Commission on Aging

Bruce Lorentzen, Chair  
Peggy A. Anderson  
Helen R. de Keijzer  
Don Gumaer  
Allison Lisbon  
Dale Robinson  
Richard Wolf

## July/August 2018

Greetings,

Good news.... We are officially open until 3:00pm on Fridays starting in July and we welcome Angela Connaughton to our staff.

We have moved our "Something Old Something New" Weston tag sale to September 22nd, please see page 6 for more details. We hope you will reserve a spot!

We would like to know if you are interested in attending an HD simulcast of a live performance of The Met's *Samson and Dalila*. The opera will be shown at Fairfield University's Quick Center for the Arts on Tuesday, October 23rd at 1:00pm. We have until July 15th to lock in a block of tickets (\$27.00 each), so if you would like to join us, we need to hear from you today!

On Tuesdays and Fridays from 11am-3pm we have Open Gym. Space can be reserved for pickleball, ping pong, or walking some laps.

Remember that we encourage you to come and hang out with us at The Hub. We invite you to bring a friend or come alone. We also welcome your group or club to meet in our community space.

Please remember to give us your email so we can keep you posted on Senior Center news, changes and cancellations in our schedule, and keep you up to date on new programs and trips in between newsletters.

We hope to see you soon!

Best wishes,  
Wendy, Carla, Linda, and Angela

### Donations to the Senior Center

#### In Loving Memory of Dorothy Thompson

Roberta Morelli  
Helen de Keijzer

#### In Loving Memory of Hope Turner

Marie and Bill DePalma

Donations to the Center are always welcomed. While donations are often given to honor the memory of someone dear, donations may also be made to celebrate birthdays, anniversaries or just to help us fulfill our mission.



*The mission of the Weston Senior Activities Center is to serve as the hub of programs and events supporting the well being of community members as they age.*



## Monday/Thursday Movies Start at 12:30pm

Sign-up is required, call (203) 222-2608



### Thursday, July 12<sup>th</sup>: Phantom Thread

Set in the glamour of 1950's post-war London, renowned dressmaker Reynolds Woodcock (Daniel Day-Lewis) and his sister Cyril (Lesley Manville) are at the center of British fashion, dressing royalty, movie stars, heiresses, socialites, debutants and dames with the distinct style of The House of Woodcock. Women come and go through Woodcock's life, providing the confirmed bachelor with inspiration and companionship, until he comes across a young, strong-willed woman, Alma (Vicky Krieps), who soon becomes a fixture in his life as his muse and lover.

### Thursday, July 19<sup>th</sup>: Ferdinand

Ferdinand tells the story of a giant bull with a big heart. After being mistaken for a dangerous beast, he is captured and torn from his home. Determined to return to his family, he rallies a misfit team on the ultimate adventure. Set in Spain, Ferdinand proves you can't judge a bull by its cover. From Blue Sky Studios and Carlos Saldanha, the director of "Rio" and inspired by the beloved book "The Story of Ferdinand" by Munro Leaf and Robert Lawson, "Ferdinand" is a heartwarming animated comedy adventure with an all-star cast.

### Thursday, July 26<sup>th</sup>: A Dog's Purpose

"A Dog's Purpose" shares the soulful and surprising story of one devoted dog who finds the meaning of his own existence through the lives of the humans he teaches to laugh and love.

### Thursday, August 2<sup>nd</sup>: The Shack

Based on the New York Times best-selling novel, The Shack takes us on a father's uplifting spiritual journey. After suffering a family tragedy, Mack Phillips [Sam Worthington] spirals into a deep depression causing him to question his innermost beliefs. Facing a crisis of faith, he receives a mysterious letter urging him to an abandoned shack deep in the Oregon wilderness. Despite his doubts, Mack journeys to the shack and encounters an enigmatic trio of strangers led by a woman named Papa [Octavia Spencer].

### Thursday, August 9: All Saints

All Saints is based on the inspiring true story of salesman-turned-pastor Michael Spurlock (John Corbett), the tiny church he was ordered to shut down, and a group of refugees from Southeast Asia. Together, they risked everything to plant seeds for a future that might just save them all.

### Thursday, August 16<sup>th</sup>: Chappaquiddick

On July 18, 1969, Ted Kennedy took a wrong turn, both literally and figuratively. When his Oldsmobile went into the water on Chappaquiddick Island on that fateful night, there were two people inside, he and Mary Jo Kopechne. Ted alone emerged from the murky waters alive. It remains a mystery as to why he left her there and walked past several houses on his way back to the house party they had left earlier.

### Thursday, August 23<sup>rd</sup>: Peter Rabbit

Peter Rabbit, the mischievous and adventurous hero who has captivated generations of readers, now takes on the starring role of his own irreverent, contemporary comedy with attitude. In the film, Peter's feud with Mr. McGregor (Domhnall Gleeson) escalates to greater heights than ever before as they rival for the affections of the warm-hearted animal lover who lives next door (Rose Byrne).

### Thursday, August 30<sup>th</sup>: The Miracle Season

After they lose a beloved member of their high school volleyball team to tragic events, a group of girls learns to come together with an all-new drive to win. Despite the fact that such a loss makes it hard to keep their spirits energized and their team focused, they learn what it takes to overcome and motivate themselves to win against the odds at their state championship games.

## Wednesday Luncheons

Sign-up is required by Tuesday at 2:00pm  
Call (203) 222-2608

July 4th, Closed

July 11th, 11:30am-1:30pm: Fire Department BBQ/Lyons Plain Road  
This lunch is free.

July 18th, 12:00pm: Weston Historical Society BBQ  
Entertainment by Suzanne Sheridan.  
\$4.00.

July 25th, 12:00pm: Selectmen's BBQ at Norfield Church  
Presentation and discussion with Probate Judge Lisa Wexler.  
\$4.00.

August 1st, 12:00pm: Senior Center Lunch  
Brown Bag Lunch

August 8th, 11:30am: Wilton Meadow's Lunch and Bingo  
Depart Senior Center at 11:15am if riding the bus.  
Sign up required for bus and lunch.  
This lunch is free.

August 15th, 12:00pm: Senior Center Lunch, assorted salads  
\$4.00.  
Movie: *Enchanted April*

August 22nd, 12:00pm: Meadow Ridge Lunch and Optional Tour  
Depart Senior Center at 11:30am if riding the bus. Sign up required  
for bus and lunch.  
This lunch is free.

August 29th, 12:00pm: Pot Luck Lunch at the Senior Center  
Let us know what you are bringing at time of signing up.  
Movie: *Manchurian Candidate*

## New Friday Programs, now open until 3pm!

Fridays at 12:30pm: Masterpiece Theatre: The Crown, Season Two  
Two episodes will be shown each Friday, see calendar for dates.

Friday, July 13th, 1:00pm: Object Therapy, How to Downsize Your  
Home Yourself, sponsored by Executive Care.

Friday, July 27th, 12:00pm: Picnic Lunch  
Get together with friends for grilled hot dogs and chips, \$3.00.  
Sit outside, play board games and enjoy the patio.

Friday, August 10th, 12:00pm: Picnic Lunch  
Get together with friends for grilled hot dogs and chips, \$3.00.  
Sit outside, play board games and enjoy the patio.

Friday, August 17th, 1:00pm: "A Matter of Balance"  
Join Monica Wheeler for a one hour Introduction to the "A Matter of  
Balance" program. This class is a refresher course for those who  
have previously taken the series, as well as newcomers; all are wel-  
come.  
Free, sign up is required.

Friday, August 24th, 12:00pm: Picnic Lunch  
Get together with friends for a sandwich and chips, \$3.00.  
Sit outside, play board games and enjoy the patio.

## Our Seniors Are Going Places

Sign-up is required for all trips, (203) 222-2608

Friday, July 20th: Captain's Cove Seaport  
Depart Senior Center at 11:15am. Bring money for lunch and shopping. Sign up required for bus.

Friday, August 3rd: Barnwood Grill Lunch Outing with Angela.  
Depart Senior Center at 11:30am. Bring money for lunch. Sign up required for bus and lunch.

Thursday, August 9th: Thimble Island Boat Cruise  
Depart Senior Center at 8:45am. \$10.00 due at time of signing up. Bring additional money for lunch at Rossitto's Ristorante. Sign up required.

Tuesday, August 14th: Port Jefferson Ferry Trip  
Depart Senior Center at 9:00am for 10:30am ferry. Return ferry is 2:00pm. \$16.00 is due at time of signing up for roundtrip ticket. Bring additional money for lunch on own, or join one of us for a group lunch. Sign up required.

Thursday, August 23rd: The Institute for American Indian Studies Museum and lunch at the G.W. Tavern  
Depart Norfield at 9:00am. \$8.00 is due at time of signing up. Bring additional money for lunch.

Friday, August 31st: Norwalk Historical Society and Norwalk Arts Commission WPA (Works Progress Administration) Murals Tour and lunch at Sunset Grill.  
Depart Norfield at 9:50am. One hour tour of the 31 restored WPA murals at City Hall, followed by lunch. \$5.00 is due at time of signing up. Bring additional money for lunch.

## Some of Our Future Trips...

Thursday, September 13th: Untermeyer Gardens

Tuesday, September 18th: Bronx Zoo

Tuesday, September 25th: Shopping at Clinton Crossings Outlet Mall and Lunch at Chip's Pub.

October, date tbd: Trip to Hillstead Museum

Tuesday, October 23rd: *Samson & Dalila* opera, at the Quick Center in Fairfield University (live in HD from The Met). We will depart Norfield Church at noon for a 1:00pm performance. The cost will be \$27.00, which includes ticket and transportation. We must know by July 15th if you will be coming in order to reserve tickets.

November, date tbd: Shopping/Lunch Trip to Kent

Wednesday, November 28th: Christmas Spectacular at Radio City Music Hall. The show will be at 2:00pm. Cost for the trip will be \$75.00, includes ticket, round trip coach bus, and boxed lunch. A portion of this trip will be sponsored by the Friends of the Weston Senior Center. A \$30 non refundable deposit is due when you sign up.

## Exercise and Wellness, first class is free!

### Tap Dancing with Sandy (must pay for series in full)

Mondays 10:00am.

The essence of tap dancing is rhythm and pure fun. Tap dancing shoes have a magical way about them, they make you smile.

### Meditation with Suzanne will be back in September!

### Feldenkrais with Cathy and Eileen (\$4.00 per class, drop in okay)

Mondays and Wednesdays at 10:00am

Feldenkrais is a gentle class that helps to improve posture, flexibility, and coordination, for those with reduced movement or pain.

### Pickleball (free, drop in okay)

Mondays at 11am & Thursdays at 11:15am

Pickleball is a cross between tennis, ping pong and badminton. Come to our court in the gym and join in the fun.

### Strength & Fitness with Sandy (\$4.00/class, drop in okay)

Tuesdays & Thursdays at 11:00am

Utilizing balls, stretch bands and weights while sitting and standing, you will stretch and strengthen all muscle groups. Emphasis is on flexibility and balance.

### Tai Chi w/Bill Wren (must pay for series in full) - no class in August

Thursdays at 9:15am

Tai Chi helps to decrease stress and improve energy, balance and flexibility. Beginners are welcome!

### Tai Chi with Mari Lewis (must pay for series in full)

Tuesdays at 9:30am

Tai Chi helps to decrease stress and improve energy, balance and flexibility. Mari Lewis teaches the traditional Yang style Tai Chi; basic knowledge is required.

### Yoga with Melania (\$4.00 per class, drop in okay)

Fridays at 9:00am

This class is an *experience* for healing Mind, Body & Spirit, through gentle movement, meditation, breath-work, bringing students compassionately back "home" to oneself.

### Gentle Yoga with Joy (\$4.00 per class, drop in okay)

Wednesdays at 10:00am

Come and enjoy some gentle stretching, some strengthening, relaxation and the pleasure of a lovely group.

### Pilates with Karen (must pay for series in full)

Mondays at 12:00pm and Thursdays at 12:30pm

Designed to re-align the spine to its natural skeletal position, rebalancing the muscles around the spine, abdominals and the extremities to accomplish core strength, stability, longer leaner muscle tone, improved posture, and enhanced coordination.

### Dance Your Way to Fitness (must pay for series in full)

Wednesdays at 11:00am with Sandy

A dance inspired cardio fitness class that is great for men and women. Learn the basic simple steps of Merengue, Foxtrot, Waltz, and Swing. You'll never know you're working out!

# July 2018

Mon

Tue

Wed

Thu

Fri

<p>2 9:15am Commission Mtg. 10am Knitting No Tap Dancing 10am Feldenkrais 11am Pickleball 12pm Pilates 1:30-3pm Walk in Gym</p>	<p>3 8:30am Y's Men's Backgammon 9:30am Tai Chi w/Mari No Strength &amp; Fitness 1-4pm Duplicate Bridge 11am-3pm Open Gym</p>	<p>4 <b>CLOSED FOR THE 4TH OF JULY</b> </p>	<p>5 9:30am Tai Chi w/Bill No Strength &amp; Fitness No Massage Today 11:15am Pickleball 12:30pm Pilates 1:30pm Walk in the Gym</p>	<p>6 9am Yoga 10am Canasta 11am-3pm Open Gym</p>
<p>9 10am Knitting 10am Tap Dancing 10am Feldenkrais 10:30am-12:30pm Medicare Appointments 11am Pickleball 12pm Pilates 1:30-3pm Walk in Gym</p>	<p>10 8:30am Y's Men's Backgammon 9:30am Tai Chi w/Mari 11am Strength &amp; Fitness 1-4pm Duplicate Bridge 11am-3pm Open Gym</p>	<p>11 10am Feldenkrais 10am Yoga 11am Dance <b>12pm Lunch at Fire Depart on Lyons Plain</b></p>	<p>12 9:30am Tai Chi w/Bill 10am Tap Dancing 11am Strength &amp; Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30 pm Movie <i>Phantom Thread</i></p>	<p>13 9am Yoga 10am Canasta 10am-12pm Art Class Painting Class-Mixing Colors 11am-3pm Open Gym 12:30pm The Crown Season 2, episode 1-2 1:00pm Object Therapy, How to Downsize your Home Yourself</p>
<p>16 10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Pickleball 12pm Pilates 1:30-3pm Walk in Gym</p>	<p>17 8:30am Y's Men's Backgammon 9:30am Tai Chi w/Mari 11am Strength &amp; Fitness 1:00pm Jewish Senior Services Hospice -Volunteer Program 1-4pm Duplicate Bridge</p>	<p>18 10am Feldenkrais 10am Yoga 11am Dance <b>12pm Lunch at Weston Historical Society</b> Entertainment: Suzanne Sheridan  8pm Outdoor Movie at Weston Middle School <i>Coco</i></p>	<p>19 9:30am Tai Chi w/Bill 10am Tap Dancing 11am Strength &amp; Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30 Pilates 12:30 Movie <i>Ferdinand</i> 1:30-3pm Open Gym</p>	<p>20 9am Yoga 10am Canasta 11am-3pm Open Gym 11:15am Captain's Cove Depart from Senior Center 12:30pm The Crown Season 2, episode 3-4</p>
<p>23 10am Knitting 10am Tap Dancing 10am Feldenkrais 10:30am-12:00pm Medicare Appointments 11am Pickleball 12pm Pilates 1:30-3pm Walk in the Gum</p>	<p>24 8:30am Y's Men's Backgammon 9:30am Tai Chi w/Mari 11am Strength &amp; Fitness 1:00pm Family Feud Sponsored by Visiting Angels 11am-3pm Open Gym 1-4pm Duplicate Bridge</p>	<p>25 10am Feldenkrais 10am Yoga 11am Dance <b>12pm Selectmen's BBQ Lunch at Norfield</b> Guest speaker: Probate Judge Lisa Wexler  Weston EMS Blood Pressure</p>	<p>26 9:30am Tai Chi w/Bill 10am Tap Dancing 11am Strength &amp; Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30am Movie <i>A Dog's Purpose</i> 1:30-3pm Open Gym</p>	<p>27 9am Yoga 10am Canasta 10am-12pm Art Class Painting Class -Mixing Colors 11am-3pm Open Gym 12pm Outdoor Picnic, grilled hot dogs 12:30pm The Crown Season 2, episode 5-6</p>
<p>30 9:30am Aspetuck Hike in Westport, depart Senior Center at 9:15am 10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Pickleball 12pm Pilates 1:30-3pm Walk in the Gum</p>	<p>31 8:30am Y's Men's Backgammon 9:30am Tai Chi w/Mari 10am-1:00pm Art Expo Party 11am Strength &amp; Fitness 11am-3pm Open Gym 1:00pm Movie <i> Loving Vincent</i> 1-4pm Duplicate Bridge</p>	<p><b>Mixed Media Artist Exhibit Shelia Mancini July though August</b></p>		

# August 2018

Mon

Tue

Wed

Thu

Fri

		1 10am Feldenkrais 10am Yoga 11am Dance <b>12pm Lunch at Senior: Brown Bag Lunch</b> 1:00pm Ping Pong in Gym	2 10am Tap Dancing 11am Strength & Fitness No Massage Today 11:15am Pickleball 12:30pm Pilates 12:30 Movie <i>The Shack</i>	3 9am Yoga 10am Canasta 11am-3pm Open Gym 12pm Barnwood Grill Out to Lunch with Angela, depart at 11:30am 12:30pm The Crown Season 2, episode 7-8
6 10am Knitting 10am Tap Dancing No Feldenkrais today 10:30am-12:30pm Medicare Appointments 11am Pickleball 12pm Pilates 1:30-3pm Walk in the Gym	7 8:30am Y's Men's Backgam. 9:30am Tai Chi w/Mari 10am Mastering the Arts w/Chris 11am Strength & Fitness 11am-3pm Open Gym 1-4:00pm Duplicate Bridge	8 10am Feldenkrais 10am Yoga 11am Dance <b>11:30am Lunch at Wilton Meadows</b> With Bingo	9 8:45am Thimble Islands 10am Tap Dancing 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30 Movie <i>All Saints</i>	10 9am Yoga 10am Canasta 10am-12pm Art Class Painting Class-Mixing Colors 11am-3pm Open Gym 12pm Outdoor Picnic Grilled hot dogs 12:30pm The Crown Season 2, episode 9-10
13 10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Pickleball No Pilates this week 1:30-3pm Walk in the Gym	14 8:30am Y's Men's Backgam. 9:30am Tai Chi w/Mari 9am Port Jefferson Ferry 11am Strength & Fitness 11am-3pm Open Gym 1-4:00pm Duplicate Bridge	15 10am Feldenkrais 10am Yoga 11am Dance <b>12pm Lunch Senior Center</b> 12:45pm Movie: <i>Enchanted April</i>	16 10am Tap Dancing 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball No Pilates this week 12:30 Movie: <i>Chappaquiddick</i>	17 9am Yoga 10am Canasta 11am-3pm Open Gym 1:00pm Intro to A Matter of Balance With Monica Wheeler
20 10am Knitting 10am Tap Dancing 10am Feldenkrais 10:30am-12:30pm Medicare Appointments 11am Pickleball 12pm Pilates  1:30-3pm Walk in the Gym	21 8:30am Y's Men's Backgammon 9:30am Tai Chi w/Mari 11am Strength & Fitness 11am-3pm Open Gym 1-4:00pm Duplicate Bridge	22 10am Feldenkrais 10am Yoga 11am Dance <b>12pm Lunch and optional tour at Meadow Ridge</b>	23 9am Institute for American Indian Studies & Lunch at G.W. Tavern 10am Tap Dancing 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30pm Movie <i>Peter Rabbit</i> 1:30-3pm Open Gym	24 9am Yoga 10am Canasta 10am-12pm Art Class Painting Class-Mixing Colors 11am-3pm Open Gym 12pm Outdoor Picnic Sandwiches
27 10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Pickleball 12pm Pilates 1:30-3pm Walk in the Gym	28 8:30am Y's Men's Backgammon 9:30am Tai Chi w/Mari 11am Strength & Fitness 11am-3pm Open Gym 1-4:00pm Duplicate Bridge	29 10am Feldenkrais 10am Yoga 11am Dance <b>12pm Lunch Senior Center Pot Luck</b> 12:45pm Movie <i>Manchurian Candidate</i> 1:00pm Ping Pong 1:30-3pm Walk in Gym	30 10am Tap Dancing 11am Strength & Fitness No Massage Today 11:15am Pickleball 12:30pm Pilates 12:30pm Movie <i>The Miracle Season</i> 1:30-3pm Open Gym	31 9am Yoga 9:50am Norwalk Arts-WPA Murals & Lunch at Sunset Grill 10am Canasta 11am-3pm Open Gym

## Some Medicare Billing Issues

Medicare bills by code(s) that come from the doctor/doctor's office. If the code for a treatment or for a procedure or for an office visit is forgotten or incorrectly entered the Medicare client will be billed for the supposedly non-covered charge. We have to be our own advocates – before you leave a doc office be sure the correct code(s) have been entered for any and all tests, lab work or visits. **ASK THE DOC** to double check to avoid possible future confusion and time expended trying to get a correction in billing. **Unpaid medical bills left over a period of time will be reported to the three credit agencies and could threaten your credit scores.**

Many Medicare-D plans in CT have some prescription meds that are “step” meds. These are meds that are usually very expensive or in a high tier (3 or 4) so that before a particular Medicare-D plan will consider covering any part of the cost of the med the doc must try other meds first. (Not all formularies in the 22 plans in CT for 2018 are the same nor rate the meds carried in the same tiers.) In a “step” situation the doc must submit paper work as to why this more expensive drug is being ordered. **The client must talk with insurance company that handles their Medicare-D plan for very specific instructions.**

We all make general typo errors as do many hired clerks and assistants. **Be sure all numbers for Medicare, gap insurance and Medicare-D are properly recorded at a doc office, pharmacy or hospital.**

**A hospital stay of three days or more qualifies you for rehab if it is necessary. If you have just been under observation in an emergency room Medicare will not consider you to be eligible for rehab and you will pay out of pocket. When you are in an emergency room be sure to understand if you have been admitted to the hospital OR if you are just under**

**observation. Do not be caught owing money unknowingly on this issue.**

**Many hospitals are keeping clients under observation to avoid penalties if clients are re-admitted within 30 days for same issues.**

Want to discuss Medicare issues? Half hour **no-fee appointments** are available from 10:30 – 12:00 twice a month generally on the first and third Mondays of each month. **MAKE AN APPOINTMENT BY THE PREVIOUS THURSDAY. BOOK THROUGH THE WESTON SENIOR CENTER at (203) 222 - 2608. NO WALK-INS. See you at the center!**

Meta Schroeter CHOICES Counselor

## Current And Future Local Telephone Scams

As usual several telephone scams are making the rounds. **NEVER SEND MONEY OR RELEASE PERSONAL INFORMATION TO ANYONE THAT YOU DO NOT KNOW AND THAT YOU YOURSELF HAVE NOT CALLED.**

**The greatest scam opportunity is coming soon!!! In 2018 Medicare will begin to change over all Medicare ID numbers from the Social Security number system to one developed for Medicare alone. The change over began in spring and will be finished in mid 2019. This means the scammers will be calling seniors under the guise of Social Security Administration, Medicare or any other government agency that seems plausible and asking for your Medicare number to confirm the new one. DO NOT GIVE OUT ANY INFORMATION ON THE PHONE. ALL CHANGE OVER INFORMATION WILL BE COMING TO YOU BY MAIL.**

## Weston Public Library (203) 222-2665

New Yorker Roundtable July 3 and 10; 10:45AM  
Adult Summer Reading July 9 - August 6  
Movie Night: Borg vs. McEnroe (R) July 11; 7PM  
Play With Your Food July 17; 12PM  
Movie Night: Ready Player One (PG-13) August 8, 7PM

The Library's Home Delivery program is open to any Weston residents who is unable to leave their home for any length of time. We can send books, movies, magazines, audiobooks, CDs, and any other items from the collection and can schedule delivery every 3 weeks. Please call the library for more details.

## Weston Parks and Recreation

**Outdoor movie:** *Coco* will be played on Wednesday, July 18th. The event begins at 7pm and the movie begins at approximately 8pm (or dusk). Call the senior center for details.

## July/August Art Exhibit Shelia Mancini Textured Mix Media Show

Sheila Mancini has been a resident of Westport for more than 60 years with a passion for art through the discovery of new media & the exploration of new artistic techniques. Although, mostly self-taught, she has studied with some very accomplished artists & art teachers. She has learned through the years to free herself in order to experience new and creative forms of art.

Her art education began at Endicott Jr. College in fashion illustration & later classes at The Silvermine School of Art in figure & portrait painting; portrait classes with artist, Frank Covino; Bridgeport University, two years of courses in color & design & drawing & painting classes with artists Gus Moran & Eddie Nino.

*Meet Sheila on July 31st at the Art Expo Party, where she will be giving a demonstration.*



## Aspetuck Land Trust— A Walk Through Eden With Hayden Stebbins

Monday, July 30th, 9:30am-10:30am,  
depart Senior Center 9:15am  
Caryl & Edna Haskins Preserve, Aspetuck Land Trust  
20 Green Acre Lane, Westport (**sign up is required for the bus and if you would like to meet us there.**)



Did you know many invasive plants make fantastic foods and medicines? That many of the weeds painstakingly pulled from your garden are in fact edible and more nutritious than what you can buy in a store? You can learn about the edible plants that grow in your back yard with ethnobotanist Hayden Stebbins. Many plants that we try to banish from our gardens and yards are delicious, nutritious and pernicious. Join ethnobotanist and forager Hayden Stebbins (haydensharvest.com) on a walk through the Caryl and Edna Haskins Preserve in Westport. Hayden Stebbins is an itinerant teacher and student of ethnobotany, devoted to reviving a sense of ecological belonging in those around him. Dress: Sturdy shoes, protections from deer ticks which are present at this time of year, sunscreen and insect repellent.

Parking: Preserve parking lot is located on Green Acre Lane (Off of South Compo Road) in Westport, CT

Terrain: Easy

Length: Approximately 1 1/2 hours.

### Thank you!

Cypress Landscaping and Jim Moore for donating the time and materials for landscaping, and Chris Spaulding's Weston Progress Fund, Heather and Anthony McNulty, Edina Field, and Judy Lee for donating funds for our furniture.



Stop by and enjoy a cup of coffee or bring your lunch!



Can you help us water are new plantings? Call us for details. Thank you.



### Thank you Weston Beautification Committee

and Karin Feingold for always keeping the flower pots in front of the Senior Center full of gorgeous plantings!



### Ask the Local Pharmacist

Here are some hot tips to help you stay healthy during the summer and all year round!

**Keep it cool.** Some medicines should be kept refrigerated, and others at room temperature. Never keep medicines in the car. When it gets too hot, the medicines may stop working. Use cooling packs or holders for medicines, like insulin, that need to stay cold.

**Stay hydrated.** Some medicines, like diuretics, help you get rid of extra water in your body. However, on a hot day, make sure you drink water throughout the day to avoid dehydration.

**Stay under cover.** Some medicines, like antibiotics and diuretics, increase your skin's sensitivity to the sun. Be sure to wear sunscreen and hats/long sleeves.

**Moderation is key.** Summer means farmers' markets and fresh fruits and vegetables. Be sure to check with your pharmacist and doctor about possible food-medicine interactions if you like grapefruits and green leafy vegetables. Enjoying these in moderation is acceptable.

*Catherine Revzon serves on the Westport-Weston Health District Board of Directors. She practices as a pharmacist at Yale New Haven Hospital and at Lang's Pharmacy in Weston. Questions for the ASK THE LOCAL PHARMACIST can be emailed to [ctpharmacist@gmail.com](mailto:ctpharmacist@gmail.com).*

### Sponsored Programs

Sign-up required, call (203) 222-2608

Friday, July 13th, 1:00pm: Object Therapy, How to Downsize Sponsored by Executive Care. Sign up required.

Tuesday, July 17th, 1:00pm: Hospice Volunteers Needed Jewish Senior Services Hospice Staff are coming to our senior center to talk about volunteering in Bridgeport. Please come if you are interested in joining the agency's team of hospice volunteers to provide companionship to patients and their families. The help that hospice volunteers offer varies from patient to patient. Many volunteers have a special skill that enhances the lives of their patients, while others can volunteer just by being present. Sign up required.

Tuesday, July 24th, 1:00pm: Family Feud, presented by Visiting Angels Join us for a fun game of "family feud" with great prizes for the winners. Sign up is required.

### Massage Appointments

Thursdays 10am—2:30pm  
Beth Dobsevage is a licensed masseuse and acupuncturist and will be at our senior center on Thursdays by appointment. Please call us if you have any questions or to make an appointment. (203) 222-2608

### Walk in our Gym

10 laps around the gym = 1/4 mile.  
Keep up with your walking during the hot days, or bring a friend and have a cup of coffee.

### Art Classes

#### Mastering the Masters - Vincent Van Gogh

With Chris Goldbach, Tuesday, August 7th, 10:00am-2:00pm  
With your own supplies, come and learn from one of the masters. A short video will be shown then time to work, a break for lunch and then back to finish your masterpiece. Learn to see, interpret and paint like Van Gogh. \$20 and includes lunch.

.....  

#### Painting Class-Mixing Colors, Using a minimal palette

With Judith Lambertson, 7/13, 7/27, 8/10, 8//24

If you are using oil, you must have previous experience in oil. If you are using acrylic, you will need a medium that will slow the drying time. No need for black or white if you are using watercolors. We will work with small, 8x10, 9x12, or 10x10 sizes. Linen art boards and cold pressed paper for watercolor is preferred but other surfaces are fine. \$20.00/for series of 4 classes

**Paints needed:** Titanium white, Cadmium Red, Orange, Alizarine Crimson, Cadmium Yellow, Lemon Yellow, Cobalt Blue, Ultramarine Blue, Ivory Black.



Weston Senior Activities Center

P.O. Box 1007

Weston, CT 06883

203-222-2608

www.westonseniorcenter.info

Presort Standard

U.S. POSTAGE

PAID

Permit No. 2

Tuesday  
July 31, 2018

10am - 1pm

movie 1-2:30pm

WESTON Senior Center

9 School Road, Weston

203.222.2608

"Let us know you are coming -  
RSVP by July 27

But if you did not RSVP, come anyway!"

welcome

Artists, Art Lovers and those who want to have FUN

FREE ART EXPO PARTY FREE

Open house : Celebration of Art

Demos

watercolor techniques     Artistic edibles  
dictionary drawings     trace monoprints  
and much, much more!

Drawings for Prizes every hour -  
you must be present to win!

Emmy award winning art documentaries

"Loving Vincent" playing at 1pm

Register for Mastering the Masters workshop

Vincent Van Gogh  
August 7, 10am-2pm

Just 6 minutes from Merritt Parkway  
Exit 42. North on Rte 57



JERRY'S ARTARAMA Paint Store

## Something Old Something New

*Tag Sale, All Welcome to Sell*

Weston Senior Center Parking Lot

**Saturday, September 22nd, 9am—2pm**

(rain date Sunday the 23rd)

We are having a tag sale on September 22, 2018. Everyone is welcome to come and sell your own stuff. Reserve a spot in the parking lot: \$20, just \$15.00 for seniors. Pull up, set up, and sell! It's that easy. We will advertise the sale for you.

The Senior Center will also be selling donated items, so if you don't want to sell your stuff but would rather give it to us, we would be happy to have it. If you need us to pick something up, no problem!

This will be a community-wide event, so bring your family. We will have food, bake sale items, music, and places to sit and relax in the senior center and back patio throughout the day.

This event is sponsored by the Friends of the Weston Senior Activities Center.

**Call to reserve a spot today, (203) 222-2608!**