



# 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 Coordinator:  
Linda Gilmore

### 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

## March/April 2018

Greetings!

Over the past few winter months we have been feeling especially grateful for the warmth of the community we live in and the remarkable people who help make this town so special. Thanks to the wonderful seniors who come here and the people in town who continue to support us, our Senior Center is thriving—and we are welcoming new people each week!

We are always looking for new ideas that will appeal to those of you who haven't tried our Senior Center yet as well as expand the horizons of those of you who already participate. With that in mind, if you have a special skill or expertise to share and/or would like to teach others about a topic you are passionate about, we want to hear from you! We would love to have you join us in fulfilling our mission of enriching the lives of everyone in the community as we age.

In that spirit, we are also interested in collaborating ever more closely with the Weston Public Library, Weston Youth Services, Parks and Recreation, and local organizations such as the Weston Historical Society and WestonArts, by co-sponsoring presentations and finding ways of creating more intergenerational programming.

Remember that if you have a friend or a group that would like to get together and need a place to meet informally and/or simply visit with each other over coffee, please stop by! We have lovely, comfortable spaces here and you will be warmly welcomed. Or if you're looking for more of a workout, remember that our gym has open slots for pickleball or you can drop in to play ping-pong; just let us know you're interested and we will check our schedule.

Finally, we have great trips planned, see page 3 for information. More are in the works and we're always open to suggestions.

We hope to see you soon!

Best wishes, Wendy, Carla and Linda

### Scheduled Center Closings

Friday, March 30th—Good Friday

April 9-13—Spring Break

*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.*



**Thursday Movies Start at 12:30pm**  
**Wednesday Movies Start at 12:45pm**  
 Sign-up is required, call (203) 222-2608



**3/01: Battle of the Sexes (PG-13).** The true story of the 1973 tennis match held between Billie Jean King and the ex-champ Bobbie Riggs that was known as The Battle of the Sexes.

**3/12: Roman J. Israel, Esq. (PG-13).** Roman J. Israel, Esq. is a dramatic thriller set in the overburdened Los Angeles criminal court system. Denzel Washington stars as a driven, idealistic defense attorney whose life is suddenly disrupted. When he is recruited to join a firm led by ambitious lawyer George Pierce (Colin Farrell) and begins a friendship with a young champion for equal rights (Carmen Ejogo) a turbulent series of events ensues, which will put the activism that has defined Roman's career to the test.

**3/15: The King's Choice.** When the German army invades Norway in April of 1940, King Haakon VII faces a decision that will change the course of his nation forever. Norway, which is officially a neutral country, lacks the firepower to repel the Nazi forces, and the Royal Family is forced to flee Oslo.

**3/22: Rebel in the Rye (PG-13).** J.D. Salinger achieved ultimate acclaim with his book "The Catcher in the Rye," but it turns out that the author himself is just as interesting as his brainchild Holden Caulfield.

**3/28: Murder on the Orient Express (PG-13).** When a luxurious train is stranded in the snow and a man is murdered in his compartment, the crime is investigated by a famous detective who is also a passenger. He discovers that many of the passengers knew the victim from years before in connection with the kidnapping of a three year old heiress who was killed even though her ransom had been paid.

**3/29: Mark Felt, The Man Who Brought Down the White House (PG-13).** It is 1974, and an unlikely character is tasked with the responsibility of revealing the greatest corruption the United States has ever known. At a great personal cost, one man doggedly pursues the truth and reveals it to the only people who can expose it.

**4/02: Breathe (PG-13).** Love stories, with a twist of not giving up under challenging conditions, are those that just about everyone can relate to. Disease can devastate individuals and relationships. Those who refuse to give up and honor the promise of "til death do us part" are a special breed of people, under any circumstance.

**4/19: Wonder (PG).** Auggie Pullman suffers from a severe facial deformity that has prevented him from attending a regular school. However, he is set to start a traditional school for the start of his fifth grade year. As his teachers and peers struggle to accept him, Auggie teaches them that he was born to make a difference.

**4/23: The Greatest Showman (PG).** An original musical screenplay brings to life the story of P.T. Barnum and his creation of "the greatest show on earth". Rising from nothing, P.T. sets out to make a better life for his family. His creativity and drive take him on an fantastic journey beyond what he or anyone else could have imaged.

**The Basics and Beyond Art Class**

With Chris Goldbach, Tuesdays 10:00am-12:00pm

No class March 20, 27 or April 10

Students have the choice in this course to paint or draw in any medium of their choice. Lessons will cover basic to advance techniques both specific and common to these mediums. Visual elements like color and composition will be discussed. Students will also be encouraged to explore personal choices in subject matter, themes and styles, as they work at their own level, with lots of instructor input.

**Series sign up is required, but you may start mid series for a prorated fee.**

**Wednesday Luncheons and Presentations**

Sign-up is required by Tuesday at 2:00pm

Call (203) 222-2608

Lunch costs \$4.00, unless otherwise noted.

**3/7: Senior Center**

**11:30am-12pm Artist Reception with Julie Leff, come and take a tour and hear about her work!**

1:00pm Presentation on Sicily, presented by Elsa Cantor and Don Lambert. Travel with them to sunny Sicily, experience the heart of the old world, Mediterranean culture, the people, the food and the whole way of life.

**3/14: Norfield Church, St. Patrick's Day Party**

Hosted by Weston Newcomers and Neighbors  
 Entertainment by Chris Coogan.



**3/21: Senior Center**

12:45pm stay for the (rescheduled due to weather) fabulous slide show presentation from Suzanne Sheridan and Rozanne Gates trip to Amsterdam and Paris!

**3/28: Senior Center**

12:45pm Movie (new version) *Murder on the Orient Express*.

**4/4: Norfield Church, Spring Luncheon**

Hosted by Norfield Church  
 Entertainment by "Johnny P."

**4/18: Senior Center**

**11:30am-12pm "Ask the Chief" Chief Henion will be with us to answer any questions you have.**

12:45pm Stephen Grozinger will discuss his book, *Faith*. Christianity appears to be in sharp decline. What is going on? Grozinger argues that faith's best years are still ahead. He challenges the assumptions of the New Atheists and offers a competing moral vision. His book closes with an examination of organized religion and how this new vision of faith is expressed in community.

**4/25: Senior Center**

2:45pm Visiting Nurse & Hospice will present *What you need to know before going into the hospital*, a patient's point of view.

**Games, Puzzles and More!!**

**Jigsaw Puzzle Contest and Lunch**

Monday, March 5th, 11am-3pm

Be a part of our first puzzle competition! We are looking for a minimum of 4 people per team. The same puzzle will be completed at different tables, with a break for lunch. Prizes will be awarded for the first team to finish! Sign up is required! A light lunch is provided for participants.

**Board Game Day**

Monday, March 26th and April 16th, 12:30pm-2:00pm

Join us for board games and desserts. Bring your lunch early and share desserts while enjoying time with friends.

**Bingo Sub Party**

Monday, April 30th. 12:00pm

Join us for Subway sandwiches and bingo. Sign up is required by the day before. Prizes awarded for bingo.

## Our Seniors Are Going Places

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

Monday, March 12th—Lunch Outing to Craft 14  
Depart Norfield at 11:45am or meet there at 12:00pm.  
Craft 14 is located in the Wilton Stop and Shop shopping center.

Tuesday, April 17th—Fairfield University Art Museum  
Depart Norfield at 11:00am, tour begins at 12:00pm.  
An interactive tour of the exhibition The Holy Name. Art of the Gesu: Bernini and his Age.

Thursday, April 19th—New York Botanical Garden Orchid Show and Gardens, Depart Norfield at 8:45am.  
The trip cost \$40 and includes All Garden Pass, coach bus and driver gratuity, and snack for ride home. This trip is not an organized tour, you can enjoy at your leisure, bring your own lunch or buy lunch in the NYBG Café.



**Monday, March 12th 9:00am—12:00pm**

**AARP Free Tax Prep and Filing**

With Mark Spivack

**By Appointment** (203) 222-2608

Mark will sit with you and help you prepare and file your taxes. Thank you Mark for coming back again this year!

## Victorian Tea

### Save the Date

May 8th, 1:00pm-  
2:30pm

Join us for High Tea in  
May. More details  
are coming!

## Craft Class with Linda

Friday, March 23rd, 10:00am  
Hand Painted Mini Cactus class, using river stones.  
Join Linda to make these great decorative cactus's.



The class fee is \$5.00 to cover material.  
Payment is due when you sign up.

## March/April Artist Exhibit Julie Leff

A graduate of Yale University, Julie Leff began painting professionally in 2001. Since then, her work has appeared in numerous solo group shows in New York and Connecticut. Her artwork is held in many private collections in the U.S., Europe and Asia. Her medium is oil paint on canvas and subjects are primarily florals, still lifes, abstracts, and portraits. To view her work, go to [www.julieleff.com](http://www.julieleff.com).



**Artist Reception March 7th 11:30am. Join Julie to hear about her work!**

## Exercise and Wellness

*Try any class, first time for free!*

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

Mondays at 10:00am and Thursday at 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**

Mondays at 9:30-10:15am. No fee.

This is a wonderful way to start your week.

### **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 with Bill Wren (must pay for series in full)**

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!

# March 2018

Mon

Tue

Wed

Thu

Fri

<p><i>Artist Exhibit</i> <i>Julie Leff</i> <i>March Through April</i></p>			<p>1 9:30am Tai Chi w/Bill 10am Tap Dancing 11am Strength &amp; Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30pm Movie <i>Battle of the Sexes</i> 1:00-3:00pm A Matter of Balance, sign up required</p>	<p>2 9am Yoga 10am Canasta 11am-12pm Open Gym</p>
<p>5 9:15am Commission on Aging 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Puzzle Contest 10:30am-12:30pm Medicare Appointments 11am Pickleball 12pm Pilates 1:30-3pm Walk in Gym</p>	<p>6 8:30am Y's Men's Backgammon 9:30am Tai Chi w/Mari 10am Mark Albertson presents <i>Margaret Sanger</i> 10am Art Class w/Chris 11am Strength &amp; Fitness 1-4pm Duplicate Bridge 11am-3pm Open Gym 3:00pm Tech help by appt.</p>	<p>7 10am Feldenkrais 10am Yoga 11am Dance 11:30am Artist Reception Meet Julie Leff <b>12pm Lunch at Senior Center</b> 1:00pm Elsa Cantor presents: Our Travel to Sicily 1:30-3pm Walk in Gym  <i>Weston EMS Blood Pressure</i></p>	<p>8 9:30am Tai Chi w/Bill 10am Tap Dancing 11am Strength &amp; Fitness 11am-2:30pm Massage 11:15am Pickleball 12pm Wilton Meadows presents Brain Games and Lunch. 12:30pm Pilates 1:00-3:00pm A Matter of Balance, sign up required 1:30-3pm Open Gym</p>	<p>9 9am Yoga 10am Canasta 10am Art Gottlieb presents <i>St. Patrick's Cathedral</i> 11am-12pm Open Gym</p>
<p>12 9:00am-12pm AARP Tax 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Pickleball 11:45am Depart for Craft14 No Pilates Today 12:30pm Movie: <i>Roman J. Israel, Esq.</i> 1:30-3pm Walk in Gym</p>	<p>13 8:30am Y's Men's Backgammon 9:30am Tai Chi w/Mari 10am Art Class w/Chris 11am Strength &amp; Fitness 1-4pm Duplicate Bridge 1pm Ping Pong Tournament 3pm Tech help by appt.</p>	<p>14 10am Feldenkrais 10am Yoga 11am Dance <b>12pm St. Patrick's Day Lunch at Norfield</b>, hosted by Weston Newcomers and Neighbors Entertainment by Chris Coogan</p>	<p>15 9:30am Tai Chi w/Bill 10am Tap Dancing 11am Strength &amp; Fitness 11am-2:30pm Massage 11:15am Pickleball No Pilates Today 12:30pm Movie <i>The King's Choice</i> 1:00-3:00pm A Matter of Balance, sign up required 1:30-3pm Open Gym</p>	<p>16 9am Yoga 10am Canasta 11am-12pm Open Gym</p>
<p>19 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 10:30am-12:30pm Medicare Appointments 11am Pickleball 12pm Pilates 1pm Legacy: Leaving an Impact on the Next Generation</p>	<p>20 8:30am Y's Men's Backgammon 9:30am Tai Chi w/Mari No Art Class today 11am Strength &amp; Fitness 11am-3pm Open Gym 12:30pm Family Feud Games 1-4pm Duplicate Bridge 3pm Tech help by appt.</p>	<p>21 10am Feldenkrais 10am Yoga 11am Dance <b>12pm Lunch at Senior Center</b> 12:45pm Amsterdam and Paris slideshow, presented by Suzanne Sheridan and Rozanne Gates 1:30-3pm Walk in Gym</p>	<p>22 9:30am Tai Chi w/Bill 10am Tap Dancing 11am Strength &amp; Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30pm Movie <i>Rebel in the Rye</i> 1:00-3:00pm A Matter of Balance, sign up required 1:30-3pm Open Gym</p>	<p>23 9am Yoga 10am Hand Painted Mini Cactus Class, sign up required. 10am Canasta 11am-12pm Open Gym</p>
<p>26 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Pickleball 12pm Pilates 12:30pm Board Game Day 1:30-3pm Walk in Gym</p>	<p>27 8:30am Y's Men's Backgammon 8:30am Tai Chi today No Art Class today 11am Strength &amp; Fitness 11am-3pm Open Gym 1:00pm Ramona Garcia presents <i>Nicholas and Alexandra</i> 1-4pm Duplicate Bridge 3pm Tech help by appt.</p>	<p>28 10am Feldenkrais 10am Yoga 11am Dance <b>12pm Lunch at Senior Center</b> 12:45pm Movie <i>Murder on the Orient Express</i> (new version) 1:30-3pm Walk in Gym</p>	<p>29 9:30am Tai Chi w/Bill 10am Tap Dancing 11am Strength &amp; Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30pm Movie <i>Mark Felt: Man Who Brought Down White House</i> 1:00-3:00pm A Matter of Balance, sign up required</p>	<p>30 Senior Center Closed  Good Friday</p>



# April 2018


Mon

Tue

Wed

Thu

Fri

2	3	4	5	6
9:15am Commission Mtg 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 10:30am-12:30pm Medicare Appointments 11am Pickleball 12pm Pilates 12:30pm Movie: <i>Breathe</i> 1:30-3pm Walk in Gym	8:30am Y's Men's Backgam. 9:30am Tai Chi w/Mari 10am Mark Albertson <i>Killers in the White Coats</i> 10am Art Class w/Chris 11am Strength & Fitness 12:30pm Brookdale Living presents Be Your Own Healthcare Advocate, includes pizza lunch 11am-3pm Open Gym 1-4:00pm Duplicate Bridge	10am Feldenkrais 10am Yoga 11am Dance <b>12pm Lunch Norfield</b> Hosted by Norfield Entertainment by Johnny P  <i>Weston EMS Blood Pressure</i>	9:30am Tai Chi w/Bill 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12pm Wilton Meadow's presents Brain Games and Lunch 1:00-3:00pm A Matter of Balance, sign up required 1:30-3pm Open Gym	9am Yoga 10am Canasta 11am-12pm Open Gym
9	10	11	12	13
Senior Center Closed	Senior Center Closed	Senior Center Closed	Senior Center Closed	Senior Center Closed
16	17	18	19	20
9:30am Meditation 10am Knitting No Tap Dancing Today 10am Feldenkrais 10:30am-12:30pm Medicare Appointments 11am Pickleball 12pm Pilates 12:30pm Board Game Day 1:30-3pm Walk in the Gym	8:30am Y's Men's Backgam. 9:30am Tai Chi w/Mari 10am Art Class w/Chris No Strength & Fitness 11:00am Depart Norfield for Fairfield University Art Museum exhibit. 11am-3pm Open Gym 1-4:00pm Duplicate Bridge 3:00pm Tech help by appt.	10am Feldenkrais 10am Yoga 11am Dance 11:30am-12pm "Ask the Police Chief" Chief Henion will be here to answer Q's <b>12pm Lunch Senior Center</b> 12:45pm Author Talk Stephan Grozinger presentation on his book "Faith"	8:45am Depart Norfield NYBG Orchid Show 9:30am Tai Chi w/Bill 10am Tap Dancing 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30pm Movie <i>Wonder</i> 1:30-3pm Open Gym	9am Yoga 10am Canasta 11am-12pm Open Gym
23	24	25	26	27
9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Pickleball 12pm Pilates 12:30pm Movie: <i>The Greatest Showman</i> 1:30-3pm Walk in the Gym	8:30am Y's Men's Backgammon 9:30am Tai Chi w/Mari 10am Art Class w/Chris 11am Strength & Fitness 11am-3pm Open Gym 1pm CT Money School presents <i>Consumer Protection</i> 1-4:00pm Duplicate Bridge 3:00pm Tech help by appt.	10am Feldenkrais 10am Yoga 11am Dance <b>12pm Lunch Senior Center</b> 12:45pm Visiting Nurse & Hospice present - <i>What You Need to Know Before You Go Into The Hospital, From a Patient's Point of View.</i> 1:30-3pm Walk in Gym	9:30am Tai Chi w/Bill 10am Tap Dancing 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 1pm Alzheimer's Association presents <i>Healthy Living for your Brain and Body</i> 1:30-3pm Open Gym	9am Yoga 10am Canasta 11am-12pm Open Gym  ***** Saturday, April 28th 2:00pm-4:00pm Poetry Reading at the Weston Library 
30				
9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Pickleball 12pm Pilates 12pm Bingo Sub Party 1:30-3pm Walk in the Gym				



## MEDICARE INFORMATION 2018 Medicare and You

### My meds cost more now in 2018 than last year in 2017! WHY?

Your plan may now have a deductible amount that must be paid before plan coverage begins.

Your plan may have raised the co-pay of the drug tiers.

Your plan may now have flat-rate co-payment for drug tiers.

The retail price of a drug(s) may have increased.

Your plan may have changed its formulary tier structure.

Your plan may have moved the drug(s) to a higher tier.

Your 2017 drug has been dropped from the 2018 formulary and you must pay full retail price.

You purchase your meds at a pharmacy that is non-preferred or an out-of-network pharmacy.

### Do all Medicare D plans place each med in the same drug tiers?

**NO.** Plans can have different drug tier definitions and different tier numbers. Meds are not always placed in similar tiers plan to plan,

### I did not enroll in a Medicare D plan when eligible, how will my lifetime late-enrollment premium penalty be calculated?

Medicare will calculate this fee and contact you by letter. There is a fee for every month that you have not been covered by Part D For example, if you never enrolled in Part D in 2006 and did in 2018 you would pay monthly 1% of the yearly annual base Part D premium which is \$33.13 x 144 months (from 1/2006). The penalty is \$46.51 per month. Fees will fluctuate yearly based on average Part D premium. (To avoid paying this **lifetime penalty** you need a letter stating you had creditable coverage from the VA/ employer/or other source.)

Want to discuss Medicare issues? Half hour appointments are available from 10:00 – 12:00 twice a month on the first and third Mondays of the month. **MAKE AN APPOINTMENT BY THE PREVIOUS THURSDAY AT THE WESTON SENIOR CENTER.** Dial (203) 222 - 2608. **NO WALK-INS.** Never a fee! See you at the center!

**Meta Schroeter**  
**CHOICES Counselor**

### Medicare Scam Alert

In April Medicare will begin replacing existing Medicare ID numbers with new combinations of letters and numbers. This process will be completed in 2019 when all cards will have been replaced. Your new Medicare card will be sent to you in the mail sometime over the next year. Now your Medicare number is your social security number so be alert for scammers who want to get your number for identity theft!! Scammers are calling and asking seniors to confirm their Medicare card id number over the phone before issuing a new card. And sometimes the scammers are asking for even more information -- birth date, and other sensitive information. Medicare will never call you on the phone and ask for any information. Social Security will never call you on the phone and ask for any information. **NEVER GIVE PERSONAL INFORMATION TO ANYONE WHO PHONES YOU. NEVER EVER!**

## Weston Public Library (203) 222-2665

New Yorker Roundtable	Every Tuesday at 10:45AM
Camera Club	March 7, 12PM
Book Group	March 8, 10:30AM
Library After Dark	March 15, 7PM
Book Group	March 21, 7PM
Camera Club	April 4, 12PM
Book Group	April 12, 10:30AM
Book Group	April 18, 7PM
Movie Night	April 18, 7PM
Poetry Reading	April 28 <sup>th</sup> 2:00pm

## Weston Department of Social Services (203) 222-2663

If you are applying for Elderly Tax Relief and would like assistance with the application, please call for an appointment between now and May 1st. The application has been revised and all new applications must be notarized. Please be sure to have your 2017 tax return with you to complete the application.

The Weston Social Services Department is updating their Emergency and the Reassurance Lists. If you are not capable of evacuating yourself or would need extra help during a town-wide emergency, please contact the Department for more information or to sign up.

## A Message from First Selectman Chris Spaulding

My intention is to update the citizens of Weston on a regular basis about what is happening in our local government. I don't intend this to be an exhaustive catalog, but simply a way to highlight major news items and goings on.

The new Board of Selectmen has prioritized a new set of initiatives, available on the town website ([www.westonct.gov](http://www.westonct.gov)), which include such things as operational efficiencies, community building activities, communication enhancements, and sustainable energy initiatives.

Over the past few months, we have appointed and reappointed dozens of citizens to various boards and commissions. The Selectmen have also moved forward with creating a new 7-member Marketing and Communications advisory committee that will provide help with creating a new town website featuring a crowdfunding option, creating home business portals, and enhancing communications about critical community issues.

A training workshop on the Connecticut Freedom of Information Act was recently offered at Town Hall for Board and Commission members. The goal of the workshop was to help the Weston government operate in a very transparent and open manner. The workshop was video recorded and is available online for on-demand viewing. Also, Town department heads are scheduled to participate in a sexual harassment prevention workshop in February.

In the months ahead, much of the Board of Selectmen's work will be focused on the budget.

## Weston Historical Society

The Weston Historical Society is organizing a special exhibition and related programs to remember the 1960's. If you would like to share your memories, call us at the Center (203) 222-2608 and we will add you to their list for possible interviews.

## Lecture Series

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



### Mark Albertson

**Tuesday, March 6th 10:00am, Margaret Sanger**

Birth control advocate, sex educator, nurse, writer, Margaret Sanger made the term "birth control" popular and opened the first birth control clinic in the U.S. Indeed she helped to set the foundation for Planned Parenthood.

### Arthur N. Gottlieb, LCSW,CSA

**Friday, March 9th, 10:00am, St. Patrick's Cathedral**

A mid-Manhattan landmark and seat of the archbishop of the Roman Catholic Archdiocese of New York, St. Patrick's Cathedral is located directly across the street from Rockefeller Center.

### Ramona Garcia, PhD

**Tuesday, March 27th, 1:00pm, Nicholas and Alexandra**

Nicholas and Alexandra faced family opposition to their love for each other: She from her grandmother Queen Victoria and he from his parents, Tsar Alexander III and Tsarina Marie. Their happy marriage will not be able to withstand the revolution that topples their dynasty.

### Mark Albertson

**Tuesday, April 3rd, 10:00am, Killers in the White Coats**

For Holocaust Remembrance Month, a presentation pertaining to Hitler's program of organized medical killing, known as T4 or Tiergartenstrasse 4. This was Reich's attempt to Aryanize the Race or Volk by purging some of its "useless eaters", those considered mental incompetents, incurably physically handicapped, later broadened to include those of "inferior genes."

### Arthur N. Gottlieb, LCSW,CSA

**Friday, April 20th, 10:00am, Exodus, 1947**

Formerly the packet steamer SS President Warfield, Exodus 1947 became the most famous of the ships running the British blockade of mandatory Palestine following World War II. Filled mostly with Holocaust survivors lacking legal immigration certificates, Exodus 1947 was emblematic of the struggle for fulfillment of the biblical promise of a homeland for the Jewish people.

## Sponsored Programs

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

**Thursday, March 8th and April 5th, 12:00pm**

### Brain Games and Lunch

**Sponsored by Wilton Meadows.**

Join us for an afternoon of puzzling brain games and teasers that challenge you to think. This is fun and open to everyone!

**Monday, March 19th, 1:00pm**

### Legacy: Leaving an Impact on the Next Generation

**Sponsored by FirstLight Home Care.**

Many people wrestle with finding purpose as they get older. Life is not about the younger needing the older, rather it is about how both need each other. The goal of the Legacy seminar to help older adults know that their most important job is just beginning.

**Tuesday, March 20th, 12:30pm**

### Family Feud

**Sponsored by Visiting Angels.** This fun, easy game is played with teams just like the show on TV. Games and prizes will be provided by Visiting Angels. Stay and play or just watch the fun.

**Tuesday, April 3rd, 12:30pm**

### Be Your Own Healthcare Advocate and Pizza Lunch

**Sponsored by Brookdale Senior Living.**

**Tuesday, April 24th, 1:00pm**

### Consumer Protection

**Presented by The CT Money School**

This workshop provides important information on the topics of identity theft, elder financial abuse, types of insurance to help manage risk, as well as financial preparedness.

**Thursday, April 26th, 1:00pm**

### Healthy Living for your Brain and Body

**Presented by Sharon Jordan, Southwest Regional Director, Alzheimer's Association CT Chapter.**

## Cooks Corner

### Roberta's Easy Apple Cake

**Prep Apples:** 4-5 peeled apples, sliced or diced, 2 teaspoons sugar, 2 teaspoons cinnamon, 1/2 cup orange juice.

**Cake Mix:** 4 eggs, 2 cups sugar, 1 cup oil, 3 cups flour, 3 teaspoons baking powder, 1/2 teaspoon salt, 1 Tablespoon vanilla.

Preheat oven to 350 degrees. Grease and flour a 9 x 13" pan. Beat eggs and sugar. Add oil and vanilla. Sift together flour, baking powder, salt, and add to wet mixture. Fold in apple mixture until well blended. Bake for 50-60 minutes or until stick comes out clean. Use a large tube pan.

## Ping Pong Tournament

Tuesday, March 13th, 1:00-3:00pm.  
Come for some fun and exercise and join us for ping pong!

Sign up is required!  
(203) 222-2608

## Canasta

**Fridays at 10:00am**

Our canasta group is going strong but they welcome new players!

## Information about Pickleball

Pickleball is a great racquet sport played indoors in our gym. It is a cross between tennis, ping pong, and badminton, using a paddle and whiffle ball. Stop by and watch or give it a try. It is great exercise and a lot of fun.

Mondays at 11am and Thursdays at 11:15am, or check the calendar for Open Gym slots and reserve another time.



**Weston Senior Activities Center**  
**P.O. Box 1007**  
**Weston, CT 06883**  
**203-222-2608**  
**[www.westonseniorcenter.info/](http://www.westonseniorcenter.info/)**

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**Donations to the Senior Center**

**In Loving Memory of Hope Turner**

Helen and Arne de Keijzer  
Meta Schroeter  
Vonnie and Roy Spies

**In Loving Memory of Barbara Perchak**

From Barbara's lunch table friends: Sharon and Jack Bell, June McGee, Phyllis Mischou, Meta Schroeter, Carolyn and Paul Scribner



Donations to the Center are always welcomed. While donations are most often given to honor the memory of someone dear, donations may also be made to celebrate birthdays, anniversaries or other special occasions.



To make a contribution, please make checks payable to the: Weston Senior Activities Center and mail to:

Weston Senior Center  
P.O. Box 1007, Weston, CT 06883

