



# 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

## May/June 2018

Greetings,

We have lots of great events planned for you in May and June.

Our second annual Victorian Tea is scheduled on Tuesday, May 8<sup>th</sup> at 1:00pm. Along with delicious sandwiches and sweets, there will be a special presentation by Bigelow Tea and music provided by harpist Rebecca Swett. Come alone or bring a friend!

On Sunday, May 20<sup>th</sup> at 3:00pm, WestonArts and The Friends of the Weston Senior Center will be holding a wonderful *Spring Time Swing Time* fundraising concert at Norfield Parish Hall. This event will feature an all-Weston cast, including Master of Ceremonies James Naughton and Musical Director Chris Coogan, You won't want to miss it! Tickets can be purchased online at [WestonArts.org](http://WestonArts.org) or in person at the Senior Center and Library, as well as at the door. The cost is \$30/per person, \$20 for seniors and students. See additional details on the back cover of the newsletter.

On Saturday, June 16th at 4:00pm we are excited to be having our first *Kick Off to Summer* concert and dinner hosted by the Friends of the Weston Senior Center at the Norfield Parish Hall. We are grateful to the Westport Community Band for giving our Center this special concert! See details on back cover.

We are planning a community tag sale this summer. Are you interested? You will be able to drive up, set up, and sell your items. What a great way to make a little extra money while cleaning out your closets. This tag sale will be open to everyone and will be scheduled for a Saturday in late July. If you want to reserve a spot for a small fee, please give us a call. We are still working out the details and will keep you up to date.

Please remember to give us your email so we can keep you posted on changes and cancellations, as well as new programs and trips in between newsletters.

We hope to see you soon!

Best wishes,  
Wendy, Carla, and Linda

### Donations to the Senior Center

### In Loving Memory of Hope Turner Gordon and Dorothy Hall

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



**The Crown, PBS series, 12:45pm:** Tuesdays, May 15th episodes 1-2, May 22nd episodes 3-4, May 29th episodes 5-6, June 5th episodes 7-8, June 12th episodes 9-10.

**Thursday, May 10<sup>th</sup>, Darkest Hour (PG-13),** While the German Nazi regime bombarded Britain during the Second World War and continued its attack on Europe, the British were faced after Neville Chamberlain's resignation with choosing a new Prime Minister. (Oscar Nominated)

**Monday, May 14<sup>th</sup>, Goodbye Christopher Robin (PG),** Winnie the Pooh, Christopher Robin and all of the other characters in the books and films are some of America's and the world's favorite characters. While most people know a lot about Winnie the Pooh, far fewer know much about their author and creator, A. A. Milne. His somewhat troubled and challenging past comes to light in the true to life biography.

**Thursday, May 17<sup>th</sup>, Dunkirk (PG-13),** It is World War II, and Allied forces are under attack by Germany. The setting is Dunkirk, France, and their only hope for survival is evacuation. (Oscar Nominated)

**Thursday, May 31<sup>st</sup>, The Post (PG-13),** This historical drama is based on the events surrounding the release of the Pentagon Papers, documents which detailed the history of the United States' political and military involvement in Vietnam. The story centers on Kay Graham, the first female newspaper publisher in the country (specifically of the Washington Post), as well as her tough editor, Ben Bradlee. (Oscar Nominated)

**Monday, June 11<sup>th</sup>, Same Kind of Different As Me (PG-13),** Ron Hall befriends a homeless man named Denver Moore as his wife is dying of cancer. She brings the two men together when Denver follows through on her dream of starting a ministry.

**Thursday, June 14<sup>th</sup>, Crooked House (PG-13),** Private detective Charles Hayward is tasked with having to find the man who murdered his ex-lovers grandfather. As it turns out, his former lover has some shady family secrets she's trying to keep cooped up in their crooked house.

**Monday, June 18<sup>th</sup>, The Stray (PG),** A busy Hollywood executive, Mitch, believes that a dog would be good for his young family. Before he chooses one, his 9-year-old son, Christian, brings home a stray dog that followed him from school.

**Thursday, June 21st, Wonder Wheel (PG-13),** Told through the eyes of a lifeguard on Coney Island in the 1950's, "Wonder Wheel" is a bit of a coming of age story as a young man takes his first job among the whirlwind that is a 50's amusement park.

**Thursday, June 28, All the Money in the World (R),** A billionaire's grandson is kidnapped and held for ransom. The boy's desperate mother must convince the miserly billionaire to pay up or her son dies. He refuses to part with a penny of his vast wealth.

### Decorate a Pot and Plant an Herb Garden

Monday, June 25th, 10am-12pm

Back by popular demand, join Linda for the second annual herb garden planting! Space is limited to 10 people. \$10.00 (for materials) is due at time of signing up. Please sign up by June 20th so Linda can get enough supplies.

### Ping Pong Players!

Calling all ping pong players. Come for fun and casual games of ping pong, starting Wednesday, May 2nd. Drop in any week, but we hope to get a group together!

**In the Gym Wednesday's at 1:00pm**

### Wednesday Luncheons and Presentations

All Lunches start at noon and cost \$4.00

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

Call (203) 222-2608

#### 5/2: Senior Center

12:45pm The Center for Sexual Assault Crisis Counseling and Education will be here to talk about the prevalence of sexual harassment and sexual assault, define the terms in light of the recent spotlight and address how communities can become more engaged in this topic.

#### 5/9: Norfield Church

Hosted by Norfield  
Entertainment by guitar player/singer Warren Bloom

#### 5/16: Senior Center

12:45pm CarePatrol will be with us to explain the differences between independent living, assisted living, and memory care. They will talk about assisted living and dementia living facilities in our area and a Veterans benefit called VA Aid and Attendance Benefit.

#### 5/23: Senior Center

1:00pm Art Gottlieb presents *Tappan Zee Bridge*. See description on page 7.

#### 5/30: Senior Center

Sponsored by Meadow Ridge, no charge for lunch.

12:45pm Discussion on the healing technique of Reiki.

#### 6/6: Senior Center

12:45pm AARP presents What I Need to Know About My Electric Choices and How to Evaluate Electricity Plans. Join us after lunch to hear more about this topic of electric choices.

#### 6/13: Senior Center

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

#### 6/20: Norfield Church

Hosted by Weston Women's League  
Entertainment by Chris Coogan!

#### 6/27: Senior Center

1pm Art Gottlieb presents *Love Canal*. See description on page 7.

### Introduction to Mindfulness Series

**Thursdays 1:00-2:00pm, starting May 10th—June 14th**

Week 1—Intro & Mindful Breathing

Week 2—Mindful Body

Week 3—Mindful of Emotion

Week 4—Kindness (Heartfulness)

Week 5—Communication

Week 6—Everyday Mindfulness

Have you ever wondered what everyone is talking about when they talk about Mindfulness? Join Hilary Misiano, a certified Mindful Schools Instructor on Thursdays 1:00-2:00pm beginning May 10th to find out. We'll start with an introduction to secular mindfulness then learn exercises to practice mindfulness. You will learn how the brain and body benefit from practicing mindfulness and the final class we will learn how to mindfully eat a Hershey's Kiss! Free

## Our Seniors Are Going Places

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

Monday, May 7th, 11:30am, lunch at Rio Bravo in Westport  
Depart Norfield Church parking lot at 11:30am or meet us at the restaurant (1460 Post Road) at 12:00pm. Sign up is required either way.

Thursday, May 24th, 11:30am, lunch at The Port in Westport  
Depart Norfield Church parking lot at 11:30am or meet us at the restaurant (2A Post Rd. W.) at 12:00pm.

Monday, June 4th, 10:00am, Shopping and Lunch, Christmas Tree Shop and On the Border. Depart Norfield at 10:00am.

Tuesday, June 12th, 10:00am, Cruise the Hudson aboard the River Rose. Depart Norfield at 10:00am. We will be taking our excursion bus to have lunch at Billy Joe's Ribworks before the cruise. The cruise is 2 hours long (2pm-4pm) and we should return to Norfield Church around 6pm. \$20.00 for the cruise is due when signing up. Bring money for lunch at the restaurant. Space is limited to 18 people.

Thursday, June 21st, 9:45am, White Flower Farm.  
Depart Norfield at 9:45am. Lunch at The Corner Restaurant and Pub. Bring money for lunch. Space is limited to 18 people.

### NEW Jewelry Making Class!

With Therese Zuch, Fridays May 4th, 18th, June 8th and 22nd  
10:00am-12:00pm.

Join Therese for our new jewelry making class. Learn some new techniques while you create! \$4.00 per class, sign up required!

### New Art Class

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

With Judith Lambertson, Fridays May 11, 25, June 15, 29 at  
10:00am-12:00pm, \$20.00 for series of 4 classes, plus supplies

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.

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

### The Basics and Beyond Art Class

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

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.

**A new series begins each month. May 1, 8, 15, 22, 29 and June 5, 12, and 19. Call us for more details!**

## Exercise and Wellness

*Try any class, first time for free!*

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

Mondays 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!

# May 2018

Mon

Tue

Wed

Thu

Fri

	1	2	3	4
<p><b>Artist Exhibit</b> <b>Janice Pavlides</b> <i>May through June</i></p>	<p>8:30am Y's Men's backgam. 9:30am Tai Chi w/Mari 10am Art Class w/Chris 11am Strength &amp; Fitness 12:00pm Pizza Lunch, sign up required 12:30pm Senator Hwang/Rep. Dunsby presentation 1-4pm Duplicate Bridge 11am-3pm Open Gym</p>	<p>10am Feldenkrais 10am Yoga 11am Dance <b>12pm Lunch at Senior Center</b> 12:45pm The Center For Sexual Assault Counseling and Education 1:00pm Ping Pong 1:30-3pm Walk in Gym</p>	<p>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</p>	<p>9am Yoga 10am Canasta 10am Mark Albertson <i>The Turtle</i> 10am-12pm Jewelry Making Class 11am-12pm Open Gym</p>
<p>7</p> <p>9:15am Commission Mtg No meditation today 10am Knitting 10am Tap Dancing 10am Feldenkrais 10:30am-12:30pm Medicare Appointments 11am Pickleball 11:30am Depart Norfield for Rio Bravo 12pm Pilates 1:30-3pm Walk in Gym</p>	<p>8</p> <p>8:30am Y's Men's Backgammon 9:30am Tai Chi w/Mari 10am Art Class w/Chris 11am Strength &amp; Fitness 1pm Victorian Tea At Norfield 1-4pm Duplicate Bridge 11am-3pm Open Gym</p> 	<p>9</p> <p>10am Feldenkrais 10am Yoga 11am Dance <b>12pm Lunch at Norfield, hosted by Norfield</b> Spring Luncheon <i>Entertainment by Warren Bloom</i></p>	<p>10</p> <p>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>Darkest Hour</i> -Oscar nom. 1:00pm Mindfulness Series</p>	<p>11</p> <p>9am Yoga 10am Canasta 10am-12pm Art Class Painting Class-Mixing Colors 11am-12pm Open Gym</p>
<p>14</p> <p>9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Pickleball 11:45am Depart for Craft14 12pm Pilates 12:30pm Movie <i>Goodbye Christopher Robin</i> 1:30-3pm Walk in Gym</p>	<p>15</p> <p>8:30am Y's Men's Backgammon 9:30am Tai Chi w/Mari 10am Art Class w/Chris 11am Strength &amp; Fitness 12:45pm The Crown, 1-2 1-4pm Duplicate Bridge</p>	<p>16</p> <p>10am Feldenkrais 10am Yoga 11am Dance <b>12pm Lunch at Senior Center</b> <b>12:45pm CarePatrol</b> See page 2 for details. 1:00pm Ping Pong 1:30-3pm Walk in Gym</p> <p><i>Weston EMS Blood Pressure</i></p>	<p>17</p> <p>9:30am Tai Chi w/Bill 10am Tap Dancing 11am Strength &amp; Fitness No Massage appt today 11:15am Pickleball 12:30 Pilates 12:30pm Movie <i>Dunkirk</i> (Oscar Nominee) 1:00pm Mindfulness Series 1:30-3pm Open Gym</p>	<p>18</p> <p>9am Yoga 10am Canasta 10am-12pm Jewelry Making Class 11am-12pm Open Gym</p> <p>~~~~~ <b>Sunday, May 20th</b> Spring Time Swing Time Concert at Norfield See page 7 for details.</p>
<p>21</p> <p>9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 10:30am-12:00pm Medicare Appointments 11am Pickleball 12pm Pilates 1:00pm Flower Arranging Class 1:30-3pm Walk in the Gum</p>	<p>22</p> <p>8:30am Y's Men's Backgammon 9:30am Tai Chi w/Mari 10am Art Class w/Chris 11am Strength &amp; Fitness 12:45pm The Crown, 3-4 11am-3pm Open Gym 1-4pm Duplicate Bridge</p>	<p>23</p> <p>10am Feldenkrais 10am Yoga 11am Dance <b>12pm Lunch at Senior Center</b> 1pm Art Gottlieb presents <i>Tappan Zee Bridge</i></p> <p>1:00pm Ping Pong 1:30-3pm Walk in Gym</p>	<p>24</p> <p>9:30am Tai Chi w/Bill 10am Tap Dancing 11am Strength &amp; Fitness 11am-2:30pm Massage 11:15am Pickleball 11:30am Depart Norfield for The Port lunch outing 12:30pm Pilates 1:00pm Mindfulness Series 1:30-3pm Open Gym</p>	<p>25</p> <p>9am Yoga 10am Canasta 10am-12pm Art Class Painting Class -Mixing Colors 11am-12pm Open Gym</p>
<p>28</p> <p>Senior Center Closed</p> <p>Happy Memorial Day</p>	<p>29</p> <p>8:30am Y's Men's Backgammon 9:30am Tai Chi w/Mari 10am Art Class w/Chris 11am Strength &amp; Fitness 11am-3pm Open Gym 12:45pm The Crown, 5-6 1-4pm Duplicate Bridge</p>	<p>30</p> <p>10am Feldenkrais 10am Yoga 11am Dance <b>12pm Lunch at Senior Center</b> Sponsored by Meadow Ridge 12:45pm Meadow Ridge will give a discussion about Reiki. 1:00pm Ping Pong</p>	<p>31</p> <p>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>The Post</i> (Oscar Nominee) 1:00pm Mindfulness Series 1:30pm Walk in the Gym</p>	

# June 2018

Mon	Tue	Wed	Thu	Fri
				1 9am Yoga 10am Canasta 10am Mark Albertson <i>The Business Plot or American Putsch</i> 11am-12pm Open Gym
4 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 10am Shopping/Lunch Christmas Tree/On Border 10:30am-12:30pm Medicare Appointments 11am Pickleball 12pm Pilates 1:30-3pm Walk in the Gym	5 8:30am Y's Men's Backgam. 9:30am Tai Chi w/Mari 10am Art Class w/Chris 11am Strength & Fitness 11am-3pm Open Gym 12:45pm The Crown 7-8 1-4:00pm Duplicate Bridge	6 10am Feldenkrais 10am Yoga 11am Dance <b>12pm Lunch Senior Center</b> 12:45pm AARP presents What I Need to Know About My Electric Choices/How to Evaluate 1:00pm Ping Pong 1:30-3pm Walk in Gym	7 9:30am Tai Chi w/Bill 10am Tap Dancing 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:00pm Wilton Meadows Brain Games/Lunch 12:30pm Pilates 1:00pm Mindfulness 2pm Historical Society 1:30-3pm Open Gym	8 9am Yoga 10am Canasta 10am-12pm Jewelry Making Class 11am-12pm Open Gym
11 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Pickleball 12pm Pilates 12:30pm Movie <i>Same Kind of Different</i> 1:30-3pm Walk in the Gym	12 8:30am Y's Men's Backgam. 9:30am Tai Chi w/Mari 10am Art Class w/Chris 10am Cruise on the Hudson River Rose trip 11am Strength & Fitness 11am-3pm Open Gym 12:45pm The Crown 9-10 1-4:00pm Duplicate Bridge	13 10am Feldenkrais 10am Yoga 11am Dance <b>12pm Lunch Senior Center</b> 12:45pm Amsterdam & Paris Slide Show With Suzanne Sheridan and Rozanne Gates 1:00pm Ping Pong <i>Weston EMS Blood Pressure</i>	14 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>Crooked House</i> 1:00pm Mindfulness Series 1:30-3pm Open Gym	15 9am Yoga 10am Canasta 10am-12pm Art Class Painting Class-Mixing Colors 11am-12pm Open Gym ~~~~~ <b>Saturday, June 16th 4pm</b> Kick Off to Summer event at Norfield. See back cover for details.
18 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 10:30am-12:30pm Medicare Appointments 11am Pickleball 12pm Pilates 12:30pm Movie: <i>The Stray</i> 1:30-3pm Walk in the Gym	19 8:30am Y's Men's Backgam-mon 9:30am Tai Chi w/Mari 10am Art Class w/Chris 11am Strength & Fitness 1pm Essential Elder Law See page 7 for details 11am-3pm Open Gym 1-4:00pm Duplicate Bridge	20 10am Feldenkrais 10am Yoga 11am Dance <b>12pm Lunch Norfield Church Hosted by Women's League</b> Entertainment by Chris Coogan!  1:30-3pm Walk in Gym	21 9:30am Tai Chi w/Bill 9:45am Depart for White Flower Farm 10am Tap Dancing 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30pm Movie <i>Wonder Wheel</i> 1:30-3pm Open Gym	22 9am Yoga 10am Canasta 10am-12pm Jewelry Making Class 11am-12pm Open Gym 
25 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 10am-12pm Decorate and Plant an Herb Garden 11am Pickleball 12pm Pilates 1:30-3pm Walk in the Gym	26 8:30am Y's Men's Backgam-mon 9:30am Tai Chi w/Mari 10am Art Class w/Chris 11am Strength & Fitness 11am-3pm Open Gym 1-4:00pm Duplicate Bridge	27 10am Feldenkrais 10am Yoga 11am Dance <b>12pm Lunch Senior Center</b> 1:00pm Art Gottlieb <i>Love Canal</i>  1:00pm Ping Pong 1:30-3pm Walk in Gym	28 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>All the Money in World</i> 1:30-3pm Open Gym	29 9am Yoga 10am Canasta 10am-12pm Art Class Painting Class-Mixing Colors 11am-12pm Open Gym

### Medicare Scam Alert

SWCAA administers the Senior Medicare Patrol (SMP) Program. The SMP program is responsible for helping seniors prevent, detect and report Medicare fraud and inform seniors and their caregivers of scams in their area.

Starting April 1<sup>st</sup> and through March, 2019, Medicare beneficiaries will be issued new Medicare cards. Scammers are now targeting Medicare beneficiaries by calling and stating that they are from the Social Security Administration, Medicare or the Center for Medicare & Medicaid Services (CMS). The scammer may state that he or she is calling to inform you that you will be receiving a new Medicare card and wants to confirm your current Medicare number and effective dates. If you get a call like this **DO NOT** give any of your personal information over the phone. **HANG UP** and call your SMP at 1-800-994-9422. The office of the Inspector General wants to know what areas are receiving these types of phone calls.

If a beneficiaries' address has changed it's up to the beneficiary to update their address with Social Security online or by phone at 1-800-772-1213, TTY users can call 1-800-325-0778. Your new Medicare card will be mailed to the last address that the Social Security Administration has on file.

Below is what the mailing will look like:



Want to Discuss Medicare Issues? Half hour appointments are available between 10:30am-12:30pm twice a month on the first and third Mondays. Call the senior center to make your appointment with Meta Schroeter (203) 222-2608.

### Weston Public Library (203) 222-2665

Camera Club	12:00pm	May 2
Movie Night: The Post (PG-13)	7:00pm	May 9
Book Group: Middlesex	10:30am	May 10
Art Show Reception: Bobbie Mullen	12:00pm	May 13
Tech Tips: Device Advice	10:00am	May 15
Book Group: Last Painting of Sara De Vos	7:00pm	May 16
Royal Wedding Screening	10:00am	May 17
Library After Dark: Terrariums	7:00pm	May 24
SCORE	6:00pm	May 29
Camera Club	12:00pm	June 6
Movie Night: TBA	7:00pm	June 13
Book Group: TBA	10:30am	June 14
Book Group: TBA	7:00pm	June 20

### Weston Parks and Recreation (203) 222-2655

Join us for our second annual Outdoor Summer Movie! On June 23rd at dusk (rain date is June 24th), come to the field between the middle school and high school for a fun, outdoor movie on a big screen. There will be food trucks available to purchase food. The movie and popcorn are free! This event is being co-sponsored by Weston Parks and Recreation, Weston Senior Center, Weston Youth Services and Weston PTO. Bring your friends, your kids, or grandkids and enjoy a movie under the stars.

### Thank you Weston Beautification Committee

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

### Aspetuck Land Trust

We are working with Aspetuck for some guided hikes this summer. Are you interested in coming along? Give the Senior Center a call to get more details and to sign up.

Later this summer, stay tuned for a "Hawk Walk". More details are coming.

### Weston Historical Society (203) 226-1804

#### Life in the Sixties Exhibit Opens at Weston Historical Society

The Weston Historical Society presents *Life in the Sixties* is an exciting exhibition that captures the unrest, the creativity, and rapid change of the time, featuring a special, rare display of Sixties Fashion from the Tommy Hilfiger Design Archive, and stunning black and white photographs taken on the road by Rock and Roll photographer, Michael Friedman. Much of the memorabilia, artifacts and images have been loaned by Weston residents. The exhibit will be open Thursdays and Sundays from 2pm – 4pm at 104 Weston Road in Weston, CT.

**The Senior Center is coming as a group on Wednesday, June 7<sup>th</sup> at 2pm. The event closed October 28th.**

## Lecture Series

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



### Mark Albertson

Friday, May 4th, 10am, *The Turtle*

This is an interesting episode in Colonial Connecticut History. The Turtle is a one man submarine which on September 6, 1776 launched an attack on the British Navy in New York Harbor. There is a model of the Turtle in the Maritime Museum in Essex.

### Arthur N. Gottlieb, LCSW, CSA

Wednesday, May 23rd, 1:00pm, *Tappan Zee Bridge*

Opening to traffic on December 15, 1955, the Tappan Zee is a span crossing the Hudson River between South Nyack in Rockland County NY and Tarrytown in Westchester County NY. A prime example of the deficiencies of America's aging infrastructure. A new Tappan Zee replacement bridge with 2 parallel spans has been completed.

### Mark Albertson

Friday, June 1st, 10:00am, *The Business Plot or American Putsch*

This is a fascinating story of the 1933 plot against President Franklin D. Roosevelt. This talk is based off the 1934 McCormack-Dickstein Committee hearings. The plot involves the Pitcairns, DuPonts, Gerald McQuire of the American Legion and two-time Medal of Honor recipient Smedley Darlington Butler.

### Arthur N. Gottlieb, LCSW, CSA

Wednesday, June 27th, 1:00pm, *Love Canal*

A name now synonymous with toxic commercial pollution, this environmental disaster gained national and world-wide attention in the mid 1970's after it was necessary to relocate the residents of an entire residential district called Love Canal, an area built directly upon a site containing 22,000 tons of toxic waste previously buried by the Hooker Chemical Company from 1947-1954.

## Update From the State

### Senator Hwang and Representative Dunsby

Tuesday, May 1st, 12:30pm at the Senior Center

Join us early, at noon, for a light lunch, followed by this update from our representatives with time for Q & A. **Sign up is required for this event.**

## Sponsored Programs

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

Thursday, May 3rd and June 7th, 12:00pm at Senior Center

### 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! A special thank you to Danielle and Wilton Meadows for their continued support of our senior center.

Monday, May 21st, 1:00pm at Senior Center

### Flower Arranging Class

Sponsored by Ridge Crest/Meadow Ridge.

Join us for a free flower arranging class.

Tuesday, June 19th, 1:00pm at the Senior Center

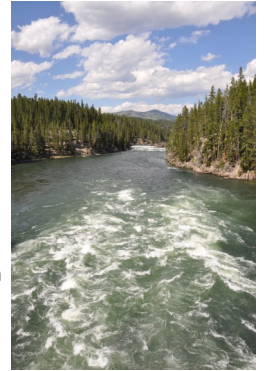
### Essential Elder Law, Attorney Denise Mortati

Topics will include Power of Attorney, Conservatorship and Advanced Directives. She specializes in estate planning, including drafting and execution of wills, trusts, and advanced healthcare directives.

## May/June Photography Exhibit

### Janice Pavlides

Janice Pavlides is a photographer, designer, and the founder of Angel Eyes Studio. Janice was a Weston resident for 24 years. Since a young age she has had a love of nature, exploration, and photography. Angel Eyes Studio was launched in 2007 and since then her work has been featured in The Williamsburg Contemporary Arts Center in Williamsburg, Virginia, at Well Spring in Greensboro, North Carolina, at the Milford Art Council in Milford, Connecticut, at Stratford Library and Open Door Tea in Stratford, Connecticut to name a few. Janice has loved working with her team to create custom photography products that capture the hearts and visions of her clients.



Above all else, Janice's artistry centers around photography that is bursting with color and clarity. Stop by the Senior Center to see this show!



## Victorian Tea

Tuesday, May 8th at 1:00pm  
Norfield Church Parish Hall



Bigelow Tea will give us a special presentation on the *History and Benefits of Tea*

Join us for an elegant afternoon, enjoying beautiful music from Harpist Rebecca Swett while sampling delicious tea sandwiches and pastries. This event is \$10.00, payable at time of signing up. Space is limited to 35 people, so sign up quick! (203) 222-2608. You must bring your own teacup and saucer (if you need one, we can help you, just let us know ahead of time). There will be a door prize along with other raffle items. If you have a festive hat, wear it today!

*A special thank you to our organizers Evelyn Amen, Betty Green, and Roberta Morelli and to our sponsors Bigelow Tea, Synergy Homecare, Compo Farms Flowers, Caraluzzi's Market.*

Weston Senior Activities Center  
P.O. Box 1007  
Weston, CT 06883  
203-222-2608  
www.westonseniorcenter.info

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WestonArts and The Friends  
of the Weston Sr Center

present

# Spring Time Swing Time

**Sunday, May 20 at 3pm**  
**Norfield Church Parish Hall**

Tickets online at WestonArts.org,  
at Senior Center and Library, also at the door  
\$30/pp, \$20 for seniors and students

A concert featuring all Westonites  
**James Naughton**  
as Master of Ceremonies and  
**Chris Coogan** as Musical Director

Singers include:

Paul Bogaev, Rebecca Borowik, Chris Coogan,  
Kristen Hahn, Emilie Roberts Hannon, Greg Naughton,  
James Naughton, Samantha Rehr, Barbara Schottenfeld,  
Janna Sturgis and Nancy Sturgis

**The Friends of the Weston Senior Center**  
Present

## ***Kick Off to Summer Concert and Dinner***

Saturday, June 16th at 4:00pm  
Norfield Church Parish Hall

Special entertainment by  
**The Westport Community Band**

**Followed by a buffet dinner, Ice Cream Sundae Bar**



Join us this afternoon to kick off our Summer! We are grateful to the Westport Community Band for this special musical event. Dinner will be provided by the Friends of the Weston Senior Center following the concert. New to our Senior Center? Join us, we hope to meet you!

This event is free  
**Sign up is required by Thursday, June 14.**