



# WESTON SENIOR ACTIVITIES CENTER

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

Monday-Friday - 9:00 am to 3:00 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

### Dial-a-Ride

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

### Dept. of Social Services

203-222-2663

### Weston Town Hall

[www.westonct.gov](http://www.westonct.gov)  
203-222-2656

### Commission on Aging

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

### Friends of WSAC



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

## November/December

Greetings,

As we move into the holiday season, we want to take a moment to thank you for supporting our Senior Center. The past few months have been especially busy and in addition to seeing many long-time friends we have enjoyed welcoming many new ones!

We also want to thank all those who supported the Center by attending our Weston Community Flea in September. Whether you came to sell your own items or to browse and potentially buy a treasure from one of our many vendors, we appreciated your participation. This was our first effort and we are already planning ways to make next year's event even better.

In the meantime, our annual Re-Gifting Holiday Sale is set for December 5th through 7th. If you have new or unused gift items that you don't want, we would appreciate your donations. This three-day sale is a very easy, fun way to shop for friends and family and get ready for the holidays. Free gift-wrapping is available.

Our art program has continued to grow and we are grateful for the talented artists who teach our classes as well as for the artists who exhibit their work in our halls every month. During November and December two more fine artists will exhibit their work and we hope you will be able to come to their receptions (details inside)...or will stop by anytime to see the show.

As the holidays approach we are very mindful of the many things we have to be grateful for. We wish you all happy holidays and a new year filled with the best of health, kindness and good cheer.

As always, we hope to see you at The Hub!

Wendy, Carla, Linda and Angela

### Weather Related Closings and Delays

We follow the Weston Public School closings delayed opening schedule. We will post weather related updates on:  
our website, [www.westonseniorcenter.info](http://www.westonseniorcenter.info), our phones (203) 222-2608, our email (if you are on our list) and Channel 12 News.

### Holiday Closings:

November 12th Veterans Day  
November 21st-November 23rd  
Thanksgiving Break  
December 24th-January 1st  
Holiday 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.*



**Movies Start at 12:30pm**

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



**11/8: RBG (Ruth Bader Ginsburg)**

At the age of 84, U.S. Supreme Court Justice Ruth Bader Ginsburg has developed a breathtaking legal legacy while becoming an unexpected pop culture icon.

**11/15: Won't You Be My Neighbor?**

From Academy Award-winning filmmaker Morgan Neville (20 Feet from Stardom), *Won't You Be My Neighbor?* takes an intimate look at America's favorite neighbor: Mister Fred Rogers.

**11/29 The Catcher Was A Spy**

In this fact-based World War II thriller, Boston Red Sox catcher Moe Berg follows a mediocre baseball career with a heroic stint in military intelligence when he's tasked with stopping the Nazis' efforts to build an atomic bomb.

**12/13: Woman Walks Ahead**

Based on true events, *WOMAN WALKS AHEAD* tells the story of Catherine Weldon (Jessica Chastain), a widowed artist from New York who, in the 1880s, traveled alone to North Dakota to paint a portrait of Chief Sitting Bull (Michael Greyeyes).

**12/20: The Man Who Invented Christmas**

*The Man Who Invented Christmas* tells of the magical journey that led to the creation of Ebenezer Scrooge (Christopher Plummer), Tiny Tim and other classic characters from *A Christmas Carol*.

**Wednesday Luncheons**

All Luncheons start at noon, but sign-up is required the day before by 2pm  
Call (203) 222-2608

November 7th: Lunch at the Senior Center... The Hub  
1:00pm Art Gottlieb presents: John F. Kennedy/Cuban Missile Crisis

November 14th: Thanksgiving Lunch at Norfield Church, Hosted by Emmanuel Church, Entertainment with Chris Coogan



November 21st: We are closed, but you can pick up your pies between 10am-11am, see details below.

November 28th: No Lunch, Trip to Radio City. We will be open, come for exercise, bring a lunch.

December 5th: Lunch at the Senior Center... The Hub  
12:45pm Caregiving Through the Holidays, presented by Bridges of Epoch.

December 12th: Lunch at the Senior Center... The Hub  
1:00pm Art Gottlieb presents: New York World's Fair 1964-1965.

December 19th: Holiday Lunch at Norfield Church  
Hosted by Norfield Church, Entertainment with the Hoot Owls and Chris Coogan

December 26th: We are closed.

**Learn and Play Mah Jong  
w/Diana Gelbwaks**

Thursdays, November 1, 8, 15, 29  
December 6, 13, 20, 10:30am-12pm

\$34.00 includes 7 lessons and your own Mah Jong Card. Sign up is required.

**Holiday Centerpieces  
With Linda**

November 16th and  
December 17th, 11am

Fresh floral holiday centerpieces.  
For 12/17 class, bring greens and clippers. \$10 due at time of signing up.

**Thanksgiving Pies!!**

Do you want an apple or pumpkin pie for Thanksgiving? Your choice. Ridge Crest by Meadow Ridge is baking us pies again. They are asking for canned goods (3 per pie) in return. The canned goods will be donated to a local food pantry.

Bring your cans and sign up for your pie by Nov. 12th at the Senior Center. You can pick up the pie on Wednesday, November 21st between 10am-11am at the Weston Senior Center or at Ridge Crest 11/19-21 (please let us know where you will pick up).

**Our Seniors Are Going Places**

Thursday, November 1st, Shopping Trip to Kent, lunch at Fife and Drum  
Depart Norfield Church at 9:15am.



Thursday, November 15th, Lyman Allyn Art Museum  
\$9.00 due at sign up.

Depart Norfield Church at 9:50am for a 10:30am tour. There will be a 60 minute guided tour of two exhibits: Louis Comfort Tiffany in New London and American Visionary: John F. Kennedy's Life & Times. Bring your own lunch and a drink. A room will be provided for us but nothing is available for purchase.

Wednesday, November 28th, Radio City Rockettes, Christmas Specular (This trip is full, you can still sign up to be on our waitlist.)  
Depart Norfield at 10:30am.



Monday, December 10th, Ornament Exchange at the Redding Roadhouse  
Depart Norfield at 11:30am. Bring an ornament and money for lunch.

Thursday, December 13th, Brookfield Craft Center, Bridgewater Chocolates, and Lunch at Ramen House. Depart Norfield at 10:30am.

**Sponsored Programs**

All sponsored programs are free, but sign-up is required.

November 1st and December 6th, 12:00pm: Wilton Meadows presents *Brain Games and Lunch*.

November 5th, 11am: Legacy Project USA will be interviewing Woody Bliss. Join us as we continue to get to know each other better and hear Woody share his story.

November 9th, 11:00am: AAA Northeast presents *Winter Driving, How to Go in the Ice and Snow*.

December 5th, 12:45pm: Bridges of Epoch presents *Caregiving Through the Holidays*. Practical stress-reducing tips and other caregiving strategies to use when planning your holiday celebrations, traditions and travels.

December 21st, 12:00pm: Cambridge Health & Rehabilitation Centers' Danielle Ramos presents *Bingo and Lunch*.

**Lectures with Art Gottlieb**

Wednesday, November 7th, 1:00pm

**John F. Kennedy and the Cuban Missile Crisis.** During 12 tension filled days in October of 1962, Soviet Premier Nikita Khrushchev and US President JFK faced off in the ultimate Cold War showdown, ninety miles off of the coast of Key West, Florida.

Wednesday, December 12th, 1:00pm

**New York World's Fair 1964-1965.** Dominated by the 12 story high stainless steel "Unisphere", the 1964 World's Fair's theme was "Peace Through Understanding".

**Lectures with Mark Albertson**

Tuesday, November 13th, 10:00am

**Armistice Day.** This year marks the centennial of the day the shooting stopped on the Western Front, November 11th, 1918. The political aspects surrounding the day are significant.

Friday, December 14th, 10:00am

**Mid-Term Elections.** This presentation will be an attempt to dissect the elections at the halfway point of the tenure of the current administration. How many seats in Congress changed hands and in whose favor. Governorships up for grabs; and what it all means on the way up to the 2020 presidential election.

**Lunch and Learn Wellness****With Drs. Christian and Diana Miner**

12pm Light Lunch, 12:30pm Lecture with Q & A

**This series is free, but sign up is required.**



**11/2:** Finally, decisional capacity is the ability to consent regarding medical and financial matters or, refuse care. The main determinant of capacity is cognition, and any condition or treatment that affects cognition may potentially impair decision-making capacity.

Dr. Diana E. Miner is a Clinical Neuropsychologist trained at New York University, the Stanford University Consortium and Yale University. Her services include neuropsychological assessments for neuropsychiatric disorders, decisional capacity evaluations, psychotherapy and educational assessments for children and young adults. Dr. Christian R. Miner was educated at Columbia University and New York University where he taught for many years. He provides individual psychotherapy and consultations in the field of geriatrics.

**Comparative Religion Series with Thomas Burke**

Thomas Burke is Norfield Church's Associate Minister of Children, Youth and Families

Mondays, 1:00pm-2:00pm, November 5, 19, 26, December 3

Since the beginning of time, individuals and groups have attempted to make sense of the world around them. The study of religion is crucial in the world we live in today. Navigating conversations and relationships with people from other religious faith traditions can be complex. By taking time to ask questions like where do we go when we die or why are we here and listening to the answers of other cultures, we get a better sense of our own identity.

Learning objectives: students will have a basic understanding of the study of religion, and a knowledge set of the major world religions. This is a four part series, sign up is required.

Class 1: Introduction to study of religion

Class 2: Introduction to Abrahamic tradition

Class 3: Overview of Christianity, Islam, and Judaism

Class 4: Introduction to Eastern traditions, Hinduism and Buddhism

**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 (free, drop in okay)**

Mondays 9:30am-10:00am

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

Mondays (Eileen) and Wednesdays (Cathy) 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)**

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 with Sandy (must pay for series in full)**

Wednesdays at 11:00am

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!

**Looking for Chess Players**

**Beginner to Intermediate. Call us for details!**



# November 2018

Mon

Tue

Wed

Thu

Fri

<p>Artist Exhibit</p> <p>Chris Goldbach</p> <p>November 5th – 30th</p> <p>Reception November 9th 12:30pm-3:00pm</p>			<p>1</p> <p>9:15am Kent Trip 9:30am Tai Chi w/Bill 10am Watercolor Wendy 10:30am Mah Jong 11am Strength &amp; Fitness 11am-2:30pm Massage 11:15am Pickleball 12pm Brain Games and Lunch 12:30pm Pilates</p>	<p>2</p> <p>9am Yoga 9:30am Bridge Group 9:30am-12pm Open Art 10am Canasta 11am-3pm Open Gym 12pm Lunch and Learn with Drs. Miner <i>Decisional Capacity and Ability to Consent</i></p>
<p>5</p> <p>9:15am Commission Mtg. 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 10am Mixing Colors Art 10:30am Medicare Appt. 11am Legacy Project 11am Pickleball 12pm Pilates 1pm Comparative Religion</p>	<p>6</p> <p>8:30am Backgammon 9:30am Tai Chi w/Mari 10am Art Class w/Chris 11am Strength &amp; Fitness 11am-3pm Open Gym 1pm Forest Bathing 1pm Rummikub 1-4pm Duplicate Bridge 3pm-4pm Technology</p> <p><b>Vote Today</b></p> 	<p>7</p> <p>10am Feldenkrais 10am Yoga 11am Dance <b>12pm Lunch at the Senior Center</b> 1pm Art Gottlieb presents <i>John F. Kennedy and the Cuban Missile Crisis</i></p>	<p>8</p> <p>9:30am Tai Chi w/Bill 10am Art Class w/Karen 10:30pm Mah Jong 11am Strength &amp; Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30 pm Movie: <i>RBG Ruth Bader Ginsburg</i></p>	<p>9</p> <p>9am Yoga 9:30am-12pm Open Art 10am Canasta 11am-12pm AAA Northeast presents: <i>Winter Driving</i> 12:30pm Art Opening Reception and Lunch Chris Goldbach</p>
<p>12</p> <p>Senior Center Closed</p> <p>Veteran's Day</p>	<p>13</p> <p>8:30am Backgammon 9:30am Tai Chi w/Mari 10am Art Class w/Chris 10am Mark Albertson <i>Armistice Day</i> 11am Strength &amp; Fitness 12:30pm Gelli Plate Workshop 1pm Rummikub 1-4pm Duplicate Bridge 3pm-4pm Technology</p>	<p>14</p> <p>10am Feldenkrais 10am Yoga 11am Dance <b>12pm Thanksgiving Lunch at Norfield</b> <b>Hosted by Emmanuel Church</b> Thanksgiving Luncheon Entertainment by Chris Coogan</p>	<p>15</p> <p>9:30am Tai Chi w/Bill 9:50am Lyman Allyn Art 10am Watercolor Wendy 10am Art Class w/Karen 10:30am Mah Jong 11am Strength &amp; Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30pm Movie: <i>Won't You Be My Neighbor</i></p>	<p>16</p> <p>9am Yoga 9:30am Bridge Group 9:30am-12pm Open Art 10am Canasta 11am Book Club – this month at the Weston Historical Society 11am Pumpkin Center-piece, sign up required. 11am-3pm Open Gym</p>
<p>19</p> <p>9:30am Meditation 10am Knitting 10am Mixing Colors Art 10am Baking w/Preschool No Tap Dancing Today No Feldenkrais Today 10:30am Medicare Appt. 11am Pickleball 12pm Pilates 1pm Comparative Religion</p>	<p>20</p> <p>8:30am Y's Men's Backgammon 9am-12pm Mastering the Masters with Chris: <i>Paul Klee</i> 9:30am Tai Chi w/Mari No Strength &amp; Fitness 11am-3pm Open Gym 1pm Rummikub 1-4pm Duplicate Bridge</p>	<p>21</p> <p>Senior Center Closed</p> <p><i>10am-11am Pick Up Pies from Senior Center if you signed up.</i></p>	<p>22</p> <p>Senior Center Closed</p> <p>Happy Thanksgiving</p> 	<p>23</p> <p>Senior Center Closed</p>
<p>26</p> <p>9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 10am Mixing Colors Art 10:30am Medicare Appt. 11am Pickleball 12pm Pilates 1pm Comparative Religion</p>	<p>27</p> <p>8:30am Y's Men's Backgammon No Tai Chi today 10am Art Class w/Chris 11am Strength &amp; Fitness 12:30pm Gelli Plate Wksp 11am-3pm Open Gym 1-4pm Duplicate Bridge 3pm-4pm Technology Appointments with Jack T.</p>	<p>28</p> <p>10am Feldenkrais 10am Yoga 11am Dance <b>No Lunch Today</b></p> <p><i>Radio City Trip Depart Norfield at 10:30am</i></p>	<p>29</p> <p>9:30am Tai Chi w/Bill 10am Art Class w/Karen 10:30am Mah Jong 11am Strength &amp; Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30pm Movie: <i>The Catcher was a Spy</i> 1:30-3pm Open Gym</p>	<p>30</p> <p>9am Yoga 9:30am Bridge Group 9:30am-12pm Open Art 10am Canasta 11am-3pm Open Gym</p>



# December 2018

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

3	4	5	6	7
<p>9:15am Commission Mtg 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Mixing Colors Art No Feldenkrais Today 10:30am Medicare Appt. 11am Pickleball 12pm Pilates 1pm Comparative Religion</p>	<p>8:30am Y's Men's Backgam. 9:30am Tai Chi w/Mari 10am Art Class w/Chris 11am Strength &amp; Fitness 11am-3pm Open Gym 1-4:00pm Duplicate Bridge 1pm Rummikub 3pm-4pm Technology Appointments with Jack T. <i>Looking for volunteers for gift sale set up today!</i></p>	<p>10am Feldenkrais 10am Yoga 11am Dance <b>12pm Lunch at the Senior Center</b> 12:45pm Caregiving Through the Holidays Presented by Bridges of Epoch  Gift Sale Today</p>	<p>9:30am Tai Chi w/Bill 10am Art Class w/Karen 10:30am Mah Jong 11am Strength &amp; Fitness 11am-2:30pm Massage 11:15am Pickleball 12pm Brain Games and Lunch, sponsored by Wilton Meadows 12:30pm Pilates Gift Sale Today</p>	<p>9am Yoga 9:30am-12pm Open Art 10am Canasta 11am-3pm Open Gym 1pm Visiting Angels The Price is Right  Gift Sale Today</p>
<p>9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 12pm Ornament Exchange Redding Roadhouse (depart Norfield 11:30am) 11am Pickleball 12pm Pilates Walk in Gym</p>	<p>8:30am Y's Men's Backgam. 9:30am Tai Chi w/Mari 10am Art Class w/Chris 11am Strength &amp; Fitness 11am-3pm Open Gym 1-4:00pm Duplicate Bridge 1pm Rummikub 3pm-4pm Technology Appointments with Jack T.</p>	<p>10am Feldenkrais 10am Yoga 11am Dance <b>12pm Lunch at the Senior Center</b> 1:00pm Art Gottlieb presents <i>New York World's Fair 1964-1965</i></p>	<p>9:30am Tai Chi w/Bill 10am Art Class w/Karen 10:30am Brookfield Craft Center Trip 10:30am Mah Jong 11am Strength &amp; Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30 Movie: <i>Woman Walks Ahead</i></p>	<p>9am Yoga 9:30am Bridge Group 9:30am-12pm Open Art 10am Canasta 10am Mark Albertson <i>Mid-Term Elections</i> 1:00pm Holiday Party sponsored by the Friends. Entertainment Harpist Rebecca S 11am-3pm Open Gym</p>
<p>9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 10:30am Medicare Appt. (Open Enrollment Closed) 11am Holiday Centerpieces with Linda 11am Pickleball 12pm Pilates Walk in Gym</p>	<p>8:30am Y's Men's Backgam. 9:30am Tai Chi w/Mari 10am Art Class w/Chris 11am Strength &amp; Fitness 11am-3pm Open Gym 1-4:00pm Duplicate Bridge 1pm Rummikub 3pm-4pm Technology Appointments with Jack T.</p>	<p>10am Feldenkrais 10am Yoga 11am Dance <b>12pm Holiday Lunch Hosted by Norfield Church at the Parish Hall</b> Entertainment : <i>The Hoot Owls with Chris Coogan</i></p>	<p>9:30am Tai Chi w/Bill 10am Art Class w/Karen 10:30am Mah Jong 11am Strength &amp; Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30pm Movie: <i>The Man Who Invented Christmas</i></p>	<p>9am Yoga 9:30am-12pm Open Art 10am Canasta 12pm Bingo and Lunch sponsored by Cambridge Health 11am-3pm Open Gym</p>
<p>Senior Center Closed</p>	<p>Senior Center Closed</p>	<p>Senior Center Closed</p>	<p>Senior Center Closed</p>	<p>Senior Center Closed</p>
<p>Senior Center Closed</p>	<p></p>	<p><b>We will re-open on Wednesday, January 2nd</b></p>	<p><b>Artist Exhibit</b>  <b>Bobbi Eike Mullen</b> 12/3 through 1/21  Reception in January stay tuned for details.</p>	<p></p>

## MEDICARE INFORMATION

### Medicare Open Enrollment October 15–December 7

The annual open enrollment period for Medicare Part D and Advantage Plans for 2019 coverage is **October 15, 2018 through December 7, 2018**. It is a good idea to review your coverage yearly at this time with a CHOICES counselor to be sure that you are getting the coverage you want at the best reasonable cost. Changes in coverage can be made without penalty during Open Enrollment. Also, note that you should have received your new Medicare card by now. If not please see me for next steps.

For those on Original Medicare, there are 26 plans being offered for 2019 Medicare Part D. There are new insurance plans to Connecticut, changed formularies, and premium changes. One program has a premium of \$14.00 per month. Is it right for you? Make an appointment through the Weston Senior Center or you may call SWCAA (Southwest Connecticut Agency on Aging) directly to speak with a CHOICES counselor. Your prescription medications including precise name (properly spelled), dosage and frequency of use will be reviewed on the Medicare.gov website and the Medicare D insurance plans will be presented to you in order of price effectiveness. Some seniors change Medicare D suppliers yearly to meet their current medication requirements and to get the best prices offered.

During Open Enrollment there will be availability for half hour appointments from 10:30 – 1:00 every Monday in November 5, 12, 19, and 25 – as well as Monday, December 3. **YOU MUST MAKE AN APPOINTMENT THROUGH THE WESTON SENIOR CENTER at (203) 222 - 2608. NO WALK-INS.** If times or dates are not convenient for you simply contact a SWCAA CHOICES counselor at 1(800) 994 - 9422.

CHOICES presents objective information for you to consider when making decisions about Medicare issues. **Advantage plan advertising has been very active. If you are considering a change of Medicare provider especially to an Advantage program be sure your doctors, labs for blood work and the hospital of your choice accept that exact particular insurance plan.** Do not trust lists that have been made to meet a printing deadline of four or five months ago. Lists can change at any time. Telephone the doctors, labs & hospitals to be sure they accept the exact particular insurance that you are considering before you enroll. Remember any Medicare resource can drop out of any plan any time during the year.

Please book appointments as soon as possible and early in the open enrollment period – couples book two appointments. There may not be time available when booking later. There is never a charge for Medicare Choices consultations. See you at the Center!

Meta Schroeter

CHOICES Counselor

## Weston Department of Social Services

Would you like to be added to our Emergency and Reassurance lists? Call Rose Cruz if you have any questions or to sign up 203-222-2556

**Emergency List** – The list is for those people who live alone, can't drive, are disabled or have any medical needs and would like to be called and *checked on* in case of an emergency or weather event.

**Reassurance list** – This list is for anyone who would like a phone call in case of an emergency or weather event.

Please be sure you are signed up for Town wide CodeRED, see back cover for more information.

## Weston Public Library

(203) 222-2665, [www.westonpubliclibrary.org](http://www.westonpubliclibrary.org)

Sunday, Nov. 4th, 3PM Korean Lotus Lanterns - Enjoy a program on Korean heritage, try Korean desserts, and make a lotus lantern. \$5/lantern payable at the door. Sponsored by Friends of the Weston Library.

Wednesday, Nov. 7th, 7:30PM Beer Lecture and Tasting with Nod Hill Brewery, \$10/person payable at the door. Sponsored by Friends of the Weston Library

Friday, Nov. 30th, 7PM Astronomy program with Dr. Kevin Manning – This event will be held at the Weston Middle School. Sponsored by the Weston Public Library Board of Trustees

## Aspetuck Land Trust

November 6th, 1:00pm-3:00pm **Forest Bathing—\$5.00 sign up required**

Meet at Norfield at 12:45pm to head over to Stonebridge together, or meet there. Sign up is required. Forest bathing is a slow conscious walk thru the forest, in this case Stonebridge. Sue from Aspetuck will bring stools and at the end of the peaceful (under a mile) walk, she has a tea ceremony (with healthy snacks), featuring tea made from indigenous plants. The concept is to inspire us to look at nature in a new way.

## Intergenerational Programs!

### Technology Help with a Weston High School Student Volunteer

Do you need help with computer or tech-related issues? Jack can help with the following: Apple Products (iPhone, iPad, Mac, and iCloud), Social Networking (Facebook and Instagram), as well as email, photos, and documents. **By appointment.** Jack will take appointments to meet you at the Senior Center on Tuesdays between 3pm-4pm. **Call the senior center to sign up! (203) 222-2608**

### Baking for our First Responders with St. Francis Church Pre-School

Join us to bake for Weston EMS, Police, and Fire Departments on Monday, November 19th at 10:00am. Do you have a favorite recipe to teach and share? Ingredients will be provided! Are you interested in just volunteering, that would be great too! Call the senior center for details and to sign up. (203) 222-2608.

## Book Discussion Groups



**The Weston Public Library, the Weston Senior Center (The Hub), and the Weston Historical Society** are jointly organizing a monthly Friday Book Club and Lunch with guest discussion leaders.

We will rotate locations between the Library, Senior Center, and Historical Society. The discussion will take place between 11am-12pm and will be followed by a light lunch catered from Peter's Market from 12pm-1pm. The cost for lunch is \$5.00.

**Sign-up by calling the library (203) 222-2665.**

**Friday, November 16th at the Weston Historical Society**  
**Discussion Leader Kathy Failla**  
**Boys in the Boat, by Daniel James Brown**

Daniel James Brown's robust book tells the story of the University of Washington's 1936 eight-oar crew and their epic quest for an Olympic gold medal, a team that transformed the sport and grabbed the attention of millions of Americans. The sons of loggers, shipyard workers, and farmers, the boys defeated elite rivals first from eastern and British universities and finally the German crew rowing for Adolf Hitler in the Olympic games in Berlin, 1936.

**Christine Goldbach Art Exhibit, Nov 5th-30th**

When asked, " How did it all begin? ", this is what Chris, artist/educator said: "I have always done art right from the very beginning when at 18 months old I drew all over the toy chest. Probably the walls, too, and, of course, in the blank pages of all the books on the shelves. I must give credit to my parents who let me do all these things or didn't catch me in time to prevent them. Many teachers along the way gave me special encouragement and opportunities. After college, I was doing graphic design but so missed art classes that I signed up for a Saturday figure drawing class at Silvermine with Charles Ray, my most important teacher. He taught me to teach, to care, to be kind and to not take everything so seriously. Work hard, look hard but take a candy break when you can. That's how I became connected and committed to art and I've been working at painting and drawing since 1987 and teaching since 1992." Educated at Southern CT State, National Academy of Design, Arts Students League, NYC and private study with Wolf Kahn, Marybeth McKenzie, Timothy J. Clark, Lois Dodd, and Crystal Neubauer. She has had numerous exhibitions throughout the area, and is in many private collections around the world. She is a strong supporter of women in the arts and served on the CT Women's Caucus for the Art Board of Directors. She currently is on the faculty of the Silvermine School of Art and she teaches at various senior centers and venues in the Fairfield County area. Please come and enjoy Chris's story through a special representative progression of 38 pieces representing "A LIFE IN ART". This retrospective exhibit honoring her and her work will be on display at Weston Senior Center during normal center hours Monday - Friday from 9 - 3. *Join Chris here for an opening reception light lunch 12:30pm-3:00pm (RSVP) on Friday, November 9th, with a walk and talk at 1:15pm. Reception sponsored by Maplewood at Southport.*



First Drawing "Abstract on Toybox" crayon on wood, age 18 mos. location unknown



**Bobbi Eike Mullen Art Exhibit "Sample" December 3rd through January 21st**

A lifetime pursuit of the fine art experience has enabled New England artist Bobbi Eike Mullen to achieve a level of accomplishment reflecting numerous exhibits, awards and she continues to gain viewer recognition. Ms. Mullen has mastered the illusion of realism, working in acrylic with egg medium. Her drawings of the human figure have been judged "sensitive and classical". She has recently been challenged and rewarded in both oil and acrylic by turning to her first love: Impressionism. "Color is my focus. My approach to my creativity is simple: I love to Paint! Becoming a New American Impressionist has introduced a renewed attitude of seeing, feeling and excitement while capturing form, line and color."



Bobbi has worked for the United States National Park Service at Weir Farm NHS for the past 8 years as the professional artist instructor in the "Take Part In Art" Program. Recent exhibits include: The Brush Gallery, Lowell, MA; The Ellis Island Memorial Museum, Liberty Island, NY; and Weir Farm NHS, Wilton/Ridgefield, CT. An innovated instructor, Bobbi teaches oil, acrylic and water media painting at the Georgetown Cultural Center in Georgetown, CT and has conducted workshops throughout New England. Her art is in private collections in the U.S., England, France and is included in the Reader's Digest Corporate Collection. Her studio and home are located in Georgetown, CT.

Her work will be on display December 3rd though January 31st during normal business hours.

*Bobbi will be having an artist's reception in January. Date and details to follow.*

**Painting Class-Mixing Colors Using a minimal palette, Continued with Judith Lambertson**

Mondays, November 5, 19, 26, December 3  
\$20 for series of 4 classes, sign-up required.

Supply List: Acrylic, watercolor, or Guache, oils only with previous experience. Colors: Warm and Cool- Red, Alizarine Crimson, Yellow, Lemon Yellow, Cobalt Blue, French Ultramarine, and White for mixing. Paper or canvas, 8 x 10, 9 x 12, 11 x 14

**Watercolor Class with Wendy Pieper**

Thursdays, 10am-12pm, November 1, 15  
\$10.00 for series of 2 classes, sign-up required.

Have you ever wanted to learn to paint in watercolors? Or brush up on your skills? Join artist Wendy Pieper for a fun and energetic class. This class is open to beginners and intermediates alike. You will work from still life, landscape (from your own photos or outside if weather permits) and the figure if there is class interest (model fee will be additional). Basic drawing, composition and watercolor techniques will be demonstrated. Participants must provide their own supplies.

**Gelli Plates Workshops with Missy Savard**

Tuesdays, 12:30pm-3:00pm, November 13th and 27th  
\$15.00 for each workshop, plus \$5.00 for supplies, sign-up required.

Join us for a fun workshop of printing on Gelli plates! This is an impromptu process that gives immediate gratification and can lead to thoughtful pieces of strong design. Each piece is unique and a result of individual stenciling, color and process. The possibilities are endless and final works can be used later as greeting cards, fine art images or collage. Sign up for one or both workshops! During these November classes, Missy will be showing you how to make gift cards and gift tags.

**Mastering The Masters With Chris Goldbach**

Tuesday 9am-12pm, November 20th  
\$15.00 for workshop, \$5.00 optional lunch, sign-up required.  
Paul Klee

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 the Masters! Sign up required, space is limited.

**The Basics and Beyond With Chris Goldbach**

Tuesdays, 10am-12pm, November 6, 13, 27, December 4, 11, 18  
\$30 for this series, sign-up required.

In this course students may 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.

**Watercolor with Karen Siegel**

Thursdays at 10:00am  
\$10 drop in fee

Join Karen for watercolor instruction, for this ongoing drop in class. Learn the basics while enjoying good company with other art students. Bring your own supplies or drop in and see a class.

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

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### **Donations to the Senior Center**

#### **In Loving Memory of Marge Zaremba**

Norbie and Roger Longman



### **CodeRED**

Have you signed up for Code Red yet? CodeRED is a service by which authorized Town officials can notify Weston residents and businesses by telephone, e-mail or text messages about emergency situations or critical community alerts. The system is capable of sending messages only to people affected by a particular situation, or in the case of a widespread emergency like a hurricane, to the town's entire population. Do you need help signing up?

**Call the Senior Center for assistance (203) 222-2608.**

### **Annual Re-Gifting Sale**

**Opens Monday, December 5th at 9:00am through Friday, December 7th.** Come and start your holiday shopping for friends, kids, grandkids, teachers, extended family, party gifts—we have something for everyone! All of the money raised directly supports our Senior Center.

Gift wrapping available.

**We are gratefully accepting new and unused items up until November 30th.**

Please think of us over the holidays and throughout the year—did you receive a present that just wasn't your style? Did you forget to return something and now it's too late?

### ***Holiday Party!***

**Friday, December 14th, 1:00pm-3:00pm**



Join us for a holiday party with hors d'oeuvres, festivities and music by harpist Rebecca Swett. Bring a \$5.00 wrapped gift to exchange. Sign up for party and optional gift exchange. This event is sponsored by the Friends of the Weston Senior Activities Center.

