



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

Weston Senior Services and Resources

Weston Senior Center
9 School Road
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
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.

September/October 2018

Greetings everyone,

Are you ready for a sale decades in the making? Come to the Weston Flea on Saturday, September 22nd! (See back cover for details.) We still have spots available if you would like to sell your stuff or just come and shop to support your friends and neighbors. Or if you would rather not sell your items but would like to donate things for the Senior Center to sell, please call us! (We are looking for volunteers to help us on Friday 9/21 from 12pm–3pm and on Saturday 9/22 during the sale.)

Can you give us some advice? Join us on Friday, September 28th at 1:00pm for our first Community Outreach Brainstorming meeting. This is a great opportunity for anyone who has not already come to our Senior Center and wants to get involved or for those who are already very active in our Center. We would like this group to help develop as well as participate in projects such as volunteer reading, get-well outreach, mailings, and organizing supply drives for local charities, just to name a few ideas.

Dial-A-Ride is now available to take Weston residents to the following towns: Westport, Fairfield, Norwalk, Wilton, and Georgetown. Medical appointments will be a priority. However, Roy March may also be available to take you to other appointments or to run errands such as grocery shopping, or to visit the library or Senior Center.

We hope to see you soon!

Wendy, Carla, Linda, and Angela, www.westonseniorcenter.info

Our Seniors Are Going Places

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

Thursday, September 14th: Untermeyer Gardens (Depart Norfield Church at 9:00am.)

There will be a 90-minute walking tour of the gardens. Bring a bag lunch and drink; nothing will be available for purchase. The trip cost is \$12.00 due at sign-up.

Tuesday, September 18th: The Bronx Zoo (Depart Norfield Church at 9:00am.)

Bring a lunch or buy your own. Trip cost is \$12 and includes admission and all trams. You'll be exploring on your own; we will meet back at the entrance at 2:00pm for the ride home.

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

(Depart Norfield Church at 9:00am.) Bring money for lunch. We will shop for two hours before lunch.

Friday, October 26th: Tracks and Snacks, Model Railroad Exhibition with Bruce Lorentzen.

(Depart Senior Center at 9:45 am.) Free. We will visit Bruce's model railroad exhibit. You must be able to walk up 17 stairs. A light lunch will be served back at the Senior Center.

Wednesday, November 28th: Save-the-date and sign-up now for the coach bus trip to the Christmas Spectacular at Radio City Music Hall in NYC. Trip cost is \$75. Call for details.

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



9/13 The Leisure Seekers, PG-13: Long-term couple John and Ella Robina are experiencing the struggles of growing older. With John having Alzheimer's and Ella undergoing cancer treatment, they decide to abandon their disease-stricken lifestyles and embark on a journey from Boston to Key West in an attempt to fully live what's left of their lives.

9/20 Mamma Mia, (2008 version) PG-13: On the idyllic Greek isle of Kalokairi, single mom Donna Sheridan (Meryl Streep) goes into a tizzy when her bride-to-be daughter (Amanda Seyfried), in a bid to learn her father's identity, invites three of Donna's ex-lovers to the wedding.

9/26 and 9/27 Book Club, PG-13, (comedy): "50 Shades of Gray" is the kind of cultural phenomenon that most would like to indulge in alone. Filled with S&M, highly suggestive scenes and a lot of romance, understandably, a lot of people are embarrassed to admit that they read the book or watched the movie. The members of this fictional book club are not.

10/2 Adrift, PG-13: When a young woman goes to Tahiti to discover herself, she becomes enamored with a handsome young man who has sailed out to the middle of the ocean to find himself. It's not long before they fall in love, and the man entreats his new love to come with him on the trip of a lifetime. Everything is idyllic until they are faced with the ferocity of the ocean and something called Hurricane Raymond.

10/11 Casablanca, PG (1943): As Hitler's troops roll unopposed through Europe, various refugees gather in Casablanca, hoping for a chance to escape to safety. In the midst of the furor, American expatriate Rick Blaine is determined to remain neutral. (A true movie classic.)

10/18 Oceans Eight, PG-13: Debbie Ocean (Sandra Bullock), the estranged sister of infamous criminal mastermind Danny Ocean, seeks to carry on the family business by plotting an enormous heist on New York's annual Met Gala. After being released from prison, Debbie recruits her best friend Lou (Cate Blanchett) to set out and assemble a team of larcenists.

10/25 The Seagull, PG-13: Aging actress Irina visits the country estate where her bother, Sorin and her son Konstantin reside. She brings her lover Boris, a successful novelist. The estate teems with desire, jealousy and angst.

Legacy Project USA

The Legacy Project USA is very proud and happy to be working with the Weston Senior Center with its distinctive program "This Is Your Life" which allows a Weston Senior Center member to be spotlighted and to share the story of their life with the other Senior Center members. This program allows them to get to know each other on a deeper level and to appreciate the depth of their lives. Roy Marsh will be the first to tell his story. The Legacy Project USA was established as a business in 2009 by Rozanne Gates and Suzanne Sheridan of Westport, CT. Both women had lost their parents, and after reminiscing one evening, they realized that they missed the sound of their parents' voices and regretted not having recorded the stories of their parents' lives. Knowing that we each stand on the shoulders of our ancestors, they started a business that would allow people to tell the story of their lives and leave that story in a format that could last for many generations.

Driving Improvement Class

Friday, September 21st, 11:00am-3:00pm



The AAA DIP Program is aimed at experienced drivers who wish to improve their driving skills and review defensive driving basics. By completing this class, drivers 60 years of age and older may qualify for a minimum 5% discount on insurance (must check with your insurer to verify ahead of time). This class is free, but you must sign up by 9/14.

Wednesday Luncheons

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

September 5th: Lunch at the Senior Center
1:00pm Art Gottlieb presents: New York, New Haven and Hartford Railroads. See page 3 for details.

September 12th: Lunch at the Senior Center
12:45pm Rozanne Gates presents "This is Your Life with Roy Marsh", see below for details.

September 19th: Lunch at Norfield Parish Hall
Entertainment by Suzanne Sheridan "As Time Goes By" Music from the 30's and 40's. Greg DeTroy will join Suzanne on the piano.

September 26th: Lunch at the Senior Center
12:45pm Movie: *Book Club*

October 3rd: Lunch at the Senior Center
12:45pm Travel Presentation by Elsa Cantor and Don Lamberty.
Join them as they take you through their photos and experiences from Sicily!

October 10th: Lunch at the Senior Center
12:30pm Emergency Preparedness with Mike Vincelli. Mike is with WWHD and part of Weston's Emergency Response team. He will join us to give us tips on preparing for emergencies. **What to do before, during and after emergencies.**

October 17th: Lunch at the Senior Center
1:00pm Art Gottlieb presents: The Best Years of Our Lives, see page 3 for details.

October 24th: Lunch at the Senior Center
1:00pm Shanon Jordan, Alzheimer's Association "Know the 10 Signs Early Detection Matters". See below for description.

October 31st: Lunch at St. Francis Church for our Halloween Party Entertainment with Mr. Magic! Wear a costume. Everyone who dresses up will receive a raffle ticket and have a chance to win a prize. We will also give a prize for Best Overall, Most Unrecognizable, and Most Original costume.



Sponsored Programs

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

September 6 and October 4th, 12:00pm: Wilton Meadows presents Brain Games and Lunch.

September 10th, 1:00pm: Cambridge Health & Rehabilitation Centers' Danielle Ramos presents Nutrition Jeopardy and Do you Know What you Are Eating? Healthy dessert will be provided.

September 11th, 1:00pm: Visiting Angels presents The Price is Right (with prizes).

October 5th, 12:00pm: Cambridge Health & Rehabilitation Center's Danielle Ramos present Lunch and Bingo (with prizes).

October 24th, 1:00pm: The Alzheimer's Association's Shanon Jordan presents "Know the 10 Signs, Early Detection Matters". If someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future.

Lectures with Art Gottlieb



Wednesday, September 5th, 1:00pm Art Gottlieb presents:
The history and story behind the **New York, New Haven and Hartford Railroads**. This essential link of the Northeast Corridor was first conceived by J.P. Morgan and began carrying traffic in 1872.

Wednesday, October 17th, 1:00pm Art Gottlieb presents:
"The Best Years of Our Lives"

Winning seven academy awards in 1946, Samuel Goldwyn's production of *The Best Years of our Lives* followed the difficulties faced by 3 US Servicemen being abruptly returned to civilian life after years of wartime service overseas. This film was a timely and significant study of the challenges faced by combat veterans, including PTSD.

Lectures with Mark Albertson



Friday, September 14th 10:00am: **Trump Administration and Immigrants at the Southern Border**. At America's Southern border immigrant children were separated from their parents, controversy followed, and federal court intervention soon ordered family reunification. This presentation/discussion will explore the meaning of the administration's policy and its consequences.

Tuesday, October 16th 10:00am: **Connecticut Socialist: Helen Keller**. Helen Keller is well known for being a champion for those with disabilities but is less well known as a dedicated socialist and pacifist. The presentation/discussion will explore these aspects of Helen Keller's life and times.

Lunch and Learn Wellness Series

With Drs. Christian and Diana Miner

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



This series is free, but sign up is required.

9/21: In the first talk, we'll consider the "normal" aging process and the transitions seniors frequently face. These include social, physical, mental and emotional changes along with common stressors.

10/12: The second talk in the series will focus on the various types of dementia and differential diagnoses that might also account for cognitive decline. We will talk specifically about Alzheimer's, which is the most common type of dementia, its symptoms, course of illness and how to take care of someone who has Alzheimer's Disease.

10/26: The third talk will discuss Neuropsychological Testing. This is a type of evaluation that assesses for overall cognitive abilities such as IQ. It can determine the etiology of reported symptoms and their severity. We will view images of normal vs abnormal brains and address neuroimaging techniques.

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.

Together, they practice at Westport Behavioral Health on Main Street in Westport.

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!

September 2018

Mon

Tue

Wed

Thu

Fri

3	4	5	6	7
<p>Senior Center Closed</p> <p>Labor Day</p>	<p>8:30am Y's Men's Backgammon</p> <p>9:15am Commission on Aging meeting</p> <p>No Tai Chi today</p> <p>11am Strength & Fitness</p> <p>1pm Rummikub</p> <p>1-4pm Duplicate Bridge</p> <p>11am-3pm Open Gym</p>	<p>10am Yoga</p> <p>10am Feldenkrais</p> <p>11am Yoga</p> <p>12pm Lunch at the Senior Center</p> <p><i>1:00pm Art Gottlieb presents New York, New Haven & Hartford Railroad</i></p>	<p>9:30am Tai Chi w/Bill</p> <p>11am Strength & Fitness</p> <p>11am-2:30pm Massage</p> <p>11:15am Pickleball</p> <p>12pm Brain Games and Lunch, sponsored by Wilton Meadows</p> <p>12:30pm Pilates</p> <p>1:30pm Walk in the Gym</p>	<p>9am Yoga</p> <p>9:30am-12pm Open Art</p> <p>10am Canasta</p> <p>11am-3pm Open Gym</p> <p>1pm Intro to A Matter of Balance With Monica Wheeler</p>
<p>9:30am Meditation</p> <p>10am Knitting</p> <p>10am Tap Dancing</p> <p>10am Feldenkrais</p> <p>10:30am-12:30pm Medicare Appointments</p> <p>11am Pickleball</p> <p>12pm Pilates</p> <p>1pm Nutrition Jeopardy, sponsored by Cambridge Health</p>	<p>8:30am Y's Men's Backgammon</p> <p>No Tai Chi Today</p> <p>11am Strength & Fitness</p> <p>1-4pm Duplicate Bridge</p> <p>1pm Rummikub</p> <p>1pm Visiting Angels present The Price is Right</p> <p>11am-3pm Open Gym</p>	<p>9:30am Gelli Plates Workshop with Missy Savard</p> <p>10am Feldenkrais</p> <p>No Yoga today</p> <p>11am Dance</p> <p>12pm Lunch at the Senior Center</p> <p><i>12:45pm This is Your Life Series, by Rozanne Gates and the Legacy Projects. First guest: Roy Marsh</i></p>	<p>9:00am Untermyer Gardens Trip, depart from Norfield</p> <p>9:30am Tai Chi w/Bill</p> <p>10am Art Class w/Karen</p> <p>11am Strength & Fitness</p> <p>11am-2:30pm Massage</p> <p>11:15am Pickleball</p> <p>12:30pm Pilates</p> <p>12:30 pm Movie: <i>Leisure Seekers</i></p>	<p>9am Yoga</p> <p>9:30am-12pm Open Art</p> <p>10am Canasta</p> <p>10am Mark Albertson presents <i>Update on the Trump Administration and the Immigrants at the Southern Border</i></p>
<p>9:30am Meditation</p> <p>10am Knitting</p> <p>10am Tap Dancing</p> <p>10am Feldenkrais</p> <p>11am Pickleball</p> <p>12pm Pilates</p> <p>1:30-3pm Walk in Gym</p>	<p>8:30am Y's Men's Backgammon</p> <p>9am Bronx Zoo Trip</p> <p>Depart from Norfield</p> <p>9:30am Tai Chi w/Mari</p> <p>10:00am Mastering the Masters w/Chris Goldbach "Wolf Kahn"</p> <p>11am Strength & Fitness</p> <p>1pm Rummikub</p> <p>1-4pm Duplicate Bridge</p>	<p>10am Feldenkrais</p> <p>10am Yoga</p> <p>11am Dance</p> <p>12pm Lunch at Norfield Parish Hall Entertainment by</p> <p><i>Suzanne Sheridan performing "As Time Goes By" from the 30's and 40's</i></p>	<p>9:30am Tai Chi w/Bill</p> <p>10am Art Class w/Karen</p> <p>11am Strength & Fitness</p> <p>11am-2:30pm Massage</p> <p>11:15am Pickleball</p> <p>12:30 Pilates</p> <p>12:30 Movie: <i>MammaMia</i></p> <p>1:30-3pm Open Gym</p>	<p>9am Yoga</p> <p>10am Canasta</p> <p>11am-3pm AAA Driving Improvement Class</p> <p>11am-3pm Open Gym</p> <p>12pm Lunch and Learn Drs. Christian and Diana Miner. Lecture #1</p> <p>Talks about the normal aging process</p> <p>12pm-3pm Tag Sale Pricing – Need Volunteers!</p>
<p>9:30am Meditation</p> <p>10am Knitting</p> <p>10am Tap Dancing</p> <p>No Feldenkrais today</p> <p>10:30am-12:00pm Medicare Appointments</p> <p>11am Pickleball</p> <p>12pm Pilates</p> <p>1:30-3pm Walk in the Gym</p>	<p>8:30am Y's Men's Backgammon</p> <p>9:00am Clinton Crossing Trip, depart from Norfield</p> <p>9:30am Tai Chi w/Mari</p> <p>11am Strength & Fitness</p> <p>11am-3pm Open Gym</p> <p>1pm Rummikub</p> <p>1-4pm Duplicate Bridge</p>	<p>9:30am Gelli Plates Workshop with Missy Savard</p> <p>No Feldenkrais today</p> <p>10am Yoga</p> <p>11am Dance</p> <p>12pm Lunch at the Senior Center</p> <p>12:45pm Movie <i>Book Club</i></p>	<p>9:30am Tai Chi w/Bill</p> <p>10am Art Class w/Karen</p> <p>11am Strength & Fitness</p> <p>11am-2:30pm Massage</p> <p>11:15am Pickleball</p> <p>12:30pm Pilates</p> <p>12:30am Movie: <i>Book Club</i></p> <p>1:30-3pm Open Gym</p>	<p>9am Yoga</p> <p>9:30am-12pm Open Art</p> <p>10am Canasta</p> <p>11am Book Group w/Ray Rauth</p> <p>Weston Senior Center</p> <p>11am-3pm Open Gym</p> <p>1pm Community Outreach Brainstorming</p>
		<p>Artist Exhibit</p> <p>Judith Lambertson</p> <p>September-October</p> 		

October 2018

Mon

Tue

Wed

Thu

Fri

1	2	3	4	5
<p>9:15am Commission Mtg 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Pickleball 12pm Pilates 1:30-3pm Walk in the Gym</p>	<p>8:30am Y's Men's Backgam. 9:30am Tai Chi w/Mari 11am Strength & Fitness 11am-3pm Open Gym 12:30pm Movie: <i>Adrift</i> 1pm Rummikub 1-4:00pm Duplicate Bridge</p>	<p>10am Feldenkrais 10am Yoga 11am Dance 12pm Lunch at the Senior Center 12:45pm Travel To Sicily presentation by Elsa Cantor and don Lamberty as they share their trip and experiences with you.</p>	<p>9:30am Tai Chi w/Bill 10am Watercolor with Wendy Pieper 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12pm Brain Games and Lunch, sponsored by Wilton Meadows 12:30pm Pilates</p>	<p>9am Yoga 9:30am-12pm Open Art 10am Canasta 11am-3pm Open Gym 12pm Lunch and Bingo with prizes, sponsored by Danielle from Cambridge Health</p>
<p>Senior Center Closed</p>	<p>8:30am Y's Men's Backgam. 9:30am Tai Chi w/Mari 11am Strength & Fitness 11am-3pm Open Gym 1pm Rummikub 1-4:00pm Duplicate Bridge</p>	<p>10am Feldenkrais 10am Yoga 11am Dance 12pm Lunch at the Senior Center 12:30pm Mike Vincelli joins us from WWHD Emergency management team: What to do before, during, and after emergencies.</p>	<p>9:30am Tai Chi w/Bill 10am Watercolor with Wendy Pieper 10am Art Class w/Karen 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30 Movie <i>Casablanca</i></p>	<p>9am Yoga 9:30am-12pm Open Art 10am Canasta 11am-3pm Open Gym 12pm Lunch and Learn Drs. Christian and Diana Miner. Lecture #2 Various types of Dementia and Differential Diagnosis</p>
<p>9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 10am-12pm Art Class Mixing Colors with Judith 11am Pickleball 12pm Pilates 1:00-3:00pm Medicare Appt</p>	<p>8:30am Y's Men's Backgam. 9:30am Tai Chi w/Mari 10am Mark Albertson talk: <i>Helen Keller</i> 10am Mastering the Masters: "Georgia O'Keeffe" 11am Strength & Fitness 11am-3pm Open Gym 1pm Rummikub 1-4:00pm Duplicate Bridge</p>	<p>10am Feldenkrais 10am Yoga 11am Dance 12pm Lunch at the Senior Center <i>1:00pm Art Gottlieb presents: The Best Years of Our Lives</i> <i>Weston EMS blood pressure</i></p>	<p>9:30am Tai Chi w/Bill 10am Watercolor with Wendy Pieper 10am Art Class w/Karen 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30 Movie: <i>Ocean's Eight</i></p>	<p>9am Yoga 10am Canasta 10am-11am Flu Shot Clinic by WWHD  11am Book Group With Art Gottlieb At Weston Library 11am-3pm Open Gym 1pm Community Outreach</p>
<p>9:30am Meditation 10am Knitting 10am Tap Dancing No Feldenkrais today 10am-12pm Art Class Mixing Colors with Judith 11am Pickleball 12pm Pilates 1:00-3:00pm Medicare appt. 1:30-3pm Walk in the Gym</p>	<p>8:30am Y's Men's Backgam 9:30am Tai Chi w/Mari 10am Art Class with Chris 11am Strength & Fitness 11am-3pm Open Gym 1pm Rummikub 1-4:00pm Duplicate Bridge</p>	<p>9:30am-11:30am Halloween Zentangle 10am Feldenkrais 10am Yoga 11am Dance 12pm Lunch at the Senior Center 1pm Shanon Jordan and the Alzheimer's Association present <i>Know the 10 Signs, Early Detection</i></p>	<p>9:30am Tai Chi w/Bill 10am Watercolor with Wendy Pieper 10am Art Class w/Karen 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30pm Movie <i>Seagull</i> 1:30-3pm Open Gym</p>	<p>9am Yoga 9:30am-12pm Open Art 10am Canasta 10am-12pm Tracks & Snacks, Model Railroad 11am-3pm Open Gym 12pm Lunch and Learn Drs. Christian and Diana Miner. Lecture #3 Neuropsychological Testing Diagnosis</p>
<p>9:30am Meditation 10am Knitting 10am Tap Dancing 10:30am-1:00pm Medicare No Feldenkrais today 10am-12pm Art Class Mixing Colors with Judith 11am Pickleball 12pm Pilates</p>	<p>8:30am Y's Men's Backgam- mon 9:30am Tai Chi w/Mari 10am Art Class Chris 11am Strength & Fitness 11am-3pm Open Gym 1pm Rummikub 1-4:00pm Duplicate Bridge</p>	<p>10am Feldenkrais 10am Yoga 11am Dance 12pm Halloween Lunch at St. Francis Church Parish Hall Entertainment by Mr. Magic Wear your Costume!</p>		

Medicare Open Enrollment

In your mail mid-September: "Medicare and You-2019"

The annual open enrollment period for the drug plans for original/traditional Medicare (Medicare Part D) for 2019 coverage is **October 15, 2018 through December 7, 2018**. During this time period you can easily change insurance providers and coverage without penalty.

Make an appointment to review your prescription drugs for 2019 offered Medicare Part D insurance plans with a CHOICES counselor to ensure the best and least expensive coverage for 2019. There are changes to 2019 Medicare Part D offerings in Connecticut including new insurance plans, dropped insurance plans, changed formularies increased premiums. Your prescription medications will be reviewed on the Medicare website including precise name, dosage and frequency of use will be reviewed on the Medicare website and the Medicare Part D insurance plans that are the most suitable will be given to you in order of price effectiveness. Last year reviews helped save several people more than \$800 yearly in drug & premium costs. Some people had not reviewed their plans for several years; others changed providers from the previous year because of major formulary changes.

During open enrollment period half-hour appointments will be available. Make appointments by calling the Weston Senior Center at 203 222-2608. **Book appointments early.** Couples must book **separate** half-hour appointments. There may not be time available when booking later, which could mean scrambling for help. If the times or dates are not convenient simply contact a CHOICES counselor at 1(800) 994-9422. There is never a fee for this service.

Meta Schroeter, CHOICES Counselor

THE NEW MEDICARE CARD

The new Medicare cards are in the mail for most of Connecticut. You should receive the new paper card with your new number no later than April 2019. You will bring this new card to all of your doctor's offices when you have appointments. The office will copy the card to enter it into their systems. The card will be paper. Do NOT laminate this new card as many doc offices can only copy/scan the paper cards and if laminated it will copy black/cannot be copied at all. Medicare card scams to gain access to your private information are intensifying.

Medicare will never call to confirm your number -- current or new. Do not give out any personal information to anyone, firm or institution that calls you unsolicited. Any questions?

SCAMS

Scams have been all around us this summer – IRS, computer, delivery of gifts, and Grandma/Grandpa send money to me!! Be alert! Never give any personal information over the phone or agree to send money.

Weston Historical Society

(203) 226-1804

WESTONSTOCK

Saturday, September 15th, 2pm-8pm (rain or shine)

60's Music featuring three bands and over 15 musicians, 1960's cars, door prizes, food and beverage trucks, music trivia, tie dye outfit contest, kids games and crafts & family fun.

Lawn seating, bring chairs, picnics, blankets, tents, etc. For more information and tickets: www.Westonhistoricalsociety.org

Weston Public Library

(203) 222-2665, www.westonpubliclibrary.org

September 13, 12pm: Join author Charles Monagan as he presents dozens of his favorite things in Connecticut — from the hot lobster roll to the Yale Bowl, and the USS Nautilus to the Merritt Parkway — and shows natives and newcomers alike the independent spirit and local pride at the heart of Connecticut. The talk includes a trivia quiz and readings from several of the icons. Charles Monagan is former editor of Connecticut Magazine and the author of 10 books.

September 27, 12pm: Judge Lisa Wexler, Probate Law. In the library.

Westport Weston Health District



Flu Shot Clinic

Senior Center, Friday, October 19th, 10:00am-11:00am

Sign up required. Bring your Medicare card with you.

Message from Catherine Revzon "Ask Your Pharmacist"

Cooler temperatures means greater chances for getting sick. We can prevent the common illnesses in older adults by making sure the influenza (flu) vaccine is received every year. Also, the pneumococcal, shingles, and Tdap (Tetanus, diphtheria, and acellular pertussis) vaccines can also keep you healthy. Ask your doctor or pharmacist about all four vaccines at your next visit. The Westport Weston Health District can also provide these vaccinations. Only the flu vaccine is given annually. For older adults, there is a "high-dose" formulation of the flu shot designed to increase the effectiveness of the vaccine, but it does have more mild side effects of pain, redness, and swelling than the standard vaccine. The CDC recommends that older adults can get the standard or the high-dose vaccine, just get one this season to avoid the flu.



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, September 28th at the Senior Center

Discussion Leader Ray Rauth

All Quiet on the Western Front, by Erich Maria Remarque

Paul Baumer enlisted with his classmates in the German army of World War I. Youthful, enthusiastic, they become soldiers. But despite what they have learned, they break into pieces under the first bombardment in the trenches. And as horrible war plods on year after year, Paul holds fast to a single vow: to fight against the principles of hate that meaninglessly pits young men of the same generation but different uniforms against each other—if only he can come out of the war alive.

Friday, October 19th at the Weston Public Library

Discussion Leader Art Gottlieb

Grant, by Ron Chernow

Ulysses S. Grant's life has typically been misunderstood. All too often he is caricatured as a chronic loser and an inept businessman, or as the triumphant but brutal Union general of the Civil War. But these stereotypes don't come close to capturing him, as Chernow shows in his masterful biography, the first to provide a complete understanding of the general and president whose fortunes rose and fell with dizzying speed and frequency.

**Mastering The Masters
With Chris Goldbach**

Tuesdays, 10am-2pm
\$20.00 for each workshop, includes lunch
September 18th, Wolf Kahn
October 16th, Georgia O'Keeffe

Tuesday 9am-12pm
\$15.00 for workshop, \$5.00 optional lunch
November 20th, 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.



**Painting Class-Mixing Colors
Using a minimal palette
With Judith Lambertson**

Mondays 10am-12pm, October 15, 22, 29, November 5
\$20.00 for series

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 from 10am-12pm, October 4, 11, 18, 25
\$20.00 for series

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. A suggested supply list will be available before the start of the first class.

**The Basics and Beyond
With Chris Goldbach**

Tuesdays, 10am-12pm, October 23, 31, November 6, 13, 27,
December 4, 11, 18
\$40.00 for series.

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.

**Halloween Zentangle Class
With Carla**

Wednesday, October 24th, 9:30am-11:30am
\$10.00, includes board and 2 pens.

Zentangle is a relaxing and easy way to draw using patterns. Please sign up by 10/9 and let Carla know what shape you would like (Witch, Cat, Pumpkin) so we can order supplies.



**Gelli Plates Workshops
With Missy Savard**

Wednesdays, 9:30am-12:00pm, September 12th and September 26th
\$15.00 for each workshop, plus \$5.00 for supplies

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!

**The Hub's September/October
Art Exhibit
Artist Judith Lambertson
www.judtihlambertson.com**

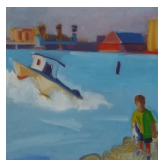
Judith learned to paint using watercolors at the National Academy in 1973. Her first oil class was at the Silvermine Guild when they first settled in to Norwalk. Having lived in NYC, she told everyone we have moved to the country! The show will feature oil paintings, a retrospective of the last decade!

Solo shows: Art Place CT, Prince Street NYC, Washington Art Association CT

Collections: Cape Ann Museum, Stamford Hospital, Hudson Valley Hospital

Publications: Crucial Point, The Fairfield Magazine, Cape Cod Life

Currently represented by Bowery Gallery NYC



Thank you Art Expo Artists and Volunteers!

Our Art Expo Party on July 31 was a lot of fun for all and very successful in letting everyone know that Weston Senior Center is close by to our surrounding town neighbors. We had 130+ art enthusiasts admire demos of watercolor, oil, and art techniques in landscape, still life and portrait. Everyone could participate in actual art producing results such as -- Gelli mono prints, dictionary paper drawing, jigsaw puzzle designing, Paul Klee practice in watercolor, acrylic mini-canvass art, wooden mask decoration and marker design. Artist & Craftsman provided several demos, gave out bags to help keep the created art together, and donated prizes for our hourly raffles. And artistic edibles -- delicious from Salvador deli sandwiches to van goat cheese and crackers to Georgia O Quiches!

We all enjoyed the movie "Loving Vincent"! An eye opening account of his life and unusual circumstances surrounding his death.



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

Susan and Scott Avery	Joyce Koppel
Joan Barnes	Grace Lambert
Eileen Buckley	Yvonne Levine
Lisa Brodlie	Andrea Lob
Elizabeth Colavita	Roberta Morelli
Kathleen Gerard	Meta Schroeter
Richmond Hopkins	Carole Soloff

In Loving Memory of Flo Dohanos

Meta Schroeter

In Loving Memory of Steve DeLay

Meta Schroeter



In Congratulations of the birth of Reid Aden Wilcoxon

Alison and Bob Wachstein welcome their grandson.

Thank you for your donations!

WESTON FLEA

SOMETHING OLD—SOMETHING NEW

Saturday, September 22nd (rain date Sunday, 9/23)

9am—1pm (set up between 7-9am)

Weston High School Parking Lot

\$20 - 2 Parking Spaces

\$35 - 4 Parking Spaces

\$15 - Senior Rate 2 Parking Spaces

Sellers should bring their own table and chairs. If you prefer some shade, you may bring a 10 x 10 tent. Your car can stay with you in one of the spaces if you would like. We ask that no one leaves before 1pm and nothing gets left behind. This will be a mix of old and new, tag sale items, small business, artists, and crafters, and more.

There will be food trucks and music! Once we receive your payment, you can pick your spots. The spaces are filling quickly, so don't wait to call!

(203) 222-2608



To Benefit the:



Friends of the Weston Senior Activities Center