



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

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Program Coordinator:
Carla Jegen
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203-222-2576
Driver: Roy Marsh
(24-hour notice required)

Dept. of Social Services

203-222-2663
Director: Allison Lisbon
Asst. Rose Cruz

Weston Town Hall

www.westonct.gov
203-222-2656

Commission on Aging

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



The Friends of WSAC

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

March/April 2019

Hello Everyone and Happy Spring!

We hope this newsletter finds you well. As we approach springtime, we are excited about longer days ahead! We are also excited about some trips we will be going on in the next few months, which are listed on the back cover.

We continue to partner with other organizations in town on programs and events and are grateful to the many people who donate their time and resources to make this happen. We thank WestonArts for their recent donation to purchase tabletop easels for the Center's art room.

As you'll see, we have some new special programs on the way, including on Tuesday, April 23rd, at 6pm, Lisa Albahal from SWCCA will be hosting a "New To Medicare" presentation. If you are approaching the age of Medicare eligibility or have questions on how to sign up and other issues, you will not want to miss this very informative evening event. There is a light dinner at 5:30pm before the talk, sponsored by the Friends of the Weston Senior Activities Center. See page six for details.

We are also starting a new Caregivers Support Group in March, facilitated by Allison Lisbon, our new Director of Social Services. This idea came to us from a member of our community who wanted to share what she has learned along the way. If you are caring for a loved one, we would love to have you join the group.

News about Town and town events has been harder to find since The Weston Forum ceased publication but a new online resource is helping: www.weston-today.com. You can also find out what is going on at Town of Weston's new Facebook page as well as on the website: www.westonct.gov.

Speaking of communications, if you would like to be even better informed—and simultaneously help us save resources—we urge you to sign-up for the Center's email list. You can sign up by sending an email to wpetty@westonct.gov. You will not only receive six issues of our newsletter per year, but also important occasional notices of cancellations and other news. Also, consider adding our website to your list of favorites: www.westonseniorcenter.info.

We hope to see you at the Center!

Wendy, Carla, Linda, Angela, and Roy

P.S. Remember that we follow the Weston Public School closings and delayed opening schedule. We will post weather-related updates on TV Channels 6 and 12, at www.westonseniorcenter.info, and by email. (If you are not already on our list, please sign-up!)

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 12:45pm on Wednesdays and 12:30pm on Thursdays



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

3/7 The Bookshop: England, 1959, free-spirited widow Florence Green follows her lifelong dream by opening a bookshop in a conservative coastal town. While bringing about a cultural awakening through works by Ray Bradbury and Vladimir Nabokov, she earns the polite but ruthless opposition of a local grand dame and the support of a reclusive, book-loving widower. As Florence's obstacles amass, she reminds herself that a town without a bookshop is no town at all.

3/14 The Children Act: In this absorbing drama, British High Court judge Fiona Maye faces two daunting issues: At home, her marriage is crumbling, while in court she must decide whether a young man's parents are entitled to deny him a life-saving blood transfusion.

3/21 An Interview with God: An up-and-coming journalist returns home from covering the war in Afghanistan and struggles to deal with the after-effects of his experiences, a failing marriage, and his dying faith. But Paul's life takes a strange twist when he's offered an interview that he finds impossible to resist – an interview with someone who claims to be God.

3/28 Tea with the Dames: Acclaimed actresses Maggie Smith, Judi Dench, Joan Plowright and Eileen Atkins – all Dames of the British Empire – gather for a captivating conversation that includes reminiscences, gossip and untold tales about their stage and film careers.

4/4 Forever My Girl: A high school gridiron star with sky-high ambitions, Liam Page jilts his fiancée and leaves his hometown in the dust. Ten years later, he's a country music star, but he misses the home and the woman he left behind- and he's come back to claim them.

4/11 Finding Your Feet: When "Lady" Sandra Abbott discovers that her husband of forty years is having an affair with her best friend, she seeks refuge in London with her estranged, older sister, Bif. The two could not be more different – Sandra is a fish out of water next to her outspoken, serial dating, free spirited sibling. But different is just what Sandra needs at the moment, and she reluctantly lets Bif drag her along to a community dance class, where she starts finding her feet.

4/18 Puzzle: While leading an empty suburban existence, Agnes discovers the pleasure of solving jigsaw puzzles and finds she has a rare talent for it. Before long, her hobby provides an entrée into a new life through the world of competitive puzzling.

4/25 Bombshell: Remembered as one of the most ravishing stars of her day, screen legend Hedy Lamarr had brains as well as beauty – which are on full display in this illuminating documentary that spotlights her World War II era co-invention of wireless communication forms.

A Message from Our First Selectman, Chris Spaulding

Hello Seniors,

I hope you are all having a wonderful winter. I wanted to share a few recent developments with you. First, we received a second grant to fund sidewalk construction around Town Center and Town Hall. The first grant we received (for roughly \$400,000) will connect the central school campus to the Senior Center and continue to the commercial center then split off to connect St. Francis Church and the Library/Town Hall complex. The new second grant (for roughly \$1.5 Million) will continue a sidewalk up to Norfield Church, wrap around Revson Field and include a substantial traffic improvement to the intersection of School Road and Rt 57 (which will include a passing lane). We anticipate the road fix to substantially improve traffic flow and reduce build-up at the traffic light.

We are also working on a Library expansion project worth approximately \$5 million which is being donated by the Daniel Offutt Charitable Trust. Dick Orenstein, the executor, wanted to create something exceptional in Weston that would provide a legacy for his dear friend Daniel Offutt. We expect the project to include a wide array of technology and crafting options intended to serve citizens of all ages. We anticipate that Planning and Zoning as well as the Historic District Commission will have public hearings on these designs in the coming months.

Finally, we have gotten approval from Planning and Zoning to begin the process of rehabilitating and expanding our public safety infrastructure. This will include a critically needed renovation of part of the police station, an addition of bunk/office space to EMS facilities and a patch for the current communications center. Best of all, funding will come from our reserve fund and from a separate donation from the Daniel Offutt Charitable Trust, so there will be little impact on taxes. Again, I am always available and happy to hear from you. Chris

Sponsored Programs

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

Brain Games and Lunch: Wilton Meadows
Tuesdays, March 5th and April 9th, 12:00pm

Join us on each of these Tuesdays for a light lunch of sandwiches and salads, followed by brain stimulating teasers!

Worried But Well: Visiting Nurse and Hospice
Thursdays, April 4, 11, 18, 25 and May 2, 1:00pm-2:00pm

Ever forget someone's name? Misplace your keys? Mild changes in memory and other thinking skills are common as we age but can easily cause you to worry. You are not alone!! Join our new support group "Worried but Well" facilitated by Katherine Lasberg, RN and Karen Judd, LCSW of Visiting Nurse and Hospice of Fairfield County.

Know the 10 Signs... Early Detection Matters: Alzheimer's Association, Wednesday, April 24th, 1:00pm-2:00pm

If you or 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. This is an interactive workshop and includes video clips of people with Alzheimer's disease.

Understanding Your Electric Bill Options

Wednesday, March 27th, 12:45pm, Weston Senior Center

Do you know what you are paying for your electricity? In Connecticut, there are choices for electricity suppliers. It is important to understand your options so you don't overpay. Bring your most recent electric bill and Bonnie Sassano will help you understand it and choose the best options.

SAVE THE DATE

MOTHER'S DAY TEA

Tuesday, May 7th at 1pm.

More details are coming....



Comparative Religion Series with Thomas Burke

Monday, April 1st, 1pm-2pm
Religion Around the Neighborhood

Join Thomas for this presentation about local church and religious history and the various Christian denominations in the area.

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



Tax Prep Appointments with Mark Spivack

Monday, March 11th, 9am—1pm
By Appointment (203) 222-2608

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

Caregivers Support Group

Thursdays 1:00pm-2:00pm (twice a month)
at the Senior Center March 14, 28, and April 11, 25

Caregiving for a loved one can be challenging. Get the support you need from others who are facing similar challenges and share information with each other. These sessions are your chance to take a break, socialize with other caregivers and learn how to make life easier for you and your loved one. This group will meet twice a month, with the first week as a support group and the second with invited guests. This group is meant to be relaxing, encouraging and informational and will be facilitated by Weston Social Services Director Allison Lisbon, MSW, LCSW. **Sign up required (203) 222-2608**

Lectures with Art Gottlieb

Wednesday, March 6th, 1:00pm

City of Danbury. Settled by colonists from Norwalk and Stamford in 1685, the area was originally occupied by Paquioque Indians. The city, named for Danbury in Essex, England, was to become rich in early American and Revolutionary War History.

Wednesday, April 3rd, 1:00pm

The Man in the Gray Flannel Suit. Released by 20th Century Fox in 1956, The Man in the Gray Flannel Suit was adapted from a 1955 novel by Sloan Wilson. The film centers on a WWII veteran living in Connecticut with his wife and three children who is facing the challenges of post war suburban life.

Lectures with Mark Albertson

Tuesday, March 12th, 10:00am

Women's History Month: Harriet Tubman. This courageous lady was the heart and soul of the abolitionist movement. Beginning life as a slave, she would escape and make her way North. During the Civil War, she would lead Northern Troops behind Confederate lines in guerrilla-style efforts and intelligence-collection missions.

Tuesday, April 2nd, 10:00am

Adolf Hitler. It is the 130th anniversary of his birth, which is April 20, 1889. Hitler became Chancellor of Germany on January 30th, 1933. However he did not grab the Chancellorship; rather it was offered to him. This presentation will explain how he attained power legally and then proceeded to destroy the last remnants of the Weimar Republic.

Learn to Play Pickleball!!

Thursdays, 2:30-3:30pm In March and April
Lessons are \$5.00 per class.

Lessons are taught by Robin Fortrin. Coach Robin is a certified Pickleball instructor; she also teaches Tai Chi and Ageless Grace.

**New Chair Aerobics Class
With Ruth Sherman**

Fridays, 1:00-2:00pm starting March 1st.
This is a drop in class, \$4.00 per class.

Ruth worked as a gym teacher in a public school and has been teaching exercise classes for forty-seven years. Now she teaches exercise classes to senior citizens. She runs 5.3 miles every day rain or shine!

Chair aerobics is a lot of fun in addition to being really good for you.

Exercise and Wellness

First class is free!

A Fitness waiver must be signed before starting exercise classes.

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

Join Suzanne Sheridan for 30 minutes of meditation and relaxation techniques. This great way to start your week.

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; Fridays at 11am for beginners
Pickleball is a cross between tennis, ping pong and badminton.

Pickleball Lessons offered Thursdays at 2:30pm \$5.00 per session.

Strength & Fitness with Sandy (\$4.00 per 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 - NO APRIL CLASSES (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 (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 and Mondays at 8:30am starting in April

This class is an *experience* for healing Mind, Body & Spirit, through gentle movement, meditation, and 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!

Chair Aerobics with Ruth (\$4.00 per class, drop in okay)

Fridays at 1:00pm

An exercise class that is both a great workout and a lot of fun. Build strength, endurance, and flexibility with this great low impact class.

March 2019

Mon	Tue	Wed	Thu	Fri
				1 9am Yoga w/Melania 9:30am Bridge Group 9:30am-12pm Open Art 10am Canasta 11am Beginners Pickleball 1pm Chair Aerobics w/Ruth 1:30pm AAA Driving in
4 9:15am Commission Mtg. 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais w/Eileen 10:30am Mah Jong 10:30am Medicare Appt. 11am Pickleball 12pm Pilates 1:30pm Walk in the gym	5 8:30am Backgammon 9:30am Tai Chi w/Mari 11am Strength & Fitness 11am-3pm Open Gym 12pm Brain Games and Lunch by Wilton Meadows 12:30pm Rummikub 1pm Gelli Workshop w/Missy 1-4pm Duplicate Bridge 3pm-4pm Technology	6 10am Feldenkrais w/Cathy 10am Yoga w/Joy 11am Dance 11am Suzanne Sheridan's Wisdom Goddess Opening Reception 12pm Lunch at the Senior Center 1pm Art Gottlieb presents City of Danbury	7 9:30am Tai Chi w/Bill 9:30am Art Class w/Karen 10am Art Class w/Wendy 10:30am Fairfield University Gallery trip and lunch 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30 pm Movie: <i>Book Shop</i> 2:30pm Pickleball Lessons	8 9am Yoga w/Melania 9:30am Bridge Group 9:30am-12pm Open Art 10am Canasta 11am Beginners Pickleball 1pm Chair Aerobics w/Ruth 1pm Movie: <i>Bohemian Rhapsody</i> 1-3pm Open Gym
11 9:00am-1:00pm Tax Prep Appointments 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais w/Eileen 10:30am Mah Jong 11am Pickleball 12pm Pilates 1:30pm Walk in the gym	12 8:30am Backgammon 9:30am Tai Chi w/Mari 10am Mark Albertson presents Women's History Month <i>Harriet Tubman</i> 11am Strength & Fitness 12:30pm Rummikub 1-4pm Duplicate Bridge 3pm-4pm Technology	13 10am Feldenkrais w/Cathy 10am Yoga w/Joy 11am Dance 12pm Lunch at Norfield Church. Entertainment by Tom Hanford	14 9:30am Tai Chi w/Bill 9:30am Art Class w/Karen 10am Art Class w/Wendy 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30pm Movie: <i>The Children's Act</i> 1:00pm Caregivers Support Group 2:30pm Pickleball Lessons	15 9am Yoga w/Melania 9:30am Bridge Group 9:30am-12pm Open Art 10am Canasta 11am Beginners Pickleball 1pm Chair Aerobics w/Ruth 1pm Movie: <i>A Star Is Born</i> 1-3pm Open Gym
18 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais w/Eileen 10:30am Medicare Appt. 10:30am Mah Jong 11am Pickleball 12pm Pilates 1:30pm Walk in the gym	19 8:30am Y's Men's Backgammon 9:30am Tai Chi w/Mari 11am Strength & Fitness 11am-3pm Open Gym 12:30pm Rummikub 1-4pm Duplicate Bridge	20 9:30am Pastels w/Jane 10am Feldenkrais w/Cathy 10am Yoga w/Joy 11am Dance 12pm Lunch at the Senior Center 12:45pm Weston EMS presents "Stop the Bleed" Blood Pressure Checks	21 9:30am Tai Chi w/Bill 9:30am Art Class w/Karen 10am Art Class w/Wendy 11am Strength & Fitness No Massage today 11:15am Pickleball 12:30pm Pilates 12:30pm Movie: <i>An Interview with God</i> 2:30pm Pickleball Lessons	22 9am Yoga w/Melania 9:30am Bridge Group 9:30am-12pm Open Art 10am Canasta 11am Beginners Pickleball 11am Book Group at the Historical Society, with Helen and Arne de Keijzer 1pm Chair Aerobics w/Ruth 1pm Movie: <i>BlackKlansman</i>
25 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais w/Eileen 10:30am Mah Jong 11am Pickleball 12pm Pilates 1:30-3pm Walk in the gym	26 8:30am Y's Men's Backgammon 9:30am Tai Chi Today 11am Strength & Fitness 11am-3pm Open Gym 12:30pm Rummikub 1-4pm Duplicate Bridge 3pm-4pm Technology	27 9:30am Pastels w/ Jane 10am Feldenkrais w/Cathy 10am Yoga w/Joy 11am Dance 12pm Lunch at the Senior Center 12:45pm Bonnie Troy/ Conservation Committee "Choosing Your Electric Supplier"	28 9:30am Tai Chi w/Bill 9:30am Art Class w/Karen 10am Art Class w/Wendy 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30pm Movie: <i>Tea With Dames</i> 1:00pm Caregivers Support Group 2:30pm Pickleball Lessons	29 9am Yoga w/Melania 9:30am Bridge Group 9:30am-12pm Open Art 10am Canasta 11am Beginners Pickleball 1pm Chair Aerobics w/Ruth 1pm Movie: <i>Green Book</i> 1-3pm Open Gym

April 2019

Mon

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Wed

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Fri

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<p>8:30am Yoga w/Melania 9:15am Commission Mtg 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais w/Eileen 10:30am Medicare Appt. 10:30am Mah Jong 11am Pickleball 12pm Pilates</p>	<p>8:30am Y's Men's Backgam. 9:30am Tai Chi w/Mari 10am Art Class w/Chris 10am Mark Albertson presents: <i>Adolf Hitler</i> 11am Strength & Fitness 11am-3pm Open Gym 1-4:00pm Duplicate Bridge 12:30pm Rummikub</p>	<p>9:30am Pastels with Jane 10am Feldenkrais w/Cathy 10am Yoga w/Joy 11am Dance 12pm Lunch at the Senior Center 1pm Art Gottlieb presents: <i>The Man in the Gray Flannel Shirt</i></p>	<p>No Tai Chi today 9:30am Art Class w/Karen 10am Art Class w/Wendy 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30 Movie: <i>Forever My Girl</i> 1pm Worried But Well 2:30pm Pickleball Lessons</p>	<p>9am Yoga w/Mel 9:30am Bridge Group 9:30am-12pm Open Art 10am Canasta 11am Beginners Pickleball 1pm Chair Aerobics 1pm Movie: <i>The Favourite</i> 1pm Terrarium Making With the Garden Club 1-3pm Open Gym</p>
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<p>8:30am Yoga w/Melania 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais w/Eileen 10:30am Mah Jong 11am Pickleball 12pm Pilates 1pm Comparative Religion with Thomas Burke 1:30pm 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 & Fitness 11am-3pm Open Gym 12pm Brain Games and Lunch by Wilton Meadows 1-4:00pm Duplicate Bridge 12:30pm Rummikub</p>	<p>9:30am Pastels with Jane 10am Feldenkrais w/Cathy 10am Yoga w/Joy No Dance 12pm Lunch at Norfield Entertainment by Airborne Jazz</p>	<p>No Tai Chi today 9:30am Art Class w/Karen 10am Art Class w/Wendy 10am Keeler Tavern Tour No Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30 Movie: <i>Finding Your Feet</i> 1pm Caregivers Support gr 1pm Worried But Well 2:30pm Pickleball Lessons</p>	<p>9am Yoga w/Melania 9:30am Bridge Group 9:30am-12pm Open Art 10am Canasta 11am Beginners Pickleball 1pm Chair Aerobics w/Ruth 1pm Movie: <i>Vice</i> 1-3pm Open Gym</p>
15	16	17	18	19
<p>8:30am Yoga w/Melania 9:30am Meditation 10am Knitting No Tap Dancing 10am Feldenkrais w/Eileen 10:30am Mah Jong 10:30am Medicare Appt. 11am Pickleball 12pm Pilates</p>	<p>8:30am Y's Men's Backgam. 9:30am Tai Chi w/Mari 10am Art Class w/Chris No Strength & Fitness 11am-3pm Open Gym 11:45am Lunch Outing to Rio Bravo. 1-4:00pm Duplicate Bridge 12:30pm Rummikub</p>	<p>9:30am Pastels with Jane 10am Feldenkrais w/Cathy 10am Yoga w/Joy No Dance 12pm Lunch at the Senior Center 12:45pm Safe Way to Dispose of Medication <i>EMS Blood Pressure Checks</i></p>	<p>No Tai Chi today 9:30am Art Class w/Karen 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30pm Movie: <i>Puzzle</i> 1pm Worried But Well 2:30pm Pickleball Lessons</p>	<p>Senior Center Closed</p> 
22	23	24	25	26
<p>8:30am Yoga w/Melania 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais w/Eileen 10:30am Mah Jong 11am Pickleball 12pm Pilates 1:30pm Walk in the gym</p>	<p>8:30am Y's Men's Backgam. 9:30am Tai Chi w/Mari 10am Art Class w/Chris 10am Strength & Fitness 11am-3pm Open Gym 1-4:00pm Duplicate Bridge 12:30pm Rummikub 6:00pm New To Medicare (A light dinner will be offered at 5:30, sign up required.)</p>	<p>9:30am Pastels with Jane 10am Feldenkrais w/Cathy 10am Yoga w/Joy 10am Dance 12pm Lunch at the Senior Center 1pm Alzheimer's Association with Sharon Jordan</p>	<p>9:30am Art Class w/Karen 10am Art Class w/Wendy 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30pm Movie: <i>Bombshell</i> 12:30pm Aldrich Contemporary Art Museum. 1:00pm Caregivers Support Group 1pm Worried But Well 2:30pm Pickleball Lessons</p>	<p>9am Yoga w/Melania 9:30am Bridge Group 9:30am-12pm Open Art 10am Canasta 11am Beginners Pickleball 11am Book Group— <i>The Maltese Falcon</i> At the Weston Senior Center, Discussion Leader Mark Albertson 1pm Chair Aerobics w/Ruth 1pm Movie: <i>Black Panther</i></p>
29	30			
<p>8:30am Yoga w/Melania 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais w/Eileen 10:30am Mah Jong 11am Pickleball 12pm Pilates</p>	<p>8:30am Y's Men's Backgam. 9:30am Tai Chi w/Mari 11am Strength & Fitness 11am-3pm Open Gym 1-4:00pm Duplicate Bridge 12:30pm Rummikub</p>			

MEDICARE AND YOU

New to Medicare Presentation and Dinner

A SWCAA Presentation

Monday, April 23rd 5:30pm Dinner
6:00pm Presentation

Weston Senior Center—9 School Road, Weston, CT
(203) 222-2608—**By Reservation Only**

Are you new to Medicare, about to be eligible for Medicare, or joining Medicare after working beyond age 66? Join us on Monday, April 23rd for a presentation and dinner so that we can help you better understand your benefits and options and avoid lifetime penalties. Learn about Original Medicare (Part A for hospitalization, Part B for doctors, lab tests and durable equipment), Part D for prescription medications, and sources for Medigap plans that help cover deductibles and co-payments for original Medicare. Find out about Part C which are the Advantage Plans (HMOs and PPOs) that are offered in Connecticut as well.

This is a free informational presentation provided by Lisa Alhalbal, a Certified CHOICES Counselor from the Southwest Connecticut Agency on Aging. The dinner is sponsored by the Friends of the Weston Senior Activities Center. There is no charge for this event; however, you must be approaching eligibility age for signing up or be new to Medicare. Please call the Weston Senior Center to sign up (203) 222-2608.

As always, if you are currently enrolled in Medicare and want to discuss any issues, half hour appointments with Meta Schroeter are available from 10am-12pm twice a month on Mondays. Call the Weston Senior Center (203) 222-2608 for an appointment; they must be made by the Thursday before the Monday sessions. See you at the Center!

Meta Schroeter CHOICES Counselor

Safe Storage and Disposal of Opioids and Prescription Medicines: ADAP and Weston Youth Services Wednesday, April 17th, 12:45pm

and Weston Youth Services are working together to promote safe storage and disposal of opioids and all prescription medications, as a part of a state wide effort in community education and prevention. Q & A after the presentation. Presented by Laura Cleary, LMSW, Director of Weston Youth Services.

Weston Department of Social Services

(203) 222-2556, Monday-Thursday 9am-4pm

Weston Social Services officially has new staff!

Our new director, Allison Lisbon, MSW, LCSW, has over 20 years of experience working as a social worker in many different settings including; inpatient geriatric psych at Mt. Sinai Hospital, home hospice, community mental health and she has worked with the previous Weston social services director in different capacities for the past 3 years. She resides in Weston with her husband and 3 boys.

Department Assistant, Rose Cruz, moved to Weston seven years ago and has two children. She has been a volunteer for assisting seniors during the end of life and as a friendly visitor. In June of 2018, she began working at Weston Social Services as an assistant to the previous director, Charlene Chiang-Hillman.

Social Services can assist seniors with financial needs assessment, fuel assistance, Meals on Wheels, volunteer services, and referral services.

Allison will be leading a new caregiving support group at the Center starting March 14th. See page 3 for details. Call the Senior Center to sign up (203) 222-2608.

Weston Public Library

(203) 222-2665, <http://www.westonpubliclibrary.org>

March 10, 2PM	Readers and Writers Series: National Book Award Winner Sigrid Nunez
March 12, 6PM	SCORE: 10 Critical Tools in Promoting Your Brand Online
March 13, 7:30PM	Movie Night: Green Book (PG-13)
March 14, 12PM	Live Well At Your Library: Q&A With Probate Judge Lisa Wexler
March 17, 1PM	Commission for the Arts: Gypsy Fire Piano Concert
March 28, 7PM	Speak Easy featuring Craig Melvin
April 10, 7:30PM	Movie Night: Aquaman (PG-13)

Daffodil Days

April 24th, 7pm Trivia Night

April 27th, 2pm Poetry Reading (see below)

April 28th, 3pm Elvis Tribute

The local Connecticut Poetry Society Workshop is celebrating by holding a poetry reading in the Community Room of the Weston Library on Saturday, April 27th at 2 PM. Workshop poets will read their work, followed by an open mic where other attendees may read an original poem or from an author of their choice. Everyone is welcome – even non poets. Refreshments will be provided by the Weston Senior Center. Please email questions or comments to RayRauth@optonline.net.

Weston EMS

Stop the Bleed, Wednesday March 20th, 12:45pm

Weston EMS presents: Stop the Bleed
Uncontrolled bleeding is the number one cause of preventable death from trauma. Injury results from a wide variety of causes, from accidents to intentional harm, and in a wide variety of locations, such as your home, school, or workplace. You can help save a life by knowing how to stop bleeding if someone, including yourself, is injured.

Blood Pressure Checks at the Senior Center, Wednesdays, 3/20 and 4/17.

Check in on Weston EMS website for safety tips and alerts.

A Message From our Friends

Residents over the age of 55 (the entry age for Weston Senior Center activities) comprise 29.7% of Weston's population, and their ranks are growing. Every one of you contributes in multiple ways to the town's vitality. You provide substantial property tax revenues as well as valuable volunteer work and charitable donations to the community. Moreover, as a generation you contribute intangibles such as wisdom, knowledge and the fruits of life experience. These qualities sustain our most cherished institutions, notably the Weston schools, the public library, churches, community non-profits and local businesses. However you call yourself, let us celebrate Weston's retirees, empty nesters, and seniors. Thank you for making our community strong! Meanwhile, through advocacy and fundraising, The Friends of the Weston Senior Activities Center helps to make the Center a vital resource for the community.

We applaud the extraordinary work of the Center's staff and stand ready to assist in any way.

Nina Daniel President of The Friends



A very special thank you to WestonArts! Thank you for the grant to cover the purchase of our table top easels. As our art program continues to grow, so does our list of supplies. We thank you for your support.



Open Art

Fridays, 9:30am-12pm

Drop in Friday mornings to work with friends and any art projects you are working on.

March/April Photography Exhibit– Suzanne Sheridan

The Wisdom Goddess Project

The idea for this Exhibit, entitled THE WISDOM GODDESS PROJECT, came to Suzanne one day while she was giving her Monday morning meditation class at the Weston Senior Center. Great ideas sometimes come to you when you "quiet your mind"—this is one idea she is grateful for. She is a professional portrait and events photographer and a great friend of the Weston Senior Center, giving ongoing classes, showing photos of her trips and performing her music at the Center on several occasions. A bit of background:

She had just turned 65 years of age and all those pieces of mail with the subject "Now that you are old and getting older" like the AARP ads for the side opening bathtubs and "beepers in case you fall" advertisements started coming in.. All of this gives one pause. So, am I now to limit myself to being defined in this way? Clearly, getting older is not for the weak of heart." I asked myself "What DOES getting older mean for me and for women in general? Do we seem to be defined by our roles in society? First daughter, then wife, mother, grandmother, old lady etc? Could there be a sense of freedom, joy and heightened purpose in getting older?" If so, she was game for uncovering how that was accomplished. Suzanne asked herself "What is next for me? What do I have to look forward to? Do we have some vital women I can interview and photograph as I look for examples of how to do this aging thing well?" The idea of a two image approach for each woman who volunteered to be subjects of this exploration came as she walked the Compo Beach area with Penny, her close friend of 20+ years. She suggested one portrait and one action image of each woman involved in expressing her passion. Each woman doing something that gave her purpose and joy.

We invite you to come to a reception for the exhibit at the Weston Senior Center on Wednesday, March 6, at 11am. The Exhibit will be up from March 1st to April 30th, 2019. Stop by and be ready to be inspired.



Watercolor Class with Wendy Pieper

Thursdays, March 7, 14, 21, 28 and April 4, 11, and 25 10am-12pm, \$35 for this series, 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.

Watercolor with Karen Siegel

Thursdays at 9:30am
\$10 drop in fee

Join Karen for watercolor instruction in 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. This is a great, relaxed group. Join them!

The Basics and Beyond With Chris Goldbach

Tuesdays, April 2, 9, 16, 23, May 7 10am-12pm,
\$25for this series , sign-up required.

In this course students may paint or draw in any medium of their choice. Lessons will cover basic to advanced 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.

Gelli Plates Workshops with Missy Savard

Tuesday March 5th 1:00pm-3:30pm
\$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.

Coming Soon...Mixing Colors with Judith Lambertson
Starting May 13th, Mondays 10am-12pm

Judith Lambertson will be back for another fabulous four-part series on Mixing Colors using a limited palette. A new still life object will be painted each week and by using seven tubes of paint, you can make a beautiful array of colors. The colors will be labeled and made into your own color books. A supply list will be given upon signing up.

Terrarium Making Workshop
With Weston Garden Club
Friday, April 5th, 1:00pm



Join members of the Weston Garden Club at the Senior Center for a fun and easy workshop on making your own terrariums! Springtime is a great time to add flowers to your home. All supplies will be provided by the Weston Garden Club. \$5.00 for class. Sign up is required by March 22nd. (203) 222-2608

Pastel workshop with Jane Wolf

March 20, 27, April 3, 10, 17, 24, 9:30am-11:30am
This class is full, waitlist only.

Are you interested in learning how to use pastels? Pastel is an immediate, versatile pure-pigment medium compressed into stick form and used on sanded paper. It is one of the oldest art forms which has recently found a contemporary audience. Notable pastel artists include Edgar Degas, Mary Cassatt, Mary Silverman and Wolf Kahn.

Jane is a Signature Member of: the Pastel Society of America, Allied Artists of America, Audubon Artists, Inc., and the Salmagundi Club, NYC

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

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Permit No. 2

Our Seniors Are Going Places

Thursday, March 7th, Fairfield University Gallery **"A French Affair" from the Horvitz Collection**

Depart Norfield Church at 10:30am.
Bring money for lunch at the Little Goose. Sign up required.

Thursday, April 11th, Keeler Tavern Tour

Depart Norfield Church at 10am for a 10:30am tour. \$10.00 is due at time of signing up.
Bring money for lunch at 439 Kitchen.

Tuesday, April 16th, Rio Bravo Lunch Outing

Depart Norfield Church at 11:45am.
Bring money for lunch. Sign up required.

Thursday, April 25th, Aldrich Contemporary Art Museum

Depart Norfield Church at 12:30pm.
\$8.00 Admission Fee due at the door. Sign up is required.

Oscar Nominated Movies on Fridays at 1pm

March 8th: Bohemian Rhapsody
March 15th: A Star Is Born
March 22nd: BlackKlansman
March 29th: Green Book
April 5th: The Favourite
April 12th: Vice
April 26th: Black Panther
Date TBD: Roma



Book Discussion Groups

The Weston Senior Center, The Weston Public Library, and The Weston Historical Society are jointly organizing a monthly Friday Book Club and Lunch with guest discussion leaders. The discussions will take place between 11am-12pm and will be followed by a light lunch from Peter's Market from 12pm-1pm. The cost for lunch is \$5.00, or bring your own.

March 22, 2019 at the Weston Historical Society (sign up at Library)

Discussion Leaders: Helen and Arne de Keijzer
Beyond the Book: An open discussion on the provocative themes raised by the "Is Democracy Dying?" series in the October 2018 issue of The Atlantic magazine.

After a brief general introduction, participants will be invited to share their overall reaction to the series. A discussion of several essays will follow as time allows: On Europe, on Madison, on technology and tyranny, on a house divided, on the threat of tribalism, and on losing the democratic habit. The series can be found by searching on the Web for: The Atlantic, Is Democracy Dying? For more information, including print options, call the library or email: adekeijzer@gmail.com.

Friday, April 26th at the Weston Senior Center (sign up at Library)

Discussion Leader: Mark Albertson

Book: *The Maltese Falcon*, by Dashiell Hammett

The story first appeared in 1929, serialized in a magazine, *Black Mask*. It then appeared as a novel, 1930, published by Alfred Knopf. The story takes place in San Francisco. Sam Spade of the Spade-Archer Detective Agency, gets drawn into a convoluted affair involving a priceless figurine, a Black Bird. Along the way, his partner Miles Archer is murdered, leaving Spade trying to clear himself with the police. The story flows effortlessly, powered by a snappy dialogue that brings Hammett's characters to life. *The Maltese Falcon* is truly one of the greatest mystery yarns in American literature.