



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
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.

May/June 2019

Greetings everyone!

We have a lot going on in May and June and we hope you will join us. Our annual Mother's Day Tea on May 7th is booking fast, so call soon to sign up. Next we have the Kick Off to Summer Dinner and Concert on Saturday, June 15th at 4pm at Norfield Parish Hall (see back cover for details). Then mark your calendars for the Second Annual Art Expo Party on July 16th and finally for the Weston Flea, our town wide tag sale, which is set for Sunday, September 22nd. See flyer below.

There are also great trips planned this spring; please see the back cover for details. Our trips are very popular and fill up quickly, so sign up early!

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 the Town of Weston's new Facebook page as well as on its website: www.westonct.gov.

Speaking of communications, if you would like to be even better informed and help us save resources at the same time, we urge you to sign up for the Center's email list. You can sign up by calling the Center or 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 (Dial a Ride)

WESTON FLEA

SOMETHING FOR EVERYONE

TO BENEFIT THE FRIENDS OF WESTON SENIOR CENTER (501C3)

Sunday September 22
(RAIN: SEPTEMBER 29) | **Vendors Wanted**

WESTON HIGH SCHOOL PARKING LOT

VENDORS:

\$20- 2 PARKING SPACES
\$35- 4 PARKING SPACES
\$15- SENIOR RATE- 2 SPACES

*VENDORS SHOULD BRING THEIR OWN TABLE/CHAIRS-
10X10 POP UP TENTS WELCOME IF YOU PREFER SHADE*

Gather up all your old belongings and things that someone else may treasure! Come join us at the Weston Flea! A great opportunity for artists, home businesses and makers to promote and grow. Help us benefit *The Friends of the Weston Senior Center!*

• RESERVE YOUR SPACE NOW BY CALLING:
•203-222-2608
WWW.WESTONSENIORCENTER.INFO

Weston Dial-A-Ride

The service operates in Weston, Westport, Norwalk, Wilton and parts of Georgetown.

Medical appointments will be a priority; however, Roy can take you to any appointment or to run errands, including to the Senior Center, grocery store, the library, etc.

This service is free and available to Weston seniors and residents with disabilities. Appointments should be made 24 hours in advance with the latest appointment at 3:30pm.

Dial-A-Ride operates Monday through Friday from 9:00am to 4:30pm. (203) 222-2576
Vans are Wheelchair accessible.

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 At The Hub

12:45pm Wednesdays, 12:30pm Thursdays and 1:00pm Fridays

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

5/2 Little Italy: Former childhood pals Leo (Hayden Christensen) and Nikki (Emma Roberts) are attracted to each other as adults-but will their feuding parents' rival pizzerias put a chill on their sizzling romance? (NR)

5/3 Here and Now: Grappling with a grim medical prognosis and how to share it with her loved ones, jazz singer Vivienne Carala goes about her normal life -- which includes preparing for a tour -- while reflecting upon the choices she's made. (R)

5/9 On The Basis Of Sex: The film tells an inspiring and spirited true story that follows young lawyer Ruth Bader Ginsburg as she teams with her husband Marty to bring a groundbreaking case before the U.S. Court of Appeals and overturn a century of gender discrimination. The feature premiered in 2018 in line with Justice Ginsburg's 25th anniversary on the Supreme Court. (PG-13)

5/16 Berlin I Love You: Keira Knightley, Helen Mirren, Jim Sturgess, and Diego Luna head an all-star cast in this sparkling film from the producers of Paris, Je T'Aime. Set against the vivid backdrop of Berlin, Berlin, I Love You weaves ten stories of compassion, redemption, and acceptance into a rich tapestry of life--and love. (R)

5/23 Holmes and Watson: Legendary detective Sherlock Holmes and his partner Doctor Watson return for a comedic take on their classic literary partnership, as they use their incredible deductive minds to solve a mystery. (PG-13)

5/30 Mary Poppins Returns: The film, which introduces three new Banks children, played by Pixie Davies, Nathanael Saleh and newcomer Joel Dawson, also features Dick Van Dyke and Angela Lansbury. (PG)

6/6 A Dog's Way Home: Separated from her owner, a dog sets off on an 400-mile journey to get back to the safety and security of the place she calls home. Along the way, she meets a series of new friends and manages to bring a little bit of comfort and joy to their lives. (PG)

6/7 Apollo 11: The Apollo 11 mission that took Neil Armstrong and Buzz Aldrin to the moon comes to life again in this documentary that uses a wealth of NASA materials -- including recordings of in-flight conversations -- to create an immersive experience. (G)

6/13 The Mercy: The true story of amateur sailor Donald Crowhurst and his attempt to win the first Golden Globe singled-handed round the world yacht race in 1968. (NR)

6/20 A Tuba To Cuba: The leader of New Orleans' famed Preservation Hall Jazz Band seeks to fulfill his late father's dream of retracing their musical roots to the shores of Cuba in search of the indigenous music that gave birth to New Orleans jazz. A Tuba to Cuba celebrates the triumph of the human spirit expressed through the universal language of music. (NR)

6/21: The Wife: The interwoven story of a couple's youthful passion and ambition with a portrait of a marriage, thirty-plus years later—a lifetime's shared compromises, secrets, betrayals, and mutual love. (R)

6/27 Instant Family: When Pete (Mark Wahlberg) and Ellie (Rose Byrne) decide to start a family, they stumble into the world of foster care adoption. They hope to take in one small child but when they meet three siblings, including a rebellious 15 year old girl (Isabela Moner), they find themselves speeding from zero to three kids overnight. (PG-13)

6/28 Roma: A year in the life of a middle-class family's maid in Mexico City in the early 1970s. (R)



Mother's Day Tea Party

May 7th at 1:00pm
Norfield Parish Hall

Gourmet Finger Sandwiches and Mini Desserts
Entertainment by Harpist Rebecca Swett
A special presentation by Dr. Noori
"The Benefits of Drinking Tea"

Raffle Items and a special treat to take with you.
Reservations are required- Space is limited
(203) 222-2608 (\$10, due at time of signing up!)

** Bring your own tea cup and saucer**

Wear a special hat too!



Sponsored Programs

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

Scams to Watch out For: Fairfield County Bank with Don McGran
Wednesday, May 1st, 12:30pm

Back by popular demand, Don from Fairfield County Bank will discuss the latest scams and what to watch out for.

Worried But Well: Visiting Nurse and Hospice

Thursday, May 2, 9, 16, 23 12:00pm—1:00pm

Discussion facilitated by Katherine Lasberg, RN and Karen Judd, LCSW of Visiting Nurse and Hospice of Fairfield County.

Legislative Update: Lunch and Learn

Monday, May 6th, 11:30am-1pm

Senator Hwang is here to share the legislative update from the state

Taking the Mystique Out of Living Trusts: Drazen Law Group

Tuesday, May 14th, 1:00pm

Presentation on living trusts.

Probate Issues: Judge Lisa Wexler

Wednesday, May 15th, 12:30pm

Judge Lisa Wexler joins us after lunch for another informative session on probate issues, followed by Q & A.

Cataract Surgery, Then and Now: Dr. Alex Voldman

Wednesday, May 22nd, 12:45pm

Dr. Voldman will share information about cataract surgery, including the latest treatments and surgical techniques. He is a Board Certified comprehensive ophthalmologist specializing in laser assisted cataract surgery.

Discussion on New Car Technology: Fran Mayko from AAA

Friday, May 24th, 2:00pm

Hearing Health Awareness Seminar: Beltone Hearing Aid Centers

Tuesday, May 28th, 11:00am-12:00pm

Join John Bermudez from Beltone who will answers questions about hearing loss and will also be conducting free hearing screenings.

Brain Games and Lunch: Wilton Meadows

Tuesdays, June 4th 12:00pm

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

Bingo and Lunch: Cambridge Health

Friday, June 14th, 12:00pm

Join Danielle for lunch and bingo, includes prizes.

Caregivers Support Group

Thursdays 1:00pm-2:00pm at the Senior Center
May 2 & 16 and June 6 & 20

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 and encouraging as well as informational and will be facilitated by Weston Social Services Director Allison Lisbon, MSW, LCSW.

Lectures and Presentations



Monday, May 6th, 1pm—Comparative Religion
Presented by Thomas Burke

Friday, May 10th, 10am—Discussion on Immigration
Presented by Mark Albertson

The current predicament of immigration on the Southern American border has its roots going back more than 125 years. This talk will trace that history for a better understanding of the present situation.

Friday, May 31st, 1pm—Clara Barton
Presented by Bob Machson

Clara Barton. Clara Barton is one of the few female figures from the 19th century who we remember today, although most Americans know only a small part of her story. She was the “Angel of the Battlefield,” during the Civil War and the founder of the Red Cross. Clara was a leading feminist of her time – long before the word “feminist” was used – and appeared frequently with Susan B. Anthony and Elizabeth Stanton on behalf of their common cause. Yet, she was also a controversial figure, criticized by some for embellishing her battlefield heroics and her care of the Red Cross – so much so that she was removed from its Presidency eight years before her death – and suffered from anxiety, depression, and suicidal thoughts during her long life.

Wednesday, June 5th, 1:00pm—On The Silk Road
Presented by Elsa Cantor and Don Lamberty

Continue traveling with “the Armchair Travelers” Don and Elsa to Central Asia through the countries of Turkmenistan and Uzbekistan. We will explore ancient sites, as well as stop to meet people along the way.

Friday, June 7th, 10am- 100th Anniversary of the Versailles Treaty
Presented by Mark Albertson

June 28th, 2019 marks the 100th anniversary of the grandest fraud in the history of Modern Man. The Versailles Treaty is fraught with minefields set to explode the notion of the 1914-1918 conflict as having been fought for Democracy, rather it was wages for money, politics, colonies and power.

New Games!

Monday, May 20th, 1pm-3pm

Join Tim Cataldo on May 20th to learn how to play two of his new games!

Oneupsmanship: All new, real-world game where risk equals reward and every move has a consequence.

One Up!: The wicked smart word game that is way faster than Scrabble, no rules or board.



Exercise and Wellness

First class is free!

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 is a 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 - (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 (Mondays at 8:30am starting July 1st)

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, strengthening, and relaxation and the pleasure of participating in 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 build core strength, stability, longer leaner muscle tone, and to improve posture and enhance 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 11:30am

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.

May 2019

Mon

Tue

Wed

Thu

Fri

		1		2	3
		10am Feldenkrais w/Cathy 10am Yoga w/Joy 11am Dance w/Sandy 12pm Lunch at the Senior Center 12:45pm Scams! Discussion by Don from Fairfield Bank		9:30am Tai Chi w/Bill 9:30am Art Class w/Karen 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12pm Worried But Well 1pm Caregivers Support Gr 12:30pm Pilates 12:30 pm Movie: <i>Little Italy</i> 2:30pm Pickleball Lessons	9am Yoga w/Melania 9:30am Bridge Group 9:30am-12pm Open Art 10am Lyndhurst Craft Trip 10am Canasta 11:30am Chair Aerobics w/Ruth 1pm Movie: <i>Here and Now</i> 1-3pm Open Gym
6	7	8	9	10	
9:15am Commission Mtg. 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais, Eileen 11am Pickleball 11:30am Legislative Update Lunch and Learn 12pm Pilates 1pm Comparative Religion	8:30am Backgammon 9:30am Tai Chi w/Mari 10am Art Class w/Chris 10:30am Mah Jong 11am Strength & Fitness 11am-3pm Open Gym 12:30pm Rummikub 12:30-4pm Dup. Bridge 1pm Mothers Day Tea 1pm Medicare Appts. 3pm-4pm Technology	10am Feldenkrais w/Cathy 10am Yoga w/Joy 11am Dance w/Sandy 12pm Lunch at Norfield Entertainment by Richard "Cookie" Thomas	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 12pm Worried But Well 12:30pm Pilates 12:30 pm Movie: <i>On Basis..</i> 1pm Colorblends House 2:30pm Pickleball Lessons	9am Yoga w/Melania 9:30am-12pm Open Art 10am Canasta 10am <i>Discussion on Immigration</i> with Mark Albertson 11:30am Chair Aerobics w/Ruth 1-3pm Open Gym	
13	14	15	16	17	
9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais w/Eileen 10am Mixing Colors Class 10:30am Mah Jong 11am Pickleball 12pm Pilates 1:30pm Walk in the gym	8:30am Backgammon 9:30am Tai Chi w/Mari 10:30am Mah Jong 11am Strength & Fitness 12:30pm Rummikub 12:30pm Gelli Workshop 12:30-4pm Dup. Bridge 1pm Taking the Mystique out of Living Trusts by Drazen Law 3pm-4pm Technology	10am Feldenkrais w/Cathy 10am Yoga w/Joy No Dance today 12pm Lunch at the Senior Center 12:3pm Lisa Wexler and Probate Issues	9:30am Tai Chi w/Bill 9:30am Art Class w/Karen 10am Art Class w/Wendy No Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12pm Worried But Well 12:30pm Pilates 12:30pm <i>Berlin, I Love You</i> 1pm Caregivers Support Gr 2:30pm Pickleball Lessons	9am Yoga w/Melania 9:30am Bridge Group 9:30am-12pm Open Art 10am Canasta 11:30am Chair Aerobics w/Ruth 1-3pm Open Gym	
20	21	22	23	24	
No Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais, Eileen 10am Mixing Colors Class 10:30am Mah Jong 11am Pickleball 12pm Pilates 1pm Game Day New Oneupsmanship!	8:30am Backgammon 9:30am Tai Chi w/Mari 10:30am Mah Jong 11am Strength & Fitness 11:30am Legislative Update Lunch and Learn 12:30pm Rummikub 12:30-4pm Dup. Bridge 1pm Medicare Appts.	10am Feldenkrais w/Cathy 10am Yoga w/Joy 11am Dance w/Sandy 12pm Lunch at the Senior Center 12:45pm Dr. Alex Voldman Cataract Surgery, Then and Now with Q & A Blood Pressure Checks	8:30am Brooklyn Gardens 9:30am Tai Chi w/Bill 9:30am Art Class w/Karen 10am Art Class w/Wendy 11am Strength & Fitness 11:15am Pickleball 12pm Worried But Well 12:30pm Pilates 12:30pm <i>Holmes and Watson</i> 2:30pm Pickleball Lessons	9am Yoga w/Melania 9:30am-12pm Open Art 10am Canasta 11am Book Discussion at the Library, <i>Leadership in Turbulent Times</i> , Discussion Leader Kathy Failla 11:30am Chair Aerobics 2pm New Car Technology by AAA	
27	28	29	30	31	
Senior Center Closed Happy Memorial Day	8:30am Backgammon 9:30am Tai Chi Today 10:30am Mah Jong 11am Strength & Fitness 11am Hearing Health Seminar by Beltone 11am-3pm Open Gym 12:30pm Rummikub 12:30-4pm Dup. Bridge 3pm-4pm Technology	10am Feldenkrais w/Cathy 10am Yoga w/Joy 11am Dance w/Sandy 12pm Lunch at the Senior Center	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>Mary Poppins Returns</i> 2:30pm Pickleball Lessons	9am Yoga w/Melania 9:30am-12pm Open Art 10am Canasta 11:30am Chair Aerobics w/Ruth 1pm Lecture: <i>Clara Barton</i> by Bob Machson 1-3pm Open Gym	

June 2019

Mon

Tue

Wed

Thu

Fri

3	4	5	6	7
<p>9:15am Commission Mtg No Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais w/Eileen 10am Mixing Colors Class 10:30am Mah Jong 10:30am Medicare Appts. 11am Pickleball 12pm Pilates</p>	<p>9am-4pm Y's Men's Backgammon Tournament 9:30am Tai Chi w/Mari 10am Art Class w/Chris No Mah Jong today 11am Strength & Fitness 12pm Brain Games and Lunch by Wilton Meadows 12:30pm Gelli Workshop 12:30-4:00pm Dup. Bridge 1pm Rummikub</p>	<p>10am Feldenkrais w/Cathy 10am Yoga w/Joy 11am Dance 12pm Lunch at the Senior Center 1pm Travel Presentation: <i>Silk Road</i>, by Elsa Cantor and Don Lamberty</p>	<p>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 12:30 Movie: <i>A Dog's Way Home</i> 1pm Caregivers Support Gr 2:30pm Pickleball Lessons</p>	<p>9am Yoga w/Melania 9:30am Bridge Group 9:30am-12pm Open Art 10am Canasta 10am <i>100th Anniversary of the Versailles Treaty</i> with Mark Albertson 11:30am Chair Aerobics w/Ruth 1pm Movie: <i>Apollo 11</i></p>
<p>10</p> <p>9:30am Meditation 10am Knitting 10am Tap Dancing 10am Mixing Colors Class 10am Feldenkrais w/Eileen 10:30am Mah Jong 11am Pickleball 12pm Pilates 1:30pm Walk in gym</p>	<p>11</p> <p>8:30am Y's Men's Backgam. 9:30am Tai Chi w/Mari 10am Art Class w/Chris 10:30am Mah Jong 11am Strength & Fitness 11am-3pm Open Gym 12:30pm Gelli Workshop 12:30-4:00pm Dup. Bridge 12:30pm Rummikub</p>	<p>12</p> <p>10am Feldenkrais w/Cathy 10am Yoga w/Joy 11am Dance 12pm Lunch at the Senior Center 1pm Book Discussion by author Barbara Pearson-Rac, Break Even, A Diana Jeffries Mystery</p>	<p>13</p> <p>9:30am Tai Chi w/Bill 9:30am Art Class w/Karen 10am Art Class w/Wendy 10:00am Miss Dallas' Consignment Shop Trip 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30 Movie: <i>The Mercy</i> 2:30pm Pickleball Lessons</p>	<p>14</p> <p>9am Yoga w/Melania 9:30am-12pm Open Art 10am Canasta No Chair Aerobics today 12pm Lunch and Bingo w/Cambridge Health 1-3pm Open Gym </p> <p>Saturday, June 15th Kick Off To Summer Music and Dinner</p>
<p>17</p> <p>9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais w/Eileen 10:30am Mah Jong 10:30am Medicare Appts. 11am Pickleball 12pm Pilates</p>	<p>18</p> <p>8:30am Y's Men's Backgam. 9:30am Tai Chi w/Mari 10am Art Class w/Chris 10:30am Mah Jong 11am Strength & Fitness 11am-3pm Open Gym 12:30-4:00pm Dup. Bridge 12:30pm Rummikub</p>	<p>19</p> <p>10am Feldenkrais w/Cathy 10am Yoga w/Joy 11am Dance 12pm Lunch at the Senior Center <i>EMS Blood Pressure Checks</i></p>	<p>20</p> <p>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>Tuba To Cuba</i> 1pm Caregivers Support Gr 2:30pm Pickleball Lessons</p>	<p>21</p> <p>9am Untermyer Gardens Trip 9am Yoga w/Melania 9:30am Bridge Group 9:30am-12pm Open Art 10am Canasta No Chair Aerobics today 1pm Movie: <i>The Wife</i> 1-3pm Open Gym</p>
<p>24</p> <p>9:30am Meditation 10am Knitting 10am Tap Dancing No Feldenkrais Today 10:30am Mah Jong 11am Pickleball 12pm Pilates 1:30pm Walk in the gym</p>	<p>25</p> <p>8:30am Y's Men's Backgam. 9:00am Bronx Zoo Trip 9:30am Tai Chi w/Mari 10:30am Mah Jong 11am Strength & Fitness 11am-3pm Open Gym 12:30-4:00pm Duplicate Bridge 12:30pm Rummikub</p>	<p>26</p> <p>10am Feldenkrais w/Cathy 10am Yoga w/Joy 10am Dance 12pm Lunch at the Senior Center Assorted Salads 12:45pm Movie: <i>Instant Family</i></p>	<p>27</p> <p>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 1pm <i>Weston Today</i> with Ted Craft 2:30pm Pickleball Lessons</p>	<p>28</p> <p>9am Yoga w/Melania 9:30am-12pm Open Art 10am Canasta 11am Discussion Group <i>Federalists Papers Selections</i> Discussion Leader Bob Machson At the Library 11:30am Chair Aerobics w/Ruth 1pm Movie: <i>Roma</i></p>

Medicare and You

Medicare beneficiaries have been issued new Medicare cards. If a beneficiary's address has changed it's up to the beneficiary to update their address with Social Security online or by phone at 1-800-772-1213, TTY users can call 1-800-325-0778. The new Medicare card has been mailed to the last address that the Social Security Administration has on file. If you have not received your new card please contact Social Security. Bring your new card to all your Medicare accepting docs so that their records can be brought up to date.

SCAM ALERT

There have been several reports throughout the country that Scam callers are now impersonating the Social Security Administration. The phone call states that it is urgent and that your social security number has been compromised. If you get a call like this please **DO NOT** give out any personal information. These are scammers attempting to get your social security number and date of birth.

Also, please do not accept any package that you did not order. Boxes containing durable medical equipment (back braces, knee braces, etc.) are being delivered to the homes of Medicare beneficiaries although they did not order them. The address on the box is different from the location from which it was sent so that when the Medicare beneficiary tries to send the box back to the sender it just keeps coming back because the return address is incorrect.

The Senior Medicare Patrol Program helps Medicare beneficiaries detect, report and protect themselves from Medicare fraud and abuse. This endeavor is only possible because of the volunteers spread throughout Connecticut. Volunteers can conduct presentations, staff exhibits, distribute brochures and/or perform administrative tasks.

Weston Public Library

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

May 5, 4PM	SpeakEASY featuring Tom Scott
May 7, 9:30AM	Friends of the Library Camera Club
May 7, 14, 21, 28 June 4, 11, 18, 25	New Yorker Roundtable 10:45am
May 8, 7:30PM	Movie Night: Holmes and Watson
May 9, 10:30AM	Friends Book Group: My Antonia by Cather
May 14, 2PM	Re-Empowering the [I]ndividual in You
May 15, 7PM	Friends Book Group: Beartown by Backman
May 16, 7PM	TED Talk with Ted Craft
May 21, 7:30PM	Friends of the Library Camera Club
May 22, 6PM	SCORE: Using Video in Social Media
May 23, 7PM	Stitch and Sip
May 24, 11AM	Non-Fiction Book Group: Leadership in Turbulent Times by Goodwin
May 30, 12PM	Cookbook Club: Everything Lemons
June 1, 11AM	Readers and Writers Series: Elise Broach, Alan Katz, Hans Wilhelm
June 5, 9:30AM	Friends of the Library Camera Club
June 7, 10:30AM	Book Group: Roger Williams and the Creation of the American Soul by Barry
June 12, 7:30PM	Movie Night: Upside (PG-13)



Thank you to the Weston Garden Club For making these beautiful terrariums!

Book Talk: Break Even
Wednesday, June 12th,
1:00pm

Author Barbara Pearson-Rac will be here to talk about her new book *Break Even*.

Barbara is a Westport Mystery writer and author of the Diana Jeffries Mysteries.

Thank you Roberta Morelli for baking each week and also making these beautiful cards! All of the proceeds go to our Senior Center.



BREAK EVEN
A Diana Jeffries Mystery



by Barbara Pearson-Rac

Weston Today
With Editor Ted Craft
Thursday, June 27th, 1:00pm

Ted will discuss his free, online newspaper, how to find it, and how to sign up for email alerts. <https://www.weston-today.com/>

Reading Discussion Groups

The Weston Senior Center, The Weston Public Library, and The Weston Historical Society are jointly organizing a monthly Friday Reading 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. Sign up at the Library.

May 24th at the Weston Library

Discussion Leader: Kathy Failla
Book: *Leadership in Turbulent Times*, by Doris Kearns Goodwin
Doris Kearns Goodwin's magnum opus tackles the big leadership questions- are leaders born or made? Do the times make the leader or does the leader make the times?

June 28th at the Weston Library

Discussion Leader: Bob Machson
Selections from the Federalists Papers. Please call the library for details.

Department of Social Services

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

Caregivers Support Group,
May 2, 16, June 6, 20. Details on page 3.

Reminder: Senior Tax Relief applications are due by May 15, 2019. For application and further information, please contact the Tax Collector's office at 203-222-2696.



Thank you Nell Mullen for keeping our birds fed and happy!

**Tuesday
July 16, 2019
10am - 1pm**



**WESTON Senior Center
9 School Road, Weston
203.222.2608**

Save the Date

Artists, Art Lovers and those who want to have FUN
Hands on participation, art demonstrations,
drawings for prizes, special movie, artistic edibles and more...

2nd Annual Celebration of Art ART EXPO PARTY

May/June Artist Exhibit

Patricia Jenkins, Noreen Normand, Joyce Olson

Pat Jenkins

Art has opened my eyes to a new world. Since my retirement I was able to focus on my interests and have attended many art courses. The most informative was art history; studying the masters opened a new world for me.

Noreen Normand

My interest in the arts developed at Bay Path College. While I have been interested in crafts and the arts for some time, it wasn't until I retired that I was able to devote time and energy to the art of watercolor. I started by studying with Bela Szabo and took drawing classes with Frank Post at Norwalk Community College. I then studied under Barbara Lawless and Eddie Nino at the Westport Center for Senior Activities and Richard Rauh as well as continued to develop my skills under several local artists. My love of gardening and flower arranging led me to painting botanicals and florals before expanding to landscapes and seascapes.

Joyce Olson

I have been painting and drawing my whole life. I like using watercolor and pencils to draw flowers, scenes and botanicals. I have taken classes with George Sutherland, Barbara Lawless, Eddie Nino, Dick Rauh and other local artists.



Open Art

Fridays, 9:30am-11:30am
Drop in Friday mornings to work



Thank You Jane Wolf!

Watercolor Class with Wendy Pieper

Session 1: May 9, 16, 23, 30 and Session 2: June 6, 13, 20, 27
10am-12pm, \$20 per 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!

Collage Basics:

Paper and Glue With Chris Goldbach

Tuesdays, June 4, 11 & 18, 10am-12pm
\$15.00 for series, plus \$5.00 for supplies

Collage Basics: Paper and Glue

Working small allows us to try many composition formulas and go home with new ideas for future collages or paintings. Learn to trust the voice inside; the one that can guide creative decisions and bring about a much richer work of art. Please bring a collection of bits and pieces of paper, old books, packaging material, and the everyday detritus normally viewed as trash.

Gelli Plates Workshops with Missy Savard

May 14, June 4, June 11, 12:30pm-3:00pm
\$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.

Mixing Colors with Judith Lambertson

May 13, 20, June 3, 10
Mondays 10am-12pm \$20.00 for Series of Four Classes

Judith Lambertson will be back for another fabulous four part series on Mixing Colors using a limited palette. Each session will begin with exercises in mixing colors. They will put into practice by painting a simple still life.

Supply List: Acrylic medium, palette knife for mixing
Colors: Warm and Cool, Red, Alizarine Crimson, Yellow, Lemon Yellow, Cobalt Blue, French Ultramarine and White for mixing.
Paper: 5 x 7 and 8 x 10

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

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Our Seniors Are Going Places

Friday, May 3rd, Crafts at Lyndhurst

Depart Norfield at 10:00am. A festival of fine crafts and food with over 275 American makers, demos, food trucks, and more.

Thursday, May 9th, Colorblends House and Spring Gardens

Depart Norfield at 1:00pm. \$2.50 includes tour of the house and gardens in Bridgeport.

Thursday, May 23rd, Brooklyn Botanical Gardens and Museum

Depart Norfield at 8:30am. Stroll the gardens, walk over to the museum for self guided tour, bring or buy your own lunch. \$32 includes the coach bus and entry into both venues.

Thursday, June 13th, Miss Dallas' Consignment Shop and Lunch

At Greek Spot Café and Grill in Milford, CT.
Depart Norfield at 10:00am.

Friday, June 21st, Untermeyer Gardens

Depart Senior Center at 9:00am. \$13.00 includes admission and tour of gardens. Bring a bag lunch with drink, there is nothing available to purchase. Wear comfortable shoes!

Tuesday, June 25th, Bronx Zoo

Depart Senior Center at 9:00am. \$30 includes entry and tram. Bring a lunch or you can buy something at the zoo. We will meet back at the entrance at 2pm for the return trip.

Mid-August, date TBD, Light House Cruise in New London

Enjoy views of eight lighthouses from New London to Long Island on this cruise. \$22.50, let us know if you are interested.

KICK OFF TO SUMMER CONCERT AND DINNER



Saturday, June 15th at 4:00pm, Norfield Parish Hall

Westport Community Band

Join us on Saturday, June 15th for a fabulous evening!
Following the concert, there will be a buffet dinner and
ice cream sundae bar.

This is a free event, please RSVP by 6/13.

(203) 222-2608

Raffle items, silent auction, and more.



Sponsored by
The Friends of the Weston Senior Activities Center

