



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
Assistant: Rose Cruz

Weston Town Hall

www.westonct.gov
203-222-2656

Commission on Aging

Bruce Lorentzen, Chair
Helen R. de Keijzer
Francine Goldstein
Don Gumaer
Alison McElhone
Richard Wolf
Vacancy



The Friends of WSAC

This symbol indicates that an event is sponsored by the Friends of the Weston Senior Activities Center.

November/December 2019

Greetings!

We would like to thank everyone who supported, volunteered and attended the Weston Flea. The event was a great success. See you next year!

We have two new game groups forming, chess and Scrabble. Chess is on Mondays from 1:45pm-3:45pm, and Scrabble will be on Fridays from 1:00pm-3:00pm. Please let us know if you are interested in joining either of these groups.

Our annual Holiday Gift Sale will be open on Monday, December 3rd and run through Wednesday, December 5th. See details below. Remember, we are also collecting new or gently used items for the sale now through November 22nd. All of the proceeds will directly support our Weston Senior Center.

Since winter weather is coming, we would like to remind you about our closure policy. We follow the Weston Public Schools policies on delays, early dismissal and closings. We will post closures on our website www.westonseniorcenter.info, send an email to those on our list, and post information on Channel 6 and 12 news.

We hope to see you at The Hub!

Wendy, Carla, Linda, Angela, and Roy (Dial a Ride)

Weston Dial-A-Ride

Great news! In addition to our Dial-a-Ride van, we now have a Toyota Prius to drive you to appointments! 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.



Annual Holiday Gift Sale

Monday to Wednesday, December 2nd, 3rd, 4th

9am - 3pm



Start your holiday shopping at our gift sale. Gift wrapping will be available. This year we have a very special donation of jewelry including bracelets, earrings, watches and necklaces plus collectible jewelry from Danbury Mint. You won't want to miss this opportunity to purchase these elegant, one of a kind pieces.

We have gift items new or gently used. All of the proceeds will directly support our Weston Senior Center. We are also collecting new and unused gifts! Please keep us in mind if you have items that were given to you that you never used.

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.



All Movies Start at 12:30pm
Sign-up is required, call (203) 222-2608



Thursday and Friday Movies:

11/1: All Is True, PG-13

The year is 1613, Shakespeare is acknowledged as the greatest writer of the age. But disaster strikes when his renowned Globe Theatre burns to the ground, and devastated, Shakespeare returns to Stratford, where he must face a troubled past and a neglected family.

11/7: Emptying the Skies, NR: Songbird populations have been drastically declining for several decades, with a number of species facing imminent extinction. This poignant documentary explores the wonder of these tiny globe-trekking marvels, millions of which are unlawfully slaughtered each year for large sums on the black market, and follows the intrepid squad of pan-European bird-lovers waging a secret war against poachers, disrupting illegal trapping to free as many as possible.

11/8: Maiden, PG

Maiden is the story of how Tracy Edwards, a 24-year-old cook on charter boats, became the skipper of the first ever all-female crew to enter the Whitbread Round the World in 1989.

11/14: The Tomorrow Man, PG-13

Ed Hemsler spends his life preparing for a disaster that may never come. Ronnie Meisner spends her life shopping for things she may never use. In a small town somewhere in America, these two people will try to find love while trying not to get lost in each other's stuff.

11/15: Won't You Be My Neighbor, PG-13

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

11/21: Pavarotti, PG-13

From the filmmaking team behind the highly-acclaimed documentary *The Beatles: Eight Days A Week—The Touring Years*, PAVAROTTI is a riveting film that lifts the curtain on the icon who brought opera to the people. Academy Award (R) winner Ron Howard puts audiences front row center for an exploration of *The Voice...The Man...The Legend*.

11/22: The Wife, R

After nearly forty years of marriage, JOAN and JOE CASTLEMAN (Glenn Close and Jonathan Pryce) are complements. Where Joe is casual, Joan is elegant. Where Joe is vain, Joan is self-effacing. And where Joe enjoys his very public role as Great American Novelist, Joan pours her considerable intellect, grace, charm, and diplomacy into the private role of Great Man's Wife.

12/12: The Courageous Heart of Irena Sendler

Fact-based drama about Irena Sendler (Anna Paquin), a Polish social worker who saved nearly 2500 Jewish children from being deported to death camps during World War II by placing them with Polish families and in convents. Marcia Gay Harden, Goran Visnjic, Nathaniel Parker.

12/13: Holiday Inn

Music by Irving Berlin, songs by Bing Crosby and dancing by Fred Astaire all add up to a really delightful musical that also just happened to launch the hit "White Christmas".

12/19: Love Gilda, PG-13

LOVE, GILDA opens a unique window into the honest and whimsical world of beloved performer Gilda Radner, whose greatest role was sharing her story.

12/20: Miracle on 34th Street

Edmund Gwenn plays Kris Kringle, a bearded old gent who is the living image of Santa Claus. Serving as a last-minute replacement for the drunken Santa who was to have led Macy's Thanksgiving Parade, Kringle is offered a job as a Macy's toy-department Santa.

Belly Dancing Demonstration

December 2nd, 1:00pm

Belly Dancing is Healthy and Fun!

Helen Goldenberg, OTR is a practicing occupational therapist with Visiting Nurse & Hospice of Fairfield County with more than 40 years of experience.

Occupational Therapy uses purposeful activity to help with tasks of daily living. Belly dancing helps to improve skills such as strength, coordination and dexterity. It also results in increased awareness of body position and improved balance, which can help to reduce the risk of falls.

Belly dancing provides ways to be creative and to use the body and mind together and promotes a sense of joy and accomplishment. The eclectic range of music used in belly dancing is energizing and stimulating.

Signup is required.



Trips

Katonah Museum of Art: Friday, November 8th

Sparkling Amazons: Abstract Expressionists of 9th Street. Depart Senior Center at 9am. \$10 for guided tour, plus bring money for lunch (restaurant will be in Ridgefield).

Brookfield Craft Center, Simpson & Vail Tea, Bridgewater Chocolate, J. Ramen House for lunch and Rich Farm Ice Cream: Thursday, November 14th.

Depart Norfield at 9:15am.

Sono Collection Mall, Shopping Norwalk:

Monday, November 18th

Depart Senior Center at 12:30pm, Depart Mall at 2:30pm

Holiday Shopping at the Miss Dallas Shop,

Thursday, Dec. 5th:

Shopping trip and lunch at Bridge House Restaurant.

Depart Norfield at 9:15am.

Radio City Christmas Spectacular: Wednesday, Dec. 11th

The trip includes ticket, round trip coach bus, and a boxed lunch. This does not include driver gratuity.

Depart Norfield at 10:30am. This trip is full. Waitlist only.

Holiday Fair at Grand Central: Tuesday, December 17th

We will take the train to Grand Central Station where you will have time to shop at the Holiday Fair and eat lunch at one of the many restaurants. This holiday fair is the longest running indoor holiday market in New York City! Everything is inside Grand Central, no need to go outside.

Depart Norfield at 8:15am for 9:01am train. Depart Grand Central on the 2:34pm train, arrive Westport at 3:43pm and back to Norfield. Bring \$18.00 to purchase train ticket on train. Signup required.

**Holiday Ornament Exchange at the Redding Road House
Tuesday, December 19th, 12pm.**

Bring a wrapped ornament to exchange!

Lectures, Presentations

Thankfulness Lunch and Learn Sponsored by Wilton Meadows
Tuesday, November 5th, 12pm
 Join Elanit for lunch and a thoughtful discussion about thankfulness.

Mark Albertson: Golda Meir
Tuesday, November 12th, 10am
 Golda Meir was an Israeli teacher, kibbutznik, stateswoman, politician and the fourth Prime Minister of Israel. Born in Kiev, she immigrated to the U.S. as a child with her family in 1906 and was educated there, becoming a teacher.

Danielle Ramos of Cambridge Health: Lunch and Bingo
Tuesday, November 12th, 12pm
 Join us for lunch, bingo and fun with Danielle.

Elsa and Don Lamberty: The Armchair Travelers
Wednesday, November 13th, 1pm
 Elsa and Don will share their recent adventure to a remote area of India, exploring the foothills of the Himalayas.

Mark Albertson: The Strategic Significance of the Japanese Attack on Pearl Harbor
Tuesday, December 3rd, 10am
 We will be discussing the strategic, political, economic and military reasons for Pearl Harbor.

Marina, Red Bee Honey:
Wednesday, December 4th, 12:45pm
 Marina's personal journey and personal account of abandoning the rat race to live blissfully as a beekeeper and honey entrepreneur plus everything you'd ever want to know about bees. Marina Marchese fell in love with bees during a tour of a neighbor's honeybee hives. Surprised to find that allowing docile honeybees to crawl across her hands instilled a serene tranquility and comfort, Marina quit her job, acquired her own bees, built her own hives, harvested honey, studied wine tasting in order to transfer those skills to honey tasting, and eventually opened her own business. Her journey is not only a warm and inspiring story of one woman's intimate experience with honeybees but it is also bursting with fascinating and practical information about all aspects of bees, beekeeping, and honey. Book signing and honey tasting to follow.

John Bermudez of Beltone: Lunch & Learn About Hearing
Friday, December 6th, 12pm
 Learn the difference between "hearing" and what the brain is receiving as the message of the words that were spoken.

Thomas Burke: Comparative Religion
Monday, December 9th, 1pm
 Thomas Burke is the Associate Minister of Children, Youth, and Families at Norfield Congregational Church

Brain Games and Lunch Sponsored by Wilton Meadows
Tuesday, December 10th, 12pm
 Another great lunch with brain games with Elanit.



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.

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

Wednesdays at 10:00am

Feldenkrais is a gentle class that helps to improve posture, flexibility, and coordination for those with reduced movement or pain.

Pickleball (free, drop in okay)

Mondays & Thursdays at 11am; Fridays at 11am for beginners.

Pickleball is a cross between tennis, ping pong and badminton.

Pickleball Lessons with Robin (\$5.00 per lesson)

Dates are flexible, call the Senior Center if interested.

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 9:45am

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)

Wednesdays at 9:30am and Fridays at 9:00am This class is an *experience* for healing Mind, Body & Spirit, through gentle movement, meditation, and breath-work, bringing students compassionately back "home" to oneself.

Pilates with Karen (must pay for series in full)

Tuesdays and Thursdays at 1pm

Designed to realign the spine to its natural skeletal position, re-balancing 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.

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

Mondays at 11:30am and 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 with great music!



November 2019

Mon

Tue

Wed

Thu

Fri

2				1 9am Yoga 10am-12pm Open Art 10am Canasta 11am Pickleball 11:30am Flu Shot Clinic 11:30am Chair Aerobics 12:30pm Movie: <i>All is True</i> 1-3pm Open Gym 1pm Scrabble
4 9am-12pm Medicare Appt 9:15am Commission on Aging 10am Knitting 10am Tap Dancing 10:30am Mah Jong 11am Pickleball 11:30am Chair Aerobics 1:30pm Chess	5 8:30am Backgammon 9:30am Tai Chi 10am Art Class w/Chris 11am Strength & Fitness 11am-Pickleball with the Students! 12pm Lunch & Learn Thankfulness 12:30pm Rummikub 12:30-4pm Dup. Bridge 12:30pm Landscapes w/ Missy 1pm Pilates	6 9:30am Yoga 9:30am Pastel Class-Jane 10am Feldenkrais 12pm Lunch Senior Center	7 9:30am Watercolor Karen 9:45am Tai Chi 10am Watercolor- Wendy 10am Mah Jong 11am Strength & Fitness 11am-2:30pm Massage 11:00am Pickleball 12:30pm Movie: <i>Emptying the Skies</i> 1pm Caregivers Support Group 1pm Pilates	8 9am Yoga 9am Katonah Trip 10am-12pm Open Art 10am Canasta 11am Pickleball 11:30am Chair Aerobics 12:30pm Movie: <i>Maiden</i> 1pm Scrabble
11 Senior Center Closed Memorial Service Weston Town Hall 11am-11:30am	12 8:30am Backgammon 9:30am Tai Chi 10am Art Class w/ Chris 10am Mark Albertson: Golda Meir 11am Strength & Fitness 12pm Lunch & Bingo with Danielle 12:30pm Rummikub 12:30-4pm Dup. Bridge 12:30pm Landscapes w/ Missy 1pm Pilates	13 9:30am Yoga 9:30am Pastel Class-jane 10am Feldenkrais 12pm Lunch at Senior Center 1pm Travel Presentation by Elsa and Don Lamberty <i>The Armchair Travelers</i>	14 9:15am Brookfield Craft Center Trip 9:45am Tai Chi 10am Watercolor -Wendy 10am Mah Jong 11am Strength & Fitness 11am-2:30pm Massage 11:00am Pickleball 12:30pm Movie: <i>The Tomorrow Man</i> 1pm Pilates	15 9am Yoga 10am-12pm Open Art 10am Canasta 11am Pickleball 11:30am Chair Aerobics 12:30pm Movie: <i>Won't You Be My Neighbor</i> 1pm Paint Pour Workshop 1pm Scrabble
18 9am-12pm Medicare Appt 10am Knitting 10am Tap Dancing 10:30am Mah Jong 11am Pickleball 11:30am Chair Aerobics 12:30pm-2:30pm Sono Collection Mall Shopping 1:30pm Chess	19 8:30am Backgammon 9:30am Tai Chi 10am Art Class w/Chris 11am Strength & Fitness 12:30pm Rummikub 12:30-4pm Dup. Bridge 12:30pm Landscapes w/ Missy 1pm Pilates	20 9:30am Yoga 10am Feldenkrais 12pm Thanksgiving Lunch at Norfield Hosted by Emmanuel Entertainment by Airborne Jazz	21 9:30am Watercolor -Karen 9:45am Tai Chi 10am Watercolor -Wendy 10am Mah Jong 11am Strength & Fitness 11:00am Pickleball 12:30pm Movie: <i>Pavarotti</i> 1pm Caregivers Support Gr. 1pm Pilates	22 9am Yoga 10am-12pm Open Art 10am Canasta 10am Chess Lessons 11am Pickleball 11:30am Chair Aerobics 12:30pm Movie: <i>The Wife</i> 1pm Scrabble
25 9am-12pm Medicare Appt 10am Knitting No Tap Dancing 10:30am Mah Jong 10:30am Medicare Appt. 11am Pickleball 11:30am Chair Aerobics 1:30pm Chess	26 8:30am Backgammon 9:30am Tai Chi 10am No Art Class No Strength & Fitness 12:30pm Rummikub 12:30-4pm Dup. Bridge 1pm Pilates	27 Senior Center Closed	28 Senior Center Closed  Happy Thanksgiving	29 Senior Center Closed



December 2019

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>9am-12pm Medicare Appt 9:15am Commission on Aging 10am Knitting 10am Tap Dancing 10:30am Mah Jong 11am Pickleball 11:30am Chair Aerobics 1pm Belly Dance Demo 1:30pm Chess</p> <p>Holiday Sale 9am-3pm</p>	<p>3</p> <p>8:30am Y's Men's Backgam. 9:30am Tai Chi 10am Mark Albertson presents: The Strategic Significance of the Japanese Attack on Pearl Harbor 11am Strength & Fitness 12:30-4:00pm Dup. Bridge 12:30pm Rummikub 12:30pm Landscapes-Missy 1pm Pilates</p> <p>Holiday Sale 9am-3pm</p>	<p>4</p> <p>9:30am Yoga 10am Feldenkrais</p> <p>12pm Lunch at the Senior Center</p> <p>12:45pm Red Bee Honey, A Special Presentation</p> <p>Holiday Sale 9am-3pm</p>	<p>5</p> <p>9:15am Miss Dallas Trip 9:30am Watercolor-Karen 9:45am Tai Chi 10am Watercolor-Wendy 10am Mah Jong 11am Strength & Fitness 11am-2:30pm Massage 11:00am Pickleball 12pm Lunch <i>Place for Mom</i> 1pm Pilates 1pm Caregivers Support Gr Dr. Sacco – all welcome</p>	<p>6</p> <p>9am Yoga 9:30am Bridge Group 10am-12pm Open Art 10am Canasta 11am Pickleball 11:30am Chair Aerobics 12pm Beltone Lunch and Learn 1pm Scrabble</p>
<p>9</p> <p>10am Knitting 10am Tap Dancing 10:30am Mah Jong 11am Pickleball 11:30am Chair Aerobics 1pm Comparative Religion with Thomas Burke 1:30pm Chess</p>	<p>10</p> <p>8:30am Y's Men's Backgam. 9:30am Tai Chi 10am Art Class w/Chris 11am Strength & Fitness 12pm Brain Games/Lunch 12:30-4:00pm Dup. Bridge 12:30pm Rummikub 12:30pm Landscapes-Missy 1pm Pilates</p>	<p>11</p> <p>9:30am Yoga 10am Feldenkrais</p> <p>No Lunch Today</p> <p>10:30am Departure for Radio City Christmas Spectaculars Trip</p>	<p>12</p> <p>9:30am Watercolor-Karen 9:45am Tai Chi 10am Watercolor-Wendy 10am Mah Jong 11am Strength & Fitness 11am-2:30pm Massage 11:00am Pickleball 12:30 Movie: <i>The Courageous Heart of Irena Sendler</i> 1pm Pilates</p>	<p>13</p> <p>9am Yoga 10am-12pm Open Art 10am Canasta 11:30am Chair Aerobics 12:30pm Movie: <i>Holiday Inn</i> 1pm Scrabble</p>
<p>16</p> <p>10am Knitting 10am Tap Dancing 10:30am Mah Jong 11am Pickleball 11:30am Chair Aerobics 1:30pm Chess</p>	<p>17</p> <p>8:15am NYC Holiday Fair Grand Central 8:30am Y's Men's Backgam. 9:30am Tai Chi 10am Art Class w/Chris 11am Strength & Fitness 11am-3pm Open Gym 12:30-4:00pm Dup. Bridge 12:30pm Rummikub 1pm Pilates</p>	<p>18</p> <p>9:30am Yoga 10am Feldenkrais</p> <p>12pm Lunch at Norfield Church Holiday Luncheon Hosted by Norfield Entertainment by The Hoot Owls and Chris Coogan</p>	<p>19</p> <p>9:45am Tai Chi No Watercolor 10am Mah Jong 11am Strength & Fitness 11am-2:30pm Massage 11:00am Pickleball 12pm Holiday Ornament Exchange Luncheon at Redding Road House 12:30pm Movie: <i>Love Gilda</i> 1pm Pilates</p>	<p>20</p> <p>9am Yoga 9:30am Bridge Group 10am-12pm Open Art 10am Canasta 11am Pickleball 11:30am Chair Aerobics 12:30pm Movie: <i>Miracle on 34th Street</i> 1pm Scrabble</p>
<p>23</p> <p>Closed</p> 	<p>24</p> <p>Closed</p>	<p>25</p> <p>Closed</p> 	<p>26</p> <p>Closed</p>	<p>27</p> <p>Closed</p>
<p>30</p> <p>Closed</p>	<p>31</p> <p>Closed</p>	<p>1</p> <p>Closed</p> 		

MEDICARE INFORMATION**Medicare Open Enrollment October 15–December 7**

The annual open enrollment period for Medicare Part D and Advantage Plans for 2020 coverage is **October 15, 2019 through December 7, 2019**. It is a good idea to review your coverage yearly at this time with a CHOICES counselor to be sure that you are getting the coverage you want at the most reasonable cost. Changes in coverage can be made without penalty during Open Enrollment. There are lots of changes for 2020 this year!!

For those on original Medicare, there are 25 plans being offered for 2020 Medicare Part D. There are new insurance plans to Connecticut, changed formularies, and premium changes. One program has a premium of \$14.00 per month. Is it right for you? Make an appointment through the Weston Senior Center or you may call SWCAA (Southwest Connecticut Agency on Aging) directly to speak with a CHOICES counselor. Your prescription medications including precise name (properly spelled), dosage and frequency of use will be reviewed on the Medicare.gov website and the Medicare D insurance plans will be presented to you in order of price effectiveness. Some seniors change Medicare D suppliers yearly to meet their current medication requirements and to get the best prices offered.

During the Open Enrollment period there will be half hour appointments available from 10:30 – 1:00 every Monday and some Fridays. **YOU MUST MAKE AN APPOINTMENT THROUGH THE WESTON SENIOR CENTER** at (203) 222-2608. **NO WALK-INS**. If times or dates are not convenient for you simply contact a SWCAA CHOICES counselor at 1(800) 994 - 9422. One person per half hour. Couples need two appointments.

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

See you at the Center! Meta Schroeter
CHOICES Counselor

Caregivers Support Group

Thursdays 1:00pm-2:00pm at the Senior Center
November 7th, 21st, December 5th

Caregiving for a loved one can be challenging. These informal sessions are your chance to take a break, socialize with other caregivers and learn how to make life easier for you and the one you care for. Some weeks we will have an open meeting with a guest speaker.

This group will be facilitated by Weston Social Services Director Allison Lisbon, MSW, LCSW.

Weston Public Library

(203) 222-2665

Nov. 7 th , 10am-12pm	Flu Shot Clinic
Nov. 13 th , 7:30PM	Movie: Art of Racing in the Rain (PG)
Nov. 21 st , 12:30PM	Lunch and Learn, Census 2020
Nov. 21 st , 7PM	SpeakEASY: Jeremy Schaap
Dec. 11 th , 7:30PM	Movie: Where'd You Go, Bernadette
Dec. 19 th , 7PM	Library After Dark: Wrap and Yap

BOOK SALE BEGINS FRIDAY NOVEMBER 1ST

November 1st, 9:00am-6:00pm
(Early buying from 8:00am-9:00am:\$10 admission fee.)
November 2nd, 9:00am - 5:30pm.
November 3rd, 10:00am - 5:30pm. Items half priced until 3:00pm.
Then bagged items for \$5.00/bag. Bags will be supplied.

Department of Social Services

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

Weston Social Services: Would you like to be added to the Emergency or Reassurance lists? The **Emergency** list is for those people who live alone, can't drive, are disabled or have any medical needs and would like to be called and *checked on* in case of an emergency or prior to inclement weather. The **Reassurance** list is for anyone who would like a phone call in case of an emergency or prior to inclement weather.

Please call Rose Cruz at 203-222-2556 if interested.

Do you need assistance paying for heat this winter? The Connecticut Energy Assistance Program (CEAP) can offset winter heating costs for income eligible households. Please contact Weston Social Services at 203-222-2556 to learn about CEAP or other heat assistance programs you may be eligible for.

Did You Know?**Dr. Alison McElhone, Geriatric Physician
Commission on Aging**

Stay healthy! Facts and CDC recommendations for immunizations in older adults.

Influenza: 60% of seasonal flu-related hospitalizations occur in adults 65 years and older. A yearly seasonal influenza vaccination is recommended in all older adults.

Pneumococcal Disease: pneumococcal pneumonia, the most common form of this disease, affects nearly 1 million adults in the U.S. each year. Many people are hospitalized with pneumococcal pneumonia, and about 5-7% of those patients will die. Vaccination is recommended for all adults 65 and older with both PCV13 and PPSV23. Typically PCV13 is given first followed 1 year later by PPSV23.

Shingles: 1 out of 3 people in the U.S. develops the painful shingles rash in their lifetime, and risk increases with advancing age. The rash can be followed by the chronic pain condition, PHN. Shingrex vaccine is recommended to adults age 50 and older. It is given in 2 doses separated by 2-6 months.

The Td booster shot is recommended every 10 years.

Paint Pour One Day Workshop

Gourmet snacks included with all workshops.

Paint Pour with Nancy Wasserman: Create some fun abstracts using acrylic paint, completing two 12 x 12 canvases. 1pm-3pm. \$25 includes supplies.

Coming Soon... Calligraphy Class

Let us know if you are interested in learning calligraphy, how to write each letter, set up poetry, and the basics of this fine writing skill.

Art Trip to Mystic Seaport Museum J.M.W. Turner Exhibit—Call for Interest

Wednesday, January 15th

In partnership with Tate, Mystic Seaport Museum is exhibiting J.M.W. Turner: *Watercolors from Tate*. **Mystic Seaport is the only North American location for this exhibit.**

The cost of this trip is \$75.00. This includes round trip coach bus, entry into Mystic Seaport and the museum, and a boxed lunch. Sign up is required by December 15th, must be paid in full at time of signing up.

Center Photography Exhibit

November—December
Fruma Markowitz



Artist Statement:

"Both humankind and the animal kingdom depend on water for life, to remain healthy and hydrated, to keep clean and disease-free, to restore and maintain spiritual balance and well-being. It is a constant and common need around the world, although not all peoples and populations own access to a viable water supply. Like scientists before me, in travels near home in CT, and as far away as India, I have purposefully gathered a multitude of photographic water "samples" that vary widely in color, texture, pattern, brightness, clarity and mood.

For in the wake of a constant onslaught of news featuring the safety of drinking water in U.S. cities, or reporting its scarcity or toxicity in so many parts of the world - faced with lack of resources or in the throes of natural disasters - what other stories of social and environmental import can these images of water tell? Stand by...this work-in-progress is still flowing forward."



New Game Groups

Chess on Mondays 1:30pm-3:30pm
Scrabble on Fridays 1:00pm-3:00pm.
Let us know if you want to join!



Open Art

Thursdays and Fridays, 10am-12pm
Drop in Friday mornings to work with friends and art projects.

Watercolor Class with Wendy Pieper

10am-12pm, \$20 per series, sign-up required.
10/24, 10/31, 11/7, 11/14 (prorated series is possible for newcomers)
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.

Experiments in Watercolor with Wendy Pieper

10am-12pm, \$15 per series, sign-up required.
11/21, 12/5, 12/12
Join Wendy for this 3 part series of fun experiments using different paper, techniques and tools.

Watercolor with Karen Siegel

9:30am-11:30am \$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 With Chris Goldbach

10am-12pm \$25 for series and \$5 supply fee
1/7, 1/14, 1/21, 2/4, 2/11
Working small allows us to try many composition formulas and go home with new ideas for future colleagues or paintings.

The Basics and Beyond with Chris Goldbach

Tuesdays, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17 10am-12pm
\$30 for series of 6 classes. Must bring own supplies,
Students have a choice to paint or draw in any medium of their choice. Lessons will cover basics to advanced techniques.

Landscapes in Oil and Acrylic with Missy Savard

Tuesdays, 12:30pm-2:30pm
Tuesdays 11/5, 11/12, 11/19, 12/3, 12/10
\$25 series of 5 classes.
Come and paint in acrylic or oil (non-toxic methods will be emphasized). We will learn about composition, mixing colors and color theory, atmospheric perspective, value and how to make a painting sing. All levels welcome.



**WESTON SENIOR
ACTIVITIES CENTER**

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

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A Note about our Second Weston Flea

We would like to thank you for coming! We had over 80 Vendors selling their goods, old and new, and this year we had many new small businesses and crafters join us. We hope to continue to grow this event each year.

We would also like to thank the Friends of the Weston Senior Activities Center and our Weston Flea sponsors and donors:

*Fairfield County Bank of Weston
Vickie Kelly, Camelot Real Estate
Jim Moore, Cypress Landscape
Christopher Spaulding, Weston Progress Fund
Jessica & Josh Tolk, The Lunchbox Weston
Weston Democratic Town Committee
Kathleen & Daniel Fitzgerald
Jane & Richard Wolf*

**Donations were also made in Support of the
Weston Senior Activities Center.**

*Joyce Koppel
Norbie & Roger Longman
Kay Tortorella*

Thank You!

**Donations were made in support of the Center and
The Friends of the Weston Senior Activities Center
In Loving Memory of Margaret Ann (Peggy) Anderson**

*Kathleen & Thomas Albertson
Helen & Dick Alling
John Benisch
Woody Bliss
Eileen Buckley
Jane Cartelli
Karen & Edward Cronk
Helen & Arne de Keijzer
Elizabeth Giles
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