



# WESTON SENIOR ACTIVITIES CENTER

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

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

[www.westonseniorcenter.info](http://www.westonseniorcenter.info)

## Weston Senior Services and Resources

**Weston Senior Center**  
9 School Road  
[www.westonseniorcenter.info](http://www.westonseniorcenter.info)  
203-222-2608

Mailing Address:  
P.O. Box 1007  
Weston, CT 06883

### Center Staff:

Director: Wendy Petty  
Program Coordinator:  
Carla Jegen  
Asst. Program Coordinators:  
Linda Gilmore  
Angela Connaughton

### Dial-a-Ride

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

### Dept. of Social Services

203-222-2663  
Director: Allison Lisbon  
Assistant: Rose Cruz

### Weston Town Hall

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

### Commission on Aging

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



### The Friends of WSAC

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

## September/October 2019

We hope you enjoyed your summer and want to thank you for your patience with our unexpected closure for repairs this past month.

We have great things planned this fall. Starting with many new art classes, one day art workshops, and trips to museums and shopping. As for exercise, there are so many great classes, come and try one. Speaking of exercise, Joy LeVine Abrams will be leaving us after many many years. Her last class is Wednesday, September 11th at 10am at the Senior Center. We will really miss her! Thank for your being so wonderful Joy! After the 11th, Wednesday yoga will start at 9:30am and be taught by Melania. We hope you will join us!

On September 22nd, the Second Annual Weston Flea is scheduled for 10am-3pm in the Weston High School Parking Lot. It should be a wonderful day! This year we are raising money for an energy efficient vehicle for our Dial-a-Ride program. If you would like to make a donation to go towards the purchase of this car, we would be grateful. Donations can be made to the Friends of the Weston Senior Activities Center, PO Box 1007, Weston, CT. We do hope you will come and shop that day. There will be food trucks, music, crafts, tag sale items, and more. If we have never met, please stop by our Senior Center area to say hello. We will be having a fabulous silent auction set up at our table.

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 our email list. You can sign up by calling the Center or by sending an email to [wpetty@westonct.gov](mailto:wpetty@westonct.gov). You will not only receive six issues of our newsletter per year but also occasional notices of new programs and events and other important news. Also, consider adding our website to your list of favorites: [www.westonseniorcenter.info](http://www.westonseniorcenter.info). See you at the Center! Please also find us on Facebook, Weston Senior Activities Center.

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

## 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.

### DONATIONS TO THE SENIOR CENTER

In Loving Memory of Peggy Anderson  
Helen and Arne de Keijzer  
\*\*\*\*\*

In Loving Memory of Tana Gilmore  
Roberta Morelli



*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



**9/5: The Longest Ride, PG13**

Based on the bestselling novel by master storyteller Nicholas Sparks, THE LONGEST RIDE centers on the star-crossed love affair between Luke, a former champion bull rider looking to make a comeback, and Sophia, a college student who is about to embark upon her dream job in New York City's art world.

**9/12: The Best of Enemies, PG13**

Based on a true story, THE BEST OF ENEMIES centers on the unlikely relationship between Ann Atwater (Henson), an outspoken civil rights activist, and C.P. Ellis (Rockwell), a local Ku Klux Klan leader who reluctantly co-chaired a community summit, battling over the desegregation of schools in Durham, North Carolina during the racially-charged summer of 1971.

**9/19: Mia and the White Lion, PG**

Ten year-old Mia has her life turned upside down when her family decides to leave their home in London to manage a lion farm in South Africa. When a beautiful white lion, Charlie, is born, Mia develops a close attachment to the wild cub. After three years, Mia's life is rocked once again when she uncovers an upsetting secret kept hidden by her father.

**9/26: Amazing Grace, G**

Concert footage from 1972 of Aretha Franklin performing songs from the best-selling gospel album at the New Temple Missionary Baptist Church in Los Angeles.

**10/3: The Biggest Little Farm, PG**

A testament to the immense complexity of nature, The Biggest Little Farm follows two dreamers and a dog on an odyssey to bring harmony to both their lives and the land.

**10/10: Breakthrough, PG**

BREAKTHROUGH is based on the inspirational true story of one mother's unfaltering love in the face of impossible odds. When Joyce Smith's adopted son John falls through an icy Missouri lake, all hope seems lost. But as John lies lifeless, Joyce refuses to give up. Her steadfast belief inspires those around her to continue to pray for John's recovery, even in the face of every case history and scientific prediction.

**10/24: The Mustang, R**

Roman (Matthias Schoenaerts), a convict in a rural Nevada prison who struggles to escape his violent past, is required to participate in an "outdoor maintenance" program as part of his state-mandated social rehabilitation.

**10/31: Rocketman, R**

ROCKETMAN is an epic musical fantasy about the incredible human story of Elton John's breakthrough years. The film follows the fantastical journey of transformation from shy piano prodigy Reginald Dwight into international superstar Elton John.

**Games, Games, Games**

**Mah Jong**, Mondays at 10:30am, Thursdays at 10:00am.

**Rummikub**, Tuesdays at 12:30pm.

**Canasta**, Fridays at 10:00am.

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**Canasta Lessons with Diane Gelbwaks**

We have a new series of lessons beginning September 5th, the group runs 9/12, 9/19, and 9/26 from 1:00pm-2:30pm. The fee is \$25 for the series. Sign up required.

**Chess Lessons with Dan Pelletier DIG Chess**

**Demo on Friday, 9/13 at 10am. Lessons start 9/20**

Five weeks of chess lessons with Dan. He makes it interesting and fun! Join us on Friday, September 13th at 10am for a free demonstration and presentation on how he will teach the group. If you want to sign up for the series, it will run 9/20, 9/27, 10/4, 10/11, and 10/18. The fee is \$50 for series.

**Luncheons**

**No Lunch Wednesday, September 4th**

**Senior Center Luncheons, 9/11 and 9/25, 10/2, 10/16, 10/23**

**Autumn Luncheon—September 18th**

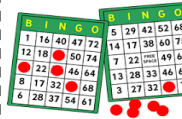
**Norfield Parish Hall at Noon**

**Entertainment by Johnny P!**

**Bingo Party—October 9th**

**Norfield Parish Hall at Noon**

**Bingo.**



**Halloween Party —October 30th**

**St. Francis Parish Hall at Noon**

**Entertainment by Mr. Magic.**



**Wear your costume, prizes will given!**

**Friday Movie Series 12:30pm, Discovery Channel Life, Narrated by Oprah Winfrey**

**9/20 Life:** Challenges of Life Reptiles and Amphibians

**9/27 Life:** Mammals and Fish

**10/4 Life:** Birds and Insects

**10/11 Life:** Hunters and Hunted, Creatures of the Deep

**10/18 Life:** Plans and Primates

**10/25 Life:** The Making of Life

### Caregivers Support Group

Thursdays 1:00pm-2:00pm at the Senior Center  
September 12th, 26th, October 10th, 24th

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 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.

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.

### Department of Social Services

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

For those who have an aging loved one with a history of wandering, the Weston Police can be of service. You can contact Matt Brodacki at 203-222-2624 or [mbrodacki@westonpolice.com](mailto:mbrodacki@westonpolice.com). Officer Brodacki will enter your family member's history along with a recent photo. They recommend you keep a current 5x7 photo to access quickly. ID bracelets help as well.

### Lectures, Presentations

**Friday, September 6th, 10:00am: Why 9/11?** Presented by Mark Albertson. Discussion of why America was attacked.

**Friday, September 13th, 1:00pm: What is Palliative Medicine** Presented by Dr. Heather Sung who talk about Palliative Care. Distinguishing palliative care from hospice and discussing how it can help a patient with complex or chronic illness navigate through the healthcare system.

**Wednesday, September 25th, 12:45pm: My First Trip Around the World.** Presented by Scott Kuhner. Back in 1971, Scott and his wife took their first 30 day boat trip around the world.

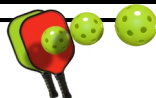
**Monday, October 7th, 1:00pm: Comparative Religion** Presented by Thomas Burke.

**Tuesday, October 8th, 10:00am: Current Event: Iran** Presented by Mark Albertson. Perhaps this time, enough of the dust will have settled to have a sober discussion of this ongoing situation.

**Tuesday, October 8th, 12:00pm: Brain Games and Lunch** Sponsored by Wilton Meadows. Free, sign up by the day before.

**Thursday, October 17th, 11:30am: Medicare Presentation** Discussion on Open Enrollment, by Lisa Alhalbal of SWCAA. Lisa is very knowledgeable about Medicare enrollment, when and how to sign up, and what's new. Sign up required.

### Pickleball Group Play, Lessons



Group Play: Mondays, Thursdays and Fridays 11:00am.

Lessons with Robin Fortin, a certified Pickleball instructor on Mondays at 1:30 and 2:30pm, \$5.00 per lesson.

### 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

Mondays at 1:30pm and 2:30pm. Sign up required.

#### 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 9:30am

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 Joy (\$4.00—last class September 11th)

Wednesdays at 10:00am.

#### 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 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.

#### 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!



# September 2019

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
2	3	4	5	6
<p>Senior Center Closed</p> <p>Art Exhibit Bill Lesher Through October</p>	<p>8:30am Backgammon No Tai Chi 10am Art Tips &amp; Tricks w/ Chris 11am Strength &amp; Fitness 11am-3pm Open Gym 12:30pm Rummikub 12:30-4pm Dup. Bridge 1pm Pilates</p>	<p>10am Feldenkrais 10am Yoga w/Joy <b>No Lunch Today</b> 1pm-4pm Art Start Drawing Workshop</p>	<p>9:30am Tai Chi 10am Mah Jong 11am Strength &amp; Fitness 11am-2:30pm Massage 11:00am Pickleball 12:30 pm Movie: <i>The Longest Ride</i> 1pm Pilates</p>	<p>9am Yoga w/Melania 10am Mark Albertson presents: <i>Why 9/11?</i> 10am Art Trip 10am-12pm Open Art 10am Canasta 11am Pickleball 11:30am Chair Aerobics 1-3pm Open Gym</p>
9	10	11	12	13
<p>10am Knitting 10am Tap Dancing 10:30am Mah Jong 11am Pickleball 11:30am Chair Aerobics 1:30pm Pickleball Lessons</p>	<p>8:30am Backgammon No Tai Chi 10am Art Tips &amp; Tricks w/ Chris 11am Strength &amp; Fitness 11am-3pm Open Gym 12:30pm Rummikub 12:30-4pm Dup. Bridge 12:30pm Landscapes w/ Missy 1pm Pilates</p>	<p>10am Feldenkrais 10am Yoga w/Joy <b>12pm Lunch Senior Center</b> 1pm-4pm Art Start Painting Workshop</p>	<p>9:30am Tai Chi 10am Mah Jong 11am Strength &amp; Fitness 11am-2:30pm Massage 11:00am Pickleball 12:30 pm Movie: <i>The Best of Enemies</i> 1pm Caregivers Support Group 1pm Canasta Lessons 1pm Pilates</p>	<p>9am Yoga w/Melania 10am-12pm Open Art 10am Canasta 10am Chess Demo 11am Pickleball 11:30am Chair Aerobics 1pm What is Palliative Medicare/Care with Dr. Sung</p>
16	17	18	19	20
<p>10am Knitting 10am Tap Dancing 10:30am Mah Jong 10:30am Medicare Appt 11am Pickleball 11:30am Chair Aerobics 1:30pm Pickleball Lessons</p>	<p>8:30am Backgammon No Tai Chi 10am Art Tips &amp; Tricks w/ Chris 11am Strength &amp; Fitness 12:30pm Rummikub 12:30-4pm Dup. Bridge 12:30pm Landscapes w/ Missy 1pm Pilates</p>	<p>9:30am Yoga w/Melania 10am Feldenkrais w/Cathy  <b>12pm Lunch at Norfield</b> Entertainment by Johnny P</p>	<p>9:30am Tai Chi 9:30am Watercolor -Karen 10am Watercolor -Wendy 10am Mah Jong No Strength &amp; Fitness 11am-2:30pm Massage 11:00am Pickleball 12:30pm Movie: <i>Mia and White Lion</i> 1pm Canasta Lessons 1pm Pilates</p>	<p>9am Yoga w/Melania 10am-12pm Open Art 10am Canasta 10am Chess Lessons 11am Pickleball 11:30am Chair Aerobics 12:30pm Movie: Life part 1</p>
23	24	25	26	27
<p>10am Knitting 10am Tap Dancing 10:30am Mah Jong 11am Pickleball 11:30am Chair Aerobics 1:30pm Pickleball Lessons</p>	<p>8:30am Backgammon 9:00am Bronx Zoo Depart from Norfeld 9:30am Tai Chi 10am No Art Tips Class 11am Strength &amp; Fitness 12:30pm Rummikub 12:30-4pm Dup. Bridge 12:30pm Landscapes w/ Missy 1pm Pilates</p>	<p>9:30am Yoga w/Melania 10am Feldenkrais w/Cathy <b>12pm Lunch at Senior Center</b> 12:45pm Scott Kuhner 1st Boat Trip Around the World in 1971</p>	<p>9:30am Tai Chi 9:30am Watercolor -Karen 10am Art Class -Wendy 10am Mah Jong 11am Strength &amp; Fitness 11:00am Pickleball 12:30pm Movie: <i>Amazing Grace</i> 1pm Caregivers Support Gr. 1pm Canasta Lessons 1pm Pilates</p>	<p>9am Yoga w/Melania 10am-12pm Open Art 10am Canasta 10am Chess Lessons 11am Pickleball 11am Non-Fiction Book Group Senior Center 11am Out and About Painting at Weir Farm 11:30am Chair Aerobics 12:30pm Movie: Life part 2</p>
30				
<p>10am Knitting 10am Tap Dancing 10:30am Mah Jong 10:30am Medicare Appt. 11am Pickleball 11:30am Chair Aerobics 1:30pm Pickleball Lessons</p>				

# October 2019

Mon

Tue

Wed

Thu

Fri

	1	2	3	4
	8:30am Y's Men's Backgam. 9:30am Tai Chi 10am Tips & Tricks-Chris 11am Strength & Fitness 12:30-4:00pm Dup. Bridge 12:30pm Rummikub 12:30pm Landscapes-Missy 1pm Pilates	9:30am Pastel Class-Jane 9:30am Yoga 10am Feldenkrais  <b>12pm Lunch at the Senior Center</b>	9:30am Tai Chi 9:30am Watercolor-Karen 10am Watercolor-Wendy 10am Mah Jong 11am Strength & Fitness 11am-2:30pm Massage 11:00am Pickleball 12:30 <i>Biggest Little Farm</i> 1pm Pilates 1pm Facetime Workshop	9am Yoga 9:30am Bridge Group 10am Chess Lessons 10am-12pm Open Art 10am Canasta 11am Pickleball 11:30am Chair Aerobics 12:30pm Movie: Life part 3
7	8	9	10	11
10am Knitting 10am Tap Dancing 10:30am Mah Jong 11am Pickleball 11:30am Chair Aerobics 1pm Comparative Religion with Thomas Burke 1:30pm Pickleball Lessons	8:30am Y's Men's Backgam. 9:30am Tai Chi 10am Current Event, Iran by Mark Albertson 10am Tips & Tricks -Chris 11am Strength & Fitness 12pm Brain Games/Lunch 12:30-4:00pm Dup. Bridge 12:30pm Rummikub 1pm Pilates 1pm – Paint Pour Workshop	9:30am Pastel Class-Jane 9:30am Yoga 10am Feldenkrais <b>12pm Lunch at Norfield Bingo</b>	9:30am Tai Chi 9:30am Watercolor-Karen 10am Watercolor-Wendy 10am Mah Jong No Strength & Fitness 11am-2:30pm Massage 11:00am Pickleball 12:30 Movie: <i>Breakthrough</i> 1pm Pilates 1pm Caregivers Group 1pm Fairfield Univ./Rodin	9am Yoga 10am-12pm Open Art 10am Chess Lessons 10am Canasta 11am Non-Fiction Book Group at Library 11:30am Chair Aerobics 12:30pm Movie: Life part 4
14	15	16	17	18
<b>Senior Center Closed</b>	8:30am Y's Men's Backgam. 9:30am Tai Chi 10am Tips & Tricks -Chris 11am Strength & Fitness 11am-3pm Open Gym 12:30-4:00pm Dup. Bridge 12:30pm Rummikub 12:30pm Landscapes-Missy 1pm Pilates	No Pastel today 9:30am Yoga 10am Feldenkrais <b>12pm Lunch at Senior Center</b>	9:30am Tai Chi 9:30am Watercolor-Karen 10am Mah Jong 11am Strength & Fitness 11am-2:30pm Massage 11:00am Pickleball 11:30am SWCAA presents Medicare Discussion/Open Enrollment 1pm Pilates	9am Yoga 9:30am Bridge Group 10am Chess Lessons 10am-12pm Open Art 10am Canasta 11am Pickleball 11:30am Chair Aerobics 12:30pm Movie: Life part 5
21	22	23	24	25
10am Knitting 10am Tap Dancing 10:30am Mah Jong 10:30am Medicare 11am Pickleball 11:30am Chair Aerobics 1:30pm Pickleball Lessons	8:30am Y's Men's Backgam. 9:30am Tai Chi 10am Tips & Tricks-Chris 11am Strength & Fitness 11am-3pm Open Gym 12:30-4:00pm Dup. Bridge 12:30pm Rummikub 12:30pm Landscapes-Missy 1pm Pilates	9:30am Pastel Class-Jane 9:30am Yoga 10am Feldenkrais <b>12pm Lunch at Senior Center</b>	8:45am Trip to Essex 9:30am Tai Chi 9:30am Watercolor-Karen 10am Mah Jong 11am Strength & Fitness 11am-2:30pm Massage 11:00am Pickleball 12:30 Movie: <i>The Mustang</i> 1pm Pilates 1pm Pen & Ink Workshop 1pm Caregivers Support Gr	9am Yoga 10am-12pm Open Art 10am Canasta 11am Pickleball 11:30am Chair Aerobics 12:30pm Movie: Life part 6 1pm Paint to Live Music with Karen
28	29	30	31	
10am Knitting 10am Tap Dancing 10:30am Mah Jong 10:30am Medicare 11am Pickleball 11:30am Chair Aerobics 1:30pm Pickleball Lessons	8:30am Y's Men's Backgam. 9:30am Tai Chi 11am Strength & Fitness 11am-3pm Open Gym 12:30-4:00pm Duplicate Bridge 12:30pm Rummikub 1pm Pilates	9:30am Pastel Class-Jane 9:30am Yoga 10am Feldenkrais 11am Dance <b>12:00pm Lunch at St. Francis Halloween Party</b>	9:30am Tai Chi 9:30am Watercolor -Karen 10am Mah Jong 11am Strength & Fitness No Massage 11:00am Pickleball 12:30pm Movie <i>Rocket Man</i> 1pm Pilates	



### Some Medicare Billing Issues

**MEDICARE OPEN ENROLLMENT & MEDICARE REFERENCE BOOK-LET.** Look for "Medicare and You – 2020" booklet to be in your mail by mid September. Be sure to keep it for the year. The annual open enrollment period for the drug plans for original/ traditional Medicare (Medicare Part D) for 2020 coverage is October 15, 2019 through December 7, 2019. During this time period you can easily change insurance providers and coverage without penalty. Make an appointment to review your prescription drugs for the 2020 offered Medicare Part D insurance plans with a CHOICES counselor to ensure the best and least expensive coverage for 2020. Advantage Plans and original Medicare plans can be adjusted for 2020 as well in the Open Enrollment period.

There are significant changes to 2020 Medicare Part D offerings in Connecticut including new insurance plans, dropped insurance plans, changed formularies and increased premiums. All your prescription medications will be reviewed on the Medicare website including precise name, dosage and frequency of and the Medicare Part D insurance plans that are the most suitable will be given to you in order of price effectiveness. Last year reviews helped save several people more than \$900 yearly in drug & premium costs. Some people had not reviewed their plans for several years; others changed providers from the previous year because of major formulary changes. During open enrollment period half-hour appointments will be available. Make appointments by calling the Weston Senior Center at 203 222-2608. Book appointments early. Couples must book separate half-hour appointments. There may not be time available when booking later, which could mean scrambling for help. If the times or dates are not convenient just contact a CHOICES counselor at 1(800) 994-9422. Never a fee for this service.

Meta Schroeter, CHOICES Counselor

### Book Discussion Groups

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

We will rotate locations between the Library, Senior Center, and Historical Society. The discussion will take place between 11am-12pm.

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

#### Friday, September 27th at the Senior Center

**Discussion Leader Kathy Failla**

*Educated, A memoir* by Tara Westover

Tara Westover was 17 the first time she set foot in a classroom. Born to survivalists in the mountains of Idaho, she prepared for the end of the world by stockpiling home-canned peaches and sleeping with her "head-for-the-hills bag". In the summer she stewed herbs for her mother, a midwife and healer, and in the winter she salvaged in her father's junkyard.

#### Friday, October 18th at the Weston Public Library

**Discussion Leader Ray Rauth**

*The Sixth Extinction* by Elizabeth Kolbert

Over the last half-billion years, there have been five mass extinctions, when the diversity of life on earth suddenly and dramatically contracted. Scientists around the world are currently monitoring the sixth extinction, predicted to be the most devastating extinction event since the asteroid impact that wiped out the dinosaurs. This time around, the cataclysm is us.

### September/October Art Exhibit

#### Bill Leshner

Bill Leshner grew up in Redding Connecticut where he attended St. Mary's grammar school and Joel Barlow high school. He began college in Connecticut and eventually transferred to UC Irvine in California, where he obtained a Bachelor of Science Degree. He then enrolled in a six-month training course at Computer Learning Center in Los Angeles and worked for 30-some years as a computer programmer, analyst and eventually becoming a network engineer. After retiring from the computer field he moved back to Connecticut where he resumed his childhood interest in art. He currently works in oil, pastel and acrylic.



### Weston Public Library

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



September 11, 7:30PM	Movie Night: Rocketman (R)
September 10, 17, 24, 10:45AM	New Yorker Roundtable
September 12, 10:30AM	Friends Book Group: Dubliners by Joyce
September 12, 12:30PM	Cookbook Club: National Honey Month
September 18, 10AM	Stitch In: Craft for a Cause
September 18, 7PM	Friends Book Group: Eleanor Oliphant is Completely Fine by Honeyman
September 19, 7PM	Library After Dark: Trivia Night
September 24, 4:45PM	Get on Social Media: Facebook
September 25, 7PM	Factor Based Investing: Shepherding Your Wealth Through Rules Based Strategies
September 26, 1PM	Judge Lisa Wexler: Estate and Power of Attorney Basics

## One Day Workshops

*Gourmet snacks included with all workshops.*

### Art Start Drawing with **Chris Goldbach**.

Learn from the beginning how to hold a pencil, what tools you need, what's the difference between the types of charcoal.

Wednesday, September 4th 1pm-4pm. \$25.00

### Art Start Painting with **Chris Goldbach**.

Learn what the difference is between acrylic and oil, what types of brushes are there, and how to lay down paint.

Wednesday, September 11th 1pm-4pm. \$25.00

**Paint Pour with Nancy Wasserman:** Create some fun abstracts using acrylic paint, completing two 12 x 12 canvases.

Friday, October 8th. 1pm-3pm. \$28 includes supplies.

**Pen and Ink with Linda McKie McClellan:** This is a fun class with demonstrations on drawing techniques using technical pens, fiber tip and felt tip markers, dip pen and ink.

Call for supply list, must bring own supplies.

Thursday, October 24th 1pm-4pm. \$25.00

### Painting Landscapes to Live Music

You will learn various watercolor techniques while painting and creating to live music with **Karen Siegel**.

October 25th 1pm-3pm. \$25 includes supplies.

**Facetime with Wendy Pieper.** Learn the basics of painting a portrait in watercolor, using a model.

Thursday, October 3rd 1pm-3:30pm. \$25.00.

**Out and About at Weir Farm.** Come paint on location at historical Weir Farm with **Missy Savard**. Includes demo, painting en plein air, and critique. Supply list upon request. Rain or shine.

Friday, September 27th 11:00am-3:00pm. \$25.00, bring a bag lunch and drink.

## Open Art

Thursdays and Fridays, 10am-12pm

Drop in Friday mornings to work with friends and art projects.

### Watercolor Class with Wendy Pieper

9/19, 9/26, 10/3, 10/10

10am-12pm, \$20 per series, sign-up required.

*Wendy will continue in November and December, ask us for dates*

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

Class will resume September 16th

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!

### Tips and Tricks With Chris Goldbach

Tuesdays, 9/3, 9/10, 9/17, 10/1, 10/8, 10/15, 10/22 10am-12pm  
\$35.00 for series of 7 classes or \$24 for 3 classes. Supplies included.

Each week brings a new tip or trick. Learn to paint clouds 9/3, perspective 9/10, glass 9/17, metal 10/1, reflections 10/8, drapery 10/15, ellipses 10/22.

### Introduction to Pastel: with Jane Wolf

Wednesdays October 2, 9, 23, 30, November 6, 13:

9:30am-11:30am

There is no fee for this class, but there are extra supplies that need to be purchased before the start of this series. Jane will be in class to give instruction, allow for practice time and to ask questions. Supply fee \$40–\$52, depending on what you already have.

Pastels: Chervin Set

*Optional (for more advanced) NuPastel (Box of 96)*

Paper pad of: Non-sanded Canson Pastel Ma tiente Assorted colors 24 sheets (9x12).

Sanded Paper: UART sanded 400 (pack of 10 sheets 9 x 12 that will be divided in half.

### 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, 9/10, 9/17, 9/24, 10/1, 10/15, 10/22 12:30pm-2:30pm

\$30 for the series of 6 classes. Must bring own supplies.

Tuesdays 11/12, 11/19, 12/3, 12/10, 12/17

\$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.

### Oriental Painting Class Coming Soon!!

Are you interested in joining this class? Please let us know and we will add you to our list.

**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**

**Artist & Craftsmen, Housatonic College Gallery, and Lunch at Funchal America: Friday, September 6th.**

Depart from Norfield at 10am.

Come with us and receive 25% off at Artist & Craftsman. Bring money for lunch at Funchal (choice of buffet or sandwiches).

**Bronx Zoo: Tuesday, September 24th**

Depart Norfield at 9am. Bring lunch or buy it there. Only a few spots left. Call if you are interested. \$24.00 includes entry and exhibits. No tram available, a lot of walking.

**Rodin Exhibit, Fairfield University: Thursday, October 10th.**

Depart from Norfield at 1pm. This tour is free.

**Essex Day, Shopping and Lunch at the Griswold Inn: Thursday, October 24th.**

Depart Norfield at 8:45am. Bring money for lunch and shopping.

**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).

**Radio City Christmas Spectacular: Wednesday, December 11th**

The trip includes ticket, round trip coach bus, and a boxed lunch. This does not include driver gratuity. \$105.00. Balance of payment will be due in October. Waitlist only.



**Old • New • Homemade**



**Food Trucks - Family Fun - Live Music  
Community Organizations - Silent Auction**



[www.WestonSeniorCenter.info](http://www.WestonSeniorCenter.info)—203.222.2608  
Proceeds benefit The Friends of the Weston Senior Activities Center (501C3)