



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
203-222-2500 Main
203-222-2656

Commission on Aging

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

The Friends of WSAC

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



August 2020

Greetings! We hope you are doing well and staying healthy.

We can't believe it's already August. We were hoping by now we could confidently say 'See you in September,' but unfortunately we do not have a date yet. In an effort to protect our seniors, the Senior Center will remain closed until we receive guidance from the Town, Health Department and the CDC that it's safe to reopen. We will keep you posted as things change.

While our building is closed, we will continue to offer programs online and do our best to keep our senior community together.

On that note, we have some great programs scheduled for August and September! Please enjoy our exercise classes and curbside lunches at no charge again for the month of August. We have used this summer to allow the instructors and students to navigate Zoom and get into an exercise routine that works for everyone. Starting in September, our exercise programs will have a fee associated with them. They will be offered by the month, details will be coming. As for the curbside lunch program, we haven't worked out the details on whether we can extend beyond August, but we will keep you posted.

This month we are very pleased to announce that we have joined the Senior Learning Network, which will enable our seniors to access some wonderful programs. For details see page 3.

We once again want to thank the Weston Adult Soccer League for the curbside lunch program, along with the Weston Fire Department for hosting a lunch, and another wonderful individual donor, who hosted another. Additionally, Peter's Market and Calise's Market and Deli have been very generous and have prepared and packaged them. We average 100 people a week, which is not a small number when you are catering and individually wrapping meals. We would also like to thank WestonArts for connecting student musicians to our curbside program. Amazing!

Finally, we would also like to thank the Friends of the Weston Senior Activities Center for sponsoring many programs this summer.

If anyone is still not using online programming with us but is ready to jump in, we are ready to get you up to speed. Just ask!

Dial-a-Ride will be operating on a limited basis starting August 17th. Please make your appointments with Roy by calling (203) 222-2576.

We miss seeing you!

Wendy, Carla, Linda, Angela and Roy

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.

Community Resources

Weston's Town Hall, please visit: <http://www.westonct.gov/>

The website provides Covid-19 updates, as well as current information on town openings, public meetings, etc. We would like to thank Emergency Operations Director, Sgt. Joe Micelli for keeping us informed through his announcements, which can also be found on the Town Hall website. And while you're there, don't forget to sign up for Everbridge, Weston's new preparedness and community news resource.

Westport Weston Health District, please visit: <http://wwhd.org/>

The website provides up to date health information and safety guidelines.

Weston's Community Help Sheet, please visit: <https://www.westonseniorcenter.info/content/Community-Help-Sheet.pdf>

This document offers important information about town, regional, and national services and resources. Please print the page so you have it readily available. We thank Helen de Keijzer, past chair and current member of our Commission on Aging for working on this resource and including as much information as possible on two pages. If you have any questions or suggestions, please let us know.

Weston Senior Center, please visit: <https://www.westonseniorcenter.info/index.php>

If you would like to be added to the Senior Center email list, please send an email to wpetty@westonct.gov. We send out information about updates, classes, senior resources, volunteer opportunities, and weekly events. *If you still need a mask, please let us know.*

Weston Social Services, please visit: <http://www.westonct.gov/townhall/27652/28677/29470>

For the many programs that are available through our Department of Social Services, see page 6 of this newsletter.



Senior Medicare Patrol Latest Scams Surrounding COVID-19

Thursday, August 27th, 12pm

With Lisa Alhalbal, SMP Coordinator and CHOICES Counselor, SWCAA



***For more information on Medicare, scams, and how to protect yourself, join this program on August 27th.
To register, please email wpetty@westonct.gov.***

Elder Scams—Please Be Extra Careful

Below are some of the latest scams reported to the SMP National Resource Center:

- Complaints of unsolicited callers using the fear and uncertainty from the COVID-19 pandemic to prey on Medicare beneficiaries. Callers offer Medicare beneficiaries COVID-19 testing kits, vaccines, prescriptions, supplies such as masks, creams, and hand sanitizer, or even a COVID-19 treatment package at no cost. Beneficiaries who give out their information often get back orthotic braces in the mail instead or do not receive anything at all.
- Health care providers improperly diagnosing patients with COVID-19 in order to receive a higher payment.
- People going door to door at senior housing sites to perform COVID-19 tests.
- Hospitals attempting to charge for COVID-19 antibody tests.

Here are some ways to protect yourselves:

- Do not give out your Medicare number, Social Security number, or personal information in response to unsolicited calls, texts, emails, or home visits. Personal information that is compromised may be used in other types of fraud as well as identity theft.
- Remember, Medicare doesn't call your home, visit your home or sell anything.
- Don't carry your Medicare card unless you need it for a doctor's appointment.
- Record your doctor visits in a journal or on a calendar.
- Save your Medicare Summary Notices, or Explanation of benefits and compare them with your calendar or journal.

Report any suspected Medicare fraud or scams to your local SMP. Southwestern Connecticut's SMP contact is Lisa Alhalbal at the Southwestern CT Agency on Aging. She can be reached by calling (203) 814-3618. All other areas in Connecticut can call 1-800-994-9422.

Bingo, Tuesday, August 4th and 25th at 11am

Prizes of gift cards to local stores and restaurants will be mailed.

Click on link below to get a bingo card.

August 4th : <https://bingobaker.com/play/a73c958945d4dc2c>

August 25th: <https://bingobaker.com/play/a2025ab9f18e6c0d>

Then click on Generate Card, a yellow box will appear.

Click on the box to print the card

(if you have questions call the Senior Center at 203-222-2608)

Click on the Zoom link (in blue) below

Tuesdays at 11am to start playing

Join Zoom Meeting

<https://us02web.zoom.us/j/83481292576>

Meeting ID: 834 8129 2576

Or dial in:+19292056099

83481292576# meeting ID



The Study of Religion

With Thomas Burke

Associate Minister of Children, Youth, Families

Norfield Church

Mondays, August 3rd, 10th, 17th, at 2pm

To Register: Email wpetty@westonct.gov.

Since the beginning of time, individuals and groups have attempted to make sense of the world around them. The study of religion is crucial in the world we live in today. Navigating conversation and relationship with people from other religious faith traditions can be complex. By taking the time to ask the questions like where do we go when we die? Or why are we here, and listening to the answers of other cultures, we get a better sense of our own identity.

Class 1- Introduction to study of religion

Class 2- Overview of Christianity, Islam, and Judaism

Class 3- Introduction to Eastern traditions, Hinduism and Buddhism

This series is co-sponsored by The Friends of the Weston Senior Activities Center and the Weston Public Library.

New—Senior Learning Network Programs for August

All programs start at 2:00pm but Zoom opens up at 1:45pm.

To register for any of these programs, please email Carla one day prior to the program ciegen@westonct.gov— and she will send you the link.

Western Movies 101, Thursday, August 6th at 1:45pm

Presented by Booth Western Art Museum

Booth Museum's Historian, Jim Dunham, will get us up to speed on the early history of Western movies beginning with "The Great Train Robbery" of 1903. The movie is less than ten minutes long but it included most of the standard elements that defined Western movies for the next 100 plus years. He will profile stars like William S. Hart, who was unable to translate his silent performances to the age of "talkies," and Tom Mix, who easily made the transition. Bill Pickett, Will Rogers through Gary Cooper's 1929 starring role in "The Virginian" will also be highlighted. He will end the era by looking at the first Western to win Best Picture – "Cimarron" in 1931.

Seagrass Science, Tuesday, August 11th at 1:45pm

Presented by Texas Parks Wildlife Coastal Fisheries Division

Live on Location! What are the different types of seagrass, and how do humans affect it? What are the benefits of seagrass? How long does it take seagrass to grow and why is it disappearing? Join us for Seagrass Science and find out! In this program, Texas Parks and Wildlife Department's Coastal Fisheries biologists will take us below the water's surface to learn about marine flowering plants. We will get the opportunity to view each of the five types of seagrass that live in the shallow Texas bays and learn why seagrass is such an important habitat for marine critters and people who live in coastal areas.

Eleanor Roosevelt, Tuesday, August 18th at 1:45pm

Presented by the Franklin D. Roosevelt President Library & Museum

Eleanor Roosevelt was born a shy, timid girl in a family of power, position, and wealth. From the outside her life would seem to be charmed, but a closer examination charts a lonely course from one betrayal to another. The compassion that she showered on others, here and around the world, was developed in part by her personal understanding what it feels like to be hurt, left out and neglected. This talk examines the trials and turmoil in the life of one of the greatest and most influential woman in the history of our republic.

World Wildlife Fund – Behind the Scenes, Thursday, August 20th at 1:45pm

Presented by the World Wildlife Fund

We protect wildlife for many reasons. It is a source of inspiration. It nurtures a sense of wonder. It is integral to the balance of nature! But in every corner of the world, wildlife and wild places are in danger. Climate change. Habitat loss. Poaching. Deforestation. What is being done to create sustainable solutions to some of these greatest challenges? The World Wildlife Fund is dedicated to improving ways that nature and people coexist. Join Ryan Young, a geographer from the World Wildlife Fund as he unpacks amazing tools, and innovative uses of maps and technology that are helping to make great strides in facing these current challenges.

Guest Speakers (via Zoom)

Jackie Gleason, Presented by Mark Albertson
Friday, August 7th at 11:00am

John Herbert Gleason was an American comedian, actor, writer, composer and conductor. Developing a style and characters from growing up in Brooklyn, New York, he was known for his brash visual and verbal comedy, exemplified by his city bus driver Ralph Kramden character in the television series *The Honeymooners*.

<https://us02web.zoom.us/j/87455818283>

Meeting ID: 874 5581 8283

COVID-19 Updates, Dr. Joe Feuerstein, MD Stamford Health
Monday, August 10th at 7pm-8pm – via Zoom

- State of Coronavirus in Connecticut
- State of vaccinations
- Latest research on things that increase and decrease your risk, medication, public health measure, blood type, the bcg vaccination.
- Current treatments

There will be time for questions at the end of the presentation.

Dr. Joe is a fellow Westonite, and is passionate about patient/public information and education. He will give us a brief presentation and allow for time at the end for questions. Dr. Feuerstein is a family medicine physician with fellowship training in integrative medicine he is the director of integrative medicine at Stamford hospital and an assistant professor of clinical medicine at Columbia University. For more information, please visit: <https://www.stamfordhealth.org/find-a-doctor/profile/joseph-feuerstein/>

To Register: Email Wendy at wpetty@westonct.gov

The Green Corridor: Improving Biodiversity on Protected Land and in our Own Yards, Mary Ellen Lamay, Landowner Engagement Director for Aspetuck Land Trust

Thursday, August 13th at 2pm

By planting natives, avoiding pesticides, and reducing lawn, this very scalable initiative has the potential to create healthy, connected habitats for pollinators and wildlife as they move across the landscape. The Aspetuck Land Trust Green Corridor is a broad vision of biodiversity that includes land protection and stewardship. The Green Corridor has all the ingredients to help landowners restore biodiversity with simple action steps.

To register: Email Linda at lgilmore@westonct.gov

Native Summer Flowers and Pollinators, Bartlett Arboretum
Thursday, August 27th at 2pm

In this webinar presentation, we'll look at certain flowers that draw pollinators like hummingbirds, butterflies and bees to the garden. We will touch on the importance of planting native species and delve into the needs of a few specific plants, when they bloom and the beautiful pollinators that they attract. **To register: Email Linda at lgilmore@westonct.gov**

<https://us02web.zoom.us/j/89740254818?pwd=TVNpMUZyNIBQZDdDcnF3RjJMcFZCZz09>

Meeting ID: 897 4025 4818
 Passcode: 529493

Exercise and Wellness

Fitness waiver must be signed before starting exercise classes

There is no fee for these classes this month, but you must have a signed waiver on file*

Qi Gong with Bill: Mondays at 11am

This class will focus on easy to learn exercises that build internal strength, flexibility and resiliency. These mind body practices help us cultivate more energy in our bodies while calming and clearing our minds.

Pilates with Karen: Tuesdays 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 and longer leaner muscle tone to improve posture and enhance coordination.

Tai Chi with Mari: Coming back in September

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.

Feldenkrais with Cathy : Wednesdays at 10:00am

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

Strength & Fitness with Sandy: 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.

Yoga with Melania: Fridays at 10am

This class is an experience for healing Mind, Body and Spirit through gentle movement, meditation, and breath-work, bringing students compassionately back "home" to themselves.

*** Please fill out the remote exercise waiver**

<https://www.westonseniorcenter.info/content/RemoteExerciseWaiver.pdf>

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**Note: If you are not joining our exercise classes, please keep walking and doing your steps. The high school track is open and the tennis courts are open. Courts have to be reserved through Weston Parks and Recreation.**

<http://register.westonct.gov/wbws/webtrac.wsc/wbsplash.html?wbsi=9992c114-905d-6494-ea11-27a4ed3feeb1>





# August 2020

| Mon                                                                                                                                                       | Tue                                                                                                                      | Wed                                                                                     | Thu                                                                                                                                                                                                | Fri                                                                                                                                 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| 3<br>11am Qigong w/Bill<br>1pm Drawing w/Chris<br>2pm Guest Speaker<br>Comparative Religion<br>w/Thomas Burke                                             | 4<br>11am Strength & Fitness<br>Make up class<br>11am Bingo w/Carla<br>1pm Pilates w/Karen                               | 5<br>10am Feldenkrais<br>11:30am-12pm<br>Curbside Lunch Pick Up<br>– sign up by Monday  | 6<br>11am Strength & Fitness<br>1pm Caregivers Support<br>Group<br>2pm Western Movies 101<br><i>Senior Learning Network</i>                                                                        | 7<br>10am Yoga w/Melania<br>10am Drawing Flowers<br>with Dick Rauh<br>11am Guest Speaker<br>Mark Albertson<br><i>Jackie Gleason</i> |
| 10<br>11am Qigong w/Bill<br>1pm Drawing w/Chris<br>2pm Guest Speaker<br>Comparative Religion<br>w/Thomas Burke<br>7pm Guest Speaker<br>Dr. Joe Feuerstein | 11<br>9:30am Brain Games w/<br>Danielle<br>1pm Pilates w/Karen<br>2pm Seagrass Science<br><i>Senior Learning Network</i> | 12<br>10am Feldenkrais<br>11:30am-12pm<br>Curbside Lunch Pick Up<br>– sign up by Monday | 13<br>11am Strength & Fitness<br>w/Sandy<br>2pm Guest Speaker<br>Green Corridor: Improv-<br>ing Biodiversity on Pro-<br>tected Land and in our<br>Own Yards<br><i>Aspetuck Land Trust</i>          | 14<br>10am Yoga w/Melania<br>10am Drawing Flowers<br>with Dick Rauh                                                                 |
| 17<br>11am Qigong w/Bill<br>1pm Drawing w/Chris<br>2pm Guest Speaker<br>Comparative Religion<br>w/Thomas Burke                                            | 18<br>1pm Pilates w/Karen<br>2pm Eleanor Roosevelt<br><i>Senior Learning Network</i>                                     | 19<br>10am Feldenkrais<br>11:30am-12pm<br>Curbside Lunch Pick Up<br>– sign up by Monday | 20<br>11am Strength & Fitness<br>w/Sandy<br>2pm Skips Good Humor<br>Ice Cream Truck<br>Sponsored by Ridge<br>Crest at Meadow Ridge<br>2pm World Wildlife<br>Fund<br><i>Senior Learning Network</i> | 21<br>10am Yoga w/Melania<br>10am Drawing Flowers<br>with Dick Rauh                                                                 |
| 24<br>11am Qigong w/Bill<br>1pm Drawing w/Chris                                                                                                           | 25<br>11am Bingo w/Carla<br>1pm Pilates w/Karen<br>1pm Art Chat with<br>Chris                                            | 26<br>10am Feldenkrais<br>10:15am Parkinson's<br>Support Group<br>No Lunch Today        | 27<br>11am Strength & Fitness<br>2pm Guest Speaker<br><i>Medicare Updates</i><br>w/Lisa Alhalbal<br>2pm Guest Speaker<br>Native Summer Flowers<br>and Pollinators<br><i>Bartlett Arboretum</i>     | 28<br>10am Yoga w/Melania                                                                                                           |
| 31<br>11am Qigong w/Bill<br>1pm Drawing w/Chris                                                                                                           |                                                                                                                          |                                                                                         |                                                                                                                                                                                                    |                                                                                                                                     |

## Some Upcoming Medicare Issues

**MEDICARE OPEN ENROLLMENT & MEDICARE YEARLY REFERENCE BOOKLET.** First, look in your mail in mid to third week in September for the booklet "Medicare and You 2021". This booklet is important as it reflects recent changes to the program and is your reference for 2021. Keep it handy through the year for your reference.

This year's annual Open Enrollment will no doubt be different from past years. The annual open enrollment period for the drug plans for original/ traditional Medicare (Medicare Part D) for 2021 coverage is October 15, 2020 through December 7, 2020. During this time period you can easily change insurance providers and coverage without penalty. However, at this point changes in how the Medicare -D program, switching to an Advantage Plan, from an Advantage Plan back to Original Medicare or other Open Enrollment issues will be handled on a personal one-on-one basis with a CHOICES counselor is unclear. It is unlikely that the senior centers will be open which is how Weston seniors have been helped in the past. ***So stay tuned for news in the upcoming newsletters from Weston Senior Center on just how you will be able to participate in Open Enrollment.***

With regard to 2021 offered Medicare -D drug plans there will be significant changes to those offered in Connecticut including new insurance plans, dropped insurance plans, changed formularies and increased premiums. During Open Enrollment please be sure your prescription medications are reviewed on the Medicare website using precise name, dosage and frequency of and the Medicare Part D insurance plans. 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. As I said, "Stay tuned for upcoming newsletters on exactly how Open Enrollment will be handled." Meanwhile stay safe and stay healthy.

Meta Schroeter, CHOICES Counselor

If you wish to discuss Medicare issues with me please call the Weston Senior Center (203 222 2608) for a telephone appointment with me. Please provide at least two time frames of your availability. Likely one will work out for us to connect.

## Weston Public Library

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

***Starting August 10th: Seniors are able to use the Grab and Go book check out from 10am-11am, before opening to general public at 11am.***

Friends of the Library Book Group,

To *The Lighthouse* by Woolf, August 13<sup>th</sup> at 10:30am

To register: Email [westonlibrary@westonct.gov](mailto:westonlibrary@westonct.gov)

The library launched homebound book delivery/pick up. This program is for anyone who is homebound long-term or temporarily due to COVID-19. For more information, please send an email to [westonlibrary@westonct.gov](mailto:westonlibrary@westonct.gov).



## Department of Social Services

Allison Lisbon, MSW, LCSW, Director of Social Services

[alisbon@westonct.gov](mailto:alisbon@westonct.gov)

203.222.2663

Rose Cruz, Assistant

[rcruz@westonct.gov](mailto:rcruz@westonct.gov)

203.222.2556

**Weston Social Services** is available to assist any Weston resident who is having financial difficulty or is in need of being connected to local mental health or related services, regardless of financial need.

Our office is open Monday-Thursday 9 am-4 pm. Please leave a message and someone will get back to you as soon as possible. Our office is closed to the public at this time, therefore a phone conference can be scheduled.

## Department of Youth Services

Laura Cleary, LMSW

(203) 222-2585

For additional resources on remote mental health resources and coping strategies and techniques, visit Weston Department of Youth Services website, or reach out to Laura Cleary, our Director of Youth Services, [lcleary@westonct.gov](mailto:lcleary@westonct.gov).

<http://www.westonyouthservices.org/>

## Parkinson's Support Group

August 26th, 10:15am-11:00am (4th Wednesday of each month)

Facilitated by Maureen Matuszewski

The group is facilitated by Maureen (through the Westport Center for Senior Activities) and she arranges guest speakers, enables a round table discussion on everyday issues, sharing of ideas, and encourages support and camaraderie. There is always information people can learn from each other. If you are interested in joining this group, or know someone who is, please email Maureen Matuszewski: [maureenmatuszewski@gmail.com](mailto:maureenmatuszewski@gmail.com)

## Caregivers Support Group

Thursday, August 6th, 1pm

Allison Lisbon, LCSW, will host a monthly support group via Zoom. All caregivers are welcome to attend. This is a wonderful group that shares ideas, information and camaraderie. If you are caring for a loved one, this is a great place to connect.

***If you are interested in joining the Caregiver's Support Group, please email [alisbon@westonct.gov](mailto:alisbon@westonct.gov) to register.***

### Beginning Drawing with Chris Goldbach

Every Monday (ongoing), 1pm (Zoom)

Please come prepared with some paper (copy paper is fine or whatever you have) a drawing tool (pencil is ideal but a pen or crayon would work) and an empty, clean coffee mug.

*There is no fee for this class, but space is limited. Please email [wpetty@westonct.gov](mailto:wpetty@westonct.gov) if you are interested in joining the class.*

### ART CHAT with Chris Goldbach

Tuesday, August 25, 1pm (Zoom)

Join Mastering the Masters instructor and artist Christine Goldbach to talk about everything from how to hold a pencil to art history. Chris Goldbach will talk about art in all its forms. This class will look into the wide world of art, will answer your questions, and solve your art problems from a-z, abstraction to zinc white! Play along with Chris, have your art supplies (any medium) handy and be ready to explore. There is no fee, everyone welcome. ***This class is hosted by the Bigelow Center in Fairfield.***

*If you would like to join this ART CHAT with Chris, please email [wpetty@westonct.gov](mailto:wpetty@westonct.gov) to register.*

### Ice Cream Grab and Go

**Skip's Good Humor Ice Cream Truck**

**Thursday, August 20th at 2pm,**

**At the Weston Senior Center**

**Free, Registration Required.**

**Email: [cjegen@westonct.gov](mailto:cjegen@westonct.gov) or call (203) 222-2608.**



**Sponsored by**

**Ridge Crest at Meadow Ridge**



### Drawing Flowers with Dick Rauh



Fridays, 10am-12pm August 7, 14, 21 (Zoom)

***The August series is full, but we will be starting a new six week series in September.***

A different flower each week. Learn to look closely to produce an accurate drawing in pencil. Dick gives you a short botanical lecture, and encourages students to see and draw the details. Be ready with drawing pencils, paper (any size) and a magnifying glass.

Dick is a botanical artist who teaches at the NY Botanical Gardens as well as several local venues.

***Please email [wpetty@westonct.gov](mailto:wpetty@westonct.gov) if you are interested in joining the next series.***

### Paint Along with Anda Styler

September 8, 15, 22, 29 at 12pm-2pm

\$25 for series, space is limited.

The paint along consists of a step by step approach to creating a painting - done in two sessions for each one. We will use an image of a finished painting as the reference.

A limited color pallet will broaden the students understanding of creating color harmony in the composition and how to mix colors – especially greens.

The first step is the drawing of course— and then the under colors of value are added to define the composition— light and shadow are essential in painting.

Each step progressively adds in layers of color to create the painting and each step is demonstrated to show you how to add excitement and depth in the painting-and how to make adjustments or corrections along the way. Each step is about creating color harmony and composition and the power of the light/shadow contrast .

This is her own personal way of painting but has found it to be a tremendous teaching tool for others in understanding the light and shadow and how to bring that into their work and expand their creativity as well. The reference will be emailed to each student and they can print it out—along with a color list.



***Please email [wpetty@westonct.gov](mailto:wpetty@westonct.gov) if you are interested in joining the next series.***