



# 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)  
203-222-2500 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.



## March/April 2020

Greetings!

Springtime is right around the corner! We are looking for some volunteers who can help us spruce up our back patio, clearing sticks, spreading mulch in the plant beds, and planting flowers in our hanging baskets. Let us know if you can help by donating time or materials.

As you may have noticed, we are expanding our art programs and are very excited about them. We have seven wonderful instructors who teach in a variety of mediums, monthly art-focused movies, and trips to local art galleries and museums. If you are interested in learning more or signing up, please give us a call or stop by. Also, save the date for our Third Annual Art Expo Party on July 21st.

Finally, on behalf of the Friends of the Weston Senior Activities Center, we would like to express our sincere gratitude to all of you who donated to the fundraising mailing we sent out in late December. We are so thankful for your support and will continue to offer meaningful programs to serve our senior community. Thank you!

With gratitude,

Wendy, Carla, Linda, Angela and Roy

### Weston Dial-A-Ride

The service operates in Weston, Westport, Norwalk, Wilton and parts of Georgetown. Medical appointments will be a priority; however, if time allows, our driver Roy Marsh can take you to other appointments, to the Senior Center, or to run errands, including to the grocery store, Town Center, the library, and more.

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.

#### Closings:

Friday, April 10th: Good Friday

#### New Trip Policy

All bus trips (coach and Senior Center van) will be announced by email and also posted at the Weston Senior Center on the same day. Weston residents will have priority to sign up for the first three days, which includes the day of posting; after that non-residents may begin to sign up. If a deposit for that trip is required, it will be due at that time.

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



- Thursday, March 5<sup>th</sup>: *Ford v. Ferrari* (PG-13)  
 Thursday, March 12<sup>th</sup>: *Knives Out* (PG-13)  
 Friday, March 13<sup>th</sup> (12:45pm): *Pollack* ( R) Art Movie Series  
 Thursday, March 19<sup>th</sup>: *Once Upon A Time In Hollywood* (R)  
 Friday, March 20<sup>th</sup>: *Bombshell* ( R)  
 Thursday, March 26<sup>th</sup>: *A Beautiful Day in the Neighborhood* (PG)  
 Friday, March 27<sup>th</sup>: *JoJo Rabbit* (PG-13)  
 Thursday, April 9<sup>th</sup>: *Frankie* (PG-13)  
 Tuesday, April 14<sup>th</sup> (12:00pm): *The Irishman* (R)  
 Thursday, April 16<sup>th</sup>: *1917* (R)  
 Friday, April 17<sup>th</sup> (12:45pm): *Lust For Life* (PG) Art Movie Series  
 Thursday, April 23<sup>rd</sup>: *Little Women* (PG)  
 Friday, April 24<sup>th</sup>: *Joker* (R)  
 Thursday, April 30<sup>th</sup>: *Marriage Story* (R) **(if released)**

**Ongoing Games and Card Groups**

- Pickleball:** Mondays and Thursdays, 11am  
**Mahjong:** Mondays and Thursdays, 10am  
**Canasta:** Fridays at 10am  
**Chess:** Mondays at 1:30pm  
**Scrabble:** Fridays at 1pm  
**Rummikub:** Tuesdays at 12pm

**Ping Pong**

Is there any interest in playing ping pong?  
 If so, let us know so we can schedule a day that works for the group.



**Art Exhibit and  
 Opening Reception March 5th  
 Showcasing student work from our two  
 Thursday Watercolor Classes**

We have two wonderful watercolor classes on Thursdays. Two incredible instructors, teaching different ways to use watercolor.

These classes are joining to display their work in March and April. Each student will have one or two pieces on exhibit.

Join us for the Opening Reception on Thursday, March 5th 11:30am-12:30pm. A light lunch will be served during the opening, so please let us know if you are coming. Everyone is welcome.

**If you can't make the reception, please stop by between March 5th and April 30th to see the exhibit.**

**Conversation on Aging Group**

**Facilitated by Bonnie Verses of Visiting Nurse and Hospice**

Mondays, March 23, 30, April 6, 13, 20, 27, May 4, 11  
 1:00pm-2:30pm

Join Bonnie for an eight-week, facilitated group discussion on the aging process. It is a wonderful opportunity to ask the questions you might not ordinarily ask and share your experience with others. You are welcome to attend any or all sessions, so please come as your time allows.

Bonnie Verses has a masters degree in Health Advocacy and has been facilitating groups for 30 years.



There is no charge for this group.

**Tax Prep Appointments with Mark Spivack**

Monday, March 9th, 9am—1pm

**By Appointment** (203) 222-2608

Mark will sit with you and help you prepare and file your taxes confidentially.

**This Is Your Life**

**An Interview with Selectman Chris Spaulding  
 by Rozanne Gates, Wednesday, March 18th, 1pm**

Chris Spaulding is now in his second term as Weston's First Selectman. What we learn about an elected official during a campaign often overlooks the candidate's life story. "This Is Your Life, Chris Spaulding" will give Chris and the residents of Weston a better chance to learn about each other.

"This s Your Life" is a program collaboration between the Weston Senior Center and [The Legacy Project USA](http://TheLegacyProjectUSA.com), a Westport-based company that documents people's life stories. Rozanne Gates and Suzanne Sheridan started the business in 2009.

"Every person has a story, and all are unique."

**Book Discussion Groups**

**The Weston Public Library and the Weston Senior Center** are jointly organizing a monthly Friday Book Club with guest discussion leaders. We will rotate locations between the Library and Senior Center. The discussion will take place between 11am-12pm.

**March 27: (library) Book: *Women's Work***  
 Discussion Leader: David Shafer

**April 24: (senior center) Book: *Lost City of the Monkey God***  
 Discussion Leader: Kathy Failla

**Sign up by calling the library (203) 222-2665.  
 The library will have copies of these books to borrow.**

## Lectures, Presentations, Games

### DeLucia Law: Wills, Trusts and Estates

**Wednesday, March 4th, 12:45pm**

Join Frank DeLucia to hear more about wills, trusts, and estates. There will be time for Q & A.

### Mark Albertson: Impeachment of Andrew Johnson

**Friday, March 6th, 1pm**

The impeachment of Andrew Johnson was the first such action taken against a president in American history. This talk will showcase the post 1865 politics that led Republicans to seek to impeach Lincoln's Democratic Vice President.

### Probate Judge Lisa Wexler: Discussion on Probate Topics/Issues

**Wednesday, March 25th, 12:30pm.**

Join us after lunch for another great discussion on probate issues.

### Deirdre Virvo, Book Discussion:

**Home to Home: The Step by Step Senior Housing Guide.**

**Wednesday, April 1st, 1pm.**

Deirdre is a local CT author of the Home to Home guide. This book was written to help seniors and their families create a housing roadmap when they may need help coping with Dementia, Alzheimer's or other memory issues. When help is needed at home, if you want to stay in your home but need money to help pay; if you need to sell, and other important topics.

### Mark Albertson: George Washington's Farewell Address

**Friday, April 3rd, 1pm**

### Brain Games and Lunch, sponsored by Wilton Meadows

**Tuesdays, April 14th, 12pm**

### Girl Scouts: Bingo

**Tuesdays, March 3rd and April 7th, 3pm-4pm**

Join the Weston Girl Scouts for a fun game of bingo; a great game to play together!

### Grandmas & Grandpas Quarter with Fresh Smoothies

**Monday, April 13th, 1pm.**

Join us for smoothies and entertainment by the Grandmas and Grandpas Quartet. Smoothies are optional and will cost \$1.00. Don't like smoothies? Feel free to just come and enjoy the music.

### Evan Weiner: 1970—A Momentous Year

**Wednesday, April 29th, 1pm**

In this year, Richard Nixon has been in office for two years and is still unable to end the Vietnam War; indeed, the war spreads to Cambodia. Nixon himself takes to the streets to find out what is bothering anti-war protestors.

1970 also marks the end of the Biafra War, the Apollo 13 crew surviving a spacecraft explosion, and the deepening of the UK-Northern Ireland conflict..

## Spring Walking / Hiking



Springtime is coming! In addition to our great exercise classes, you can walk laps inside our gym. 10 laps equals 1/4 mile. Are you interested in more hikes? Ray Rauth still has his pop up hikes. Join his email list and be ready for a nice weather hike. Call us for details on how to sign up.

## 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 with 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 and 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 and longer leaner muscle tone 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!



# March 2020

Mon	Tue	Wed	Thu	Fri
2 9:15am Commission Mtg 10am Medicare Appt 10am Calligraphy 10am Knitting 10am Tap Dancing 10:30am Mahjong 11am Pickleball 11:30am Chair Aerobics 1:30pm Chess	3 8:30am Backgammon 9:30am Tai Chi 10am Art Class -Chris 11am Strength & Fitness 12:30pm Rummikub 12:30-4pm Dup. Bridge 1pm Drawing- Dick Rauh No Pilates today 3pm Bingo with Girl Scouts	4 9:30am Yoga 10am Feldenkrais 12pm Lunch at Senior Center  12:45pm DuLucia Law Wills, Trusts, Probate	5 9:30am Tai Chi 10am Mahjong 11am Strength & Fitness 11am-2:30pm Massage 11:00am Pickleball 11:30am Artist Reception 12:30pm Oscar Nominee Movie: <i>Ford v. Ferrari</i> 1pm Caregivers Support Gr No Pilates today	6 9am Yoga 10am-12pm Open Art 10am Canasta 11am Pickleball 11:30am Chair Aerobics 1pm Mark Albertson <i>Impeachment of Andrew Johnson</i> 1pm Scrabble
9 9am Tax Preparation Appt with Mark Spivak 10am Calligraphy 10am Knitting 10am Tap Dancing 10:30am Mahjong 11am Pickleball 11:30am Chair Aerobics 1:30pm Chess	10 8:30am Backgammon 9:30am Tai Chi 10am Art Class w/Chris 11am Strength & Fitness 12:30pm Rummikub 12:30-4pm Dup. Bridge 1pm Drawing-Dick Rauh 1pm Pilates	11 9:30am Yoga 10am Feldenkrais 12pm Lunch at Norfield Church Hosted by Weston Women's League Entertainment: Suzanne Sheridan  Weston EMS Blood Pressure Check	12 9:45am Tai Chi 10am Mahjong 10:15am Christmas Tree Shopping Trip 11am Strength & Fitness No massage 11:00am Pickleball 12:30pm Movie: <i>Knives Out</i> 1pm Pilates	13 9am Yoga 10am-12pm Open Art 10am Canasta 11am Pickleball 11:30am Chair Aerobics 12:45pm Art Movie: <i>Pollack</i> 1pm Scrabble
16 10am Calligraphy 10am Knitting 10am Tap Dancing 10:30am Mahjong 11am Pickleball 11:30am Chair Aerobics 1:30pm Chess	17 8:30am Backgammon 9:30am Tai Chi 10am Art Class-Chris 11am Strength & Fitness 12:30pm Rummikub 12:30-4pm Dup. Bridge 1pm Drawing-Dick Rauh 1pm Pilates	18 9:30am Yoga 10am Feldenkrais 10am Asian Brush Art 12pm Lunch at Senior Center <b>1pm This Is Your Life, Chris Spaulding Interview With Rozanne Gates</b>  Weston EMS Blood Pressure Check	19 9:30am Watercolor-Karen 9:45am Tai Chi 10am Massage appt 10am Mahjong No Strength & Fitness 11am-2:30pm Massage 11:00am Pickleball 12:30pm Oscar Nominee Movie: <i>Once Upon Time in Hollywood</i> 1pm Caregivers Support Gr 1pm Pilates	20 9am Yoga 10am-12pm Open Art 10am Canasta 11am Pickleball 11:30am Chair Aerobics 12:30pm Movie: <i>Bombshell</i> 1pm Scrabble
23 10am Knitting 10am Medicare Appt No Tap Dancing today 10:30am Mahjong 11am Pickleball 11:30am Chair Aerobics 1pm Aging Support Gr. 1:30pm Chess	24 8:30am Backgammon 9:15am Bruce Museum departure from Norfield 9:30am Tai Chi No Strength & Fitness 12:30pm Rummikub 12:30-4pm Dup. Bridge 1pm Pilates	25 9:30am Yoga No Feldenkrais today 10am Asian Brush Art Class 11am SCAMS with Lisa Alhalbal of SWCCA 12pm Lunch at Senior Center 12:30pm Probate Issues with Lisa Wexler	26 9:30am Watercolor -Karen 9:45am Tai Chi 10am Mahjong 11am Strength & Fitness 11:00am Pickleball 12:30pm Movie: <i>A Beautiful Day in the Neighborhood</i> 1pm Pilates	27 9am Yoga 10am-12pm Open Art 10am Canasta 11am Pickleball 11am Book Discussion 11:30am Chair Aerobics 12:30pm Oscar Nominee Movie: <i>JoJo Rabbit</i> 1pm Scrabble
30 9am-12pm Medicare Appt 10am Knitting 10am Tap Dancing 10:30am Mahjong 11am Pickleball 11:30am Chair Aerobics 1pm Aging Support Gr. 1:30pm Chess	31 8:30am Backgammon 9:30am Tai Chi 11am Strength & Fitness 12:30pm Rummikub 12:30pm Landscapes-Missy 12:30-4pm Dup. Bridge 1pm Pilates		Watercolor Exhibit Thursday Classes  <b>March 5th - April 30th</b>	





# April 2020

Mon	Tue	Wed	Thu	Fri
		1 9:30am Yoga No Feldenkrais today 10am Asian Brush Art Class 12pm Lunch at Senior Center  1pm <i>Home to Home</i> Book Discussion with Deirdre Virvo	2 9:30am Watercolor-Karen 9:45am Tai Chi 10am Watercolor-Wendy 10am Mahjong 10:15am Miss Dallas Shop 11am Strength & Fitness 11am-2:30pm Massage 11:00am Pickleball 1pm Pilates	3 9am Yoga 9:30am Bridge Group 10am-12pm Open Art 10am Canasta 11am Pickleball 11:30am Chair Aerobics 1pm Mark Albertson <i>George Washington's Farewell Address</i> 1pm Scrabble
6 10am Medicare Appt 10am Knitting 10am Tap Dancing 10:30am Mahjong 11am Pickleball No Chair Aerobics today 1pm Aging Support Gr. 1:30pm Chess	7 8:30am Y's Men's Backgam. 9:30am Tai Chi 10am Art Class w/Chris No Strength & Fitness 12:30-4:00pm Dup. Bridge 12:30pm Rummikub 12:30pm Landscapes-Missy 1pm Pilates 3pm Bingo w/Girl Scouts	8 9:30am Yoga No Feldenkrais today 12pm Lunch at Norfield Church  Entertainment: Cookie Richard Thomas	9 9:30am Watercolor-Karen 9:45am Tai Chi 10am Watercolor-Wendy 10am Mahjong No Strength & Fitness 11am-2:30pm Massage 11:00am Pickleball 12:30pm Movie: <i>Frankie</i> 1pm Caregivers Support Gr 1pm Pilates	10 <b>Senior Center Closed</b>
13 10am Knitting No Tap Dancing today 10:30am Mahjong 11am Pickleball 11:30am Chair Aerobics 1pm Smoothie Making With Grandmas & Grandpas Quartet 1pm Aging Support Gr. 1:30pm Chess	14 8:30am Y's Men's Backgam. 9:30am Tai Chi 10am Art Class -Chris 11am Strength & Fitness 12pm Brain Games/Lunch With Wilton Meadows 12pm Oscar Nominee Movie: <i>The Irishman</i> 12:30-4:00pm Dup. Bridge 12:30pm Rummikub 1pm Pilates	15 9:30am Yoga 10am Feldenkrais  12pm Lunch at Norfield Church Entertainment: Talent Show: Student Musicians  Weston EMS Blood Pressure	16 9:30am Watercolor -Karen 9:45am Tai Chi 10am Watercolor -Wendy 10am Mahjong 11am Strength & Fitness 11am-2:30pm Massage 11:00am Pickleball 12:30pm Oscar Nominee Movie: <i>1917</i> 1pm Pilates	17 9am Yoga 9:30am Bridge Group 10am-12pm Open Art 10am Canasta 11am Pickleball 11:30am Chair Aerobics 12:45pm Art Movie: <i>Lust For Life</i> 1pm Scrabble
20 10am Medicare Appt 10am Knitting 10am Tap Dancing 10:30am Mahjong 11am Pickleball 11:30am Chair Aerobics 1pm Aging Support Gr. 1:30pm Chess	21 8:30am Y's Men's Backgam. 9:30am Tai Chi 10am Art Class -Chris 11am Strength & Fitness 12:30pm Landscapes-Missy 12:30-4:00pm Dup. Bridge 12:30pm Rummikub 1pm Pilates	22 8:30am MOMA Trip 9:30am Yoga 10am Feldenkrais  12pm Lunch at Senior Center	23 9:30am Watercolor -Karen 9:45am Tai Chi 10am Watercolor -Wendy 10am Mahjong 11am Strength & Fitness 11am-2:30pm Massage 11:00am Pickleball 12:30pm Oscar Nominee Movie: <i>Little Women</i> 1pm Caregivers Support Gr 1pm Pilates	24 9am Yoga 9:30am Bridge Group 10am-12pm Open Art 10am Canasta 11am Pickleball 11am Book Discussion 11:30am Chair Aerobics 12:30pm Oscar Nominee Movie: <i>Joker</i> 1pm Scrabble
27 10am Knitting 10am Tap Dancing 10:30am Mahjong 11am Pickleball 11:30am Chair Aerobics 1pm Aging Support Gr. 1:00pm Colorblends House and Garden Trip 1:30pm Chess	28 8:30am Y's Men's Backgam. 9:30am Tai Chi 11am Strength & Fitness 12:30pm Landscapes-Missy 12:30-4:00pm Dup. Bridge 12:30pm Rummikub 1pm Pilates	29 9:30am Yoga 10am Feldenkrais  12pm Lunch at Senior Center 1pm Evan Weiner <i>1970</i>	30 9:30am Watercolor -Karen 9:45am Tai Chi 10am Watercolor -Wendy 10am Mahjong 11am Strength & Fitness 11am-2:30pm Massage 11:00am Pickleball 12:30pm Movie: <i>TDB</i> 1pm Pilates	

### MEDICARE INFORMATION 2020 Medicare and You

#### My meds cost more now in 2020 than last year in 2019! WHY?

Your plan may now have a deductible amount that must be paid before plan coverage begins.

- Your plan may have raised the co-pay of the drug tiers.
- Your plan may now have flat-rate co-payment for drug tiers.
- The retail price of a drug(s) may have increased.
- Your plan may have changed its formulary tier structure.
- Your plan may have moved the drug(s) to a higher tier.
- Your 2019 drug has been dropped from the 2020 formulary and you must pay full retail price.
- You purchase your meds at a pharmacy that is non-preferred or an out-of-network pharmacy.

#### Do all Medicare D plans place each med in the same drug tiers?

**NO.** Plans can have different drug tier definitions and different tier numbers. Meds are not always placed in similar tiers plan to plan.

#### I did not enroll in a Medicare D plan when eligible, how will my lifetime late-enrollment premium penalty be calculated?

Medicare will calculate this fee and contact you by letter. There is a fee for every month that you have not been covered by Part D. For example, if you never enrolled in Part D in 2006 and did in 2020 you would pay monthly 1% of the yearly annual base Part D premium which is \$33.13 x 168 months (from 1/2006). The penalty is \$55+ per month. Fees will fluctuate yearly based on average Part D premium. (To avoid paying this **lifetime penalty** you need a letter stating you had creditable coverage from the VA/employer/or other source.)

Want to discuss Medicare issues? Half hour appointments are available from 10:00 – 12:00 twice a month on the first and third Mondays of the month. **MAKE AN APPOINTMENT BY THE PREVIOUS THURSDAY AT THE WESTON SENIOR CENTER.** Dial (203) 222 - 2608. **NO WALK-INS.** Never a fee! See you at the center!

**Meta Schroeter**  
**CHOICES Counselor**

### Department of Social Services

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

Director, Allison Lisbon, MSW, LCSW, Assistant Rose Cruz

A great resource for seniors is the Southwestern CT Agency on Aging (SWCAA). They will provide accurate information to make informed choices in regards to the challenges of aging and disability in the community. Many of SWCAA's services, such as legal, in-home care, Medicare counseling, adult day care, outreach and social support are provided free of charge. The Agency also supports family caregivers by providing temporary care to give family members a needed break. To learn more about SWCAA please call 800-994-9422 or go to their website [www.swcaa.org](http://www.swcaa.org)

Caregivers Support Group will be held on Thursday March 5th & 19th and April 9th & 23rd, from 1:00pm-2:00pm. The March 5th program will feature a guest speaker from the Alzheimer's Association discussing "Effective Communication Strategies" and "Responding to Dementia related Behaviors". This presentation is open to anyone who would like to attend.

### Weston Public Library (203) 222-2665

March 1st, 3pm: Readers and Writers, featuring local authors Barbara King, Diane Meyer Lowman, and Mady G.

March 8th, 3pm: Kimberly Wilson's 'A Journey'. In her award-winning theater piece, Kimberly Wilson captures the spirits of Harriet Tubman, Sojourner Truth, Rosa Parks, Maya Angelou and other courageous black women through the power of their words and song.

March 22nd, 3pm: Monica Peterson, Founding Mothers - A one woman show of true accounts of women whose determination helped establish this country.

### SCAM ALERTS

Scammers are targeting Medicare beneficiaries by misrepresenting themselves as being from Medicare and/or the Social Security Administration (SSA). They claim that Medicare cards are being reprinted to include a "chip" similar to the newer debit and credit cards. Scammers are telling the beneficiary that they must confirm their Medicare number before the new card can be sent to them.

The Social Security Administration Office of the Inspector General (OIG) is warning the public that telephone scammers may send faked documents by email to convince victims to comply with their demands. Official looking letters are being attached to emails but may contain misspelled words or grammar mistakes. Letters are often threatening arrest, legal action or discontinuance of benefits.

It is recommended by the IRS and Department of Banking that anyone writing a check or signing a legal document in the year 2020 write out the entire year "2020" as one can easily alter a check or document by adding two more digits to it. It is also recommended that the month be written out instead of using a number (writing out January instead of one).

**Join Lisa Alhalbal on Wednesday, March 25th at 11pm at the Senior Center for a discussion on these and other scams. There will be some time for questions at the end.**

The Senior Medicare Patrol (SMP) Program helps seniors and their caregivers, detect, report, and protect themselves from Medicare fraud and abuse through information distribution, outreach and educational presentations via volunteers. The Southwestern CT Agency on Aging is currently looking for volunteers. Each volunteer must go through an interview process and attend mandatory volunteer trainings. If you are interested in becoming a volunteer or would like to have a presentation conducted with a group of seniors or caregivers or any other group of interest please contact Lisa Alhalbal, SMP Coordinator @ 203-814-3618.

This project was supported in part by grant number 90MPPG0044, from the U.S. Administration for Community Living, Dept. of HHS and is administered by the CT Dept. of Aging & Disability Services.

### Caregivers Support Group

Thursdays 1:00pm-2:00pm at the Senior Center

March 5th—Alzheimer's Association Discussion, all welcome.

March 19th—Caregivers Support Group

April 9th—Caregivers Support Group

April 23rd—Marcie Carlson, MSW, LCSW from Bayada Home Care will be presenting "Understanding Home Care" What am I eligible for? How do I get it? Demystifying home care.

## Calligraphy Class with Carolyn Reifers

Mondays 10am-12pm, March 2, 9, 16

Calligraphy is the beautiful art of hand lettering and easier to learn than you might expect. Students will learn the Chancery Cursive script. There are so many uses for calligraphy, such as scrapbooking, birth announcements, journaling and more! We will be using India felt tip calligraphy pens that are acid free, archival, and water fade resistant.

Mondays 10am-12pm

\$15 for the remainder of this series.

## Asian Brush Painting with Lily Forbush

Wednesdays 10am-12:30pm, March 18, 25, April 1

Students will learn some of the basic techniques and some history and philosophy of this relaxing art form. We'll paint some traditional subjects such as bamboo, orchids, and lotus, and maybe even a panda.

Bring your own supplies: A Chinese brush, or brushes, about size 8 or 10, your own watercolors. Three colors are enough (try alizarin, French ultramarine blue, lemon yellow), and bring a small white plate or saucer, a 2c-1qt. water container for washing the brush, and newsprint for practice.

\$21 for series.

## Drawing Flowers and Fruit with Dick Rauh

Tuesdays 1pm-3pm, February 11, 18, 25, March 3, 10, 17

A different subject each week. Learn to look closely to produce an accurate drawing in pencil. Dick supplies the flowers and fruit, gives you a short botanical lecture, and encourages students to see and draw the details.

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

Bring your own supplies: Drawing pencils, paper (any size) and a magnifying glass.

\$30 for series.

## Art Trips

### Bruce Museum and Lunch

Tuesday, March 24th. Depart Weston (Norfield Church) at 9:15am. \$12 includes admission and tour. Tour is 10:30am-11:30am. Leave museum at noon for lunch at Putnam Diner in Greenwich. Individual checks.

### Museum of Modern Art (MoMA)

Wednesday, April 22nd. Depart Weston (Norfield Church) at 8:30am. \$48 includes admission, tour, and coach bus. Does not include driver gratuity or lunch. A list of restaurants and menus will be available. Bus departs MoMA at 2:30pm to head back to Weston. Payment is due in full at time of signing up.

## Open Art

Fridays, 10am-12pm

Drop in Friday mornings to work on your art project among friends.

## Watercolor Class with Wendy Pieper

Thursdays 10am-12pm, March 26, April 2, 9, 16, 23, 30

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.

\$30 per series, sign-up required.

## Watercolor with Karen Siegel

Thursdays 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!

## The Basics and Beyond with Chris Goldbach

Tuesdays, 10am-12pm March 3, 10, 17, April 7, 14, 21

Students have a choice to paint or draw in any medium of their choice. Lessons will cover basics to advanced techniques. \$30 for series of 6. Must bring own supplies.

## Collage Basics With Chris Goldbach

Tuesdays 10am-12pm May 5, 12, 10

Working small allows us to try many composition formulas and go home with new ideas for future collages or paintings.

\$15 for series and a one time \$5 supply fee.

## Textures With Chris Goldbach

Tuesdays 10am-12pm June 2, 9, 16

Learn how to achieve various effects using different media to portray different textures.

\$15 for series and a one time \$5 supply fee.

## Landscapes in Oil and Acrylic with Missy Savard

Tuesdays, 12:30pm-2:30pm March 31, April 7, 21, 28, May 5

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.

\$25 for series, sign-up required.



**WESTON SENIOR  
ACTIVITIES CENTER**

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### Our Seniors Are Going Places—Trips

**Christmas Tree Shop (Orange) and Lunch, Thursday, March 12th**

Depart Norfield Church at 10:15am. Shop 11am-12pm, followed by lunch at On The Border. Head back to Weston at 2pm. Bring money for lunch and shopping.

**Bruce Museum and Lunch, Tuesday, March 24th**

Depart Norfield Church at 9:15am for the Bruce Museum in Greenwich. We have a guided tour from 10:30am-11:30am. Lunch will be at Putnam Diner at 12:15pm (individual checks). \$12 includes admission and tour.

**Miss Dallas Shop (Milford), Thursday, April 2nd**

Depart Norfield Church at 10:15am. Lunch at Gusto Italian Restaurant. Bring money for lunch and shopping.

**MoMA (Museum of Modern Art)  
Wednesday, April 22nd**

Depart Norfield Church at 8:30am for MoMA We will have a guided tour. Lunch will be in your own, we will have suggestions and local menus available. The bus will leave NYC at 2:30pm to head back to Weston. \$48 includes round trip coach bus, admission and guided tour. Driver gratuity and lunch are not included. Payment is due in full at time of signing up.

**Colorblends House and Spring Garden, Monday, April 27th**

Depart the Senior Center at 1:00pm for a visit and tour at the Colorblends House in Bridgeport.

### Oscar Nominated Movie Series



***Parasite*** – Thursday, February 27<sup>th</sup> 12:30pm

***Ford v Ferrari*** – Thursday, March 5<sup>th</sup> 12:30pm

***Once Upon a Time in Hollywood*** – Thursday, March 19<sup>th</sup> 12:30pm

***JoJo Rabbit*** – Friday, March 27<sup>th</sup> 12:30pm

***The Irishman*** – Tuesday, April 14<sup>th</sup> 12pm

***1917*** – Thursday, April 16<sup>th</sup>, 12:30pm

***Little Women*** – Thursday, April 23<sup>rd</sup> 12:30pm

***Joker*** – Friday, April 24<sup>th</sup> 12:30pm

***Marriage Story*** – Tentative, Thursday, April 30<sup>th</sup> (release date tbd)

### Mother’s Day Tea

Save the date for our annual Mother’s Day Tea.

Wednesday, May 6<sup>th</sup> at 1pm.

