



# 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.



## June 2020

Greetings! Welcome to summer, 2020. We hope you are doing well and staying healthy.

Our Senior Center remains closed but we are still here. As you probably know by now, our center's participants care very much about each other and want to stay involved and active as much as possible. One of the good things that has come out of this time at home has been seeing the many creative ways our community come together.

We are grateful to all of you for joining our virtual programs and getting in touch. We hope you will continue to sign up and join in exercise classes, workshops, programs, and curbside lunches throughout the summer.

If you have any questions or need help with anything, please do not hesitate to reach out. Not only can we help but we also have a wonderful volunteer network in town called Weston Helping Weston.

Weston Senior Center: 203-222-2608 (we check our voicemail multiple times per day, so feel free to leave a message).

Weston Social Services: 203-222-2663, Allison Lisbon and Rose Cruz are available to help. See page 6 for details on a range of support services the department offers.

Dial-a-Ride is not driving for medical appointments yet, but as soon as he is able to do so, Roy will be ready. We will keep you posted.

Please visit our website for up-to-date changes and additions.

<https://www.westonseniorcenter.info/index.php>

**Don't forget to join our Facebook page! Weston Senior Activities Center.**

We share town information, fun links, as well as new programs and ways to share ideas!

We miss seeing you but hope to see you driving through for lunch!

**Wendy, Carla, Linda, Angela and Roy**

### Donations were made to our Senior Center in Memory of Dennis Morelli

Marie and Bill DePalma  
The Jegen Family  
Helen and Arne de Keijzer



*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 and Updates:

**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, Sargent 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 current and up to date health 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 so diligently to include as much information as possible on single two-sided page. 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](mailto: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.*

**Compo Beach Stickers, please visit:** <https://www.westportct.gov/government/departments-a-z/parks-and-recreation>

The rate for the beach pass for Weston seniors is \$217. The website provides information on how to get one or call Westport Parks and Recreation: (203) 341-5152.

**Weston Parks and Recreation, please visit:** <http://www.westonct.gov/programs/parksandrec>

For more information about the parks and openings of the track or other facilities, or to reserve a tennis court, please visit their website.

**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.

**Senior Grocery Bag Program:** The Southwestern Connecticut Agency on Aging (SWCAA) is providing groceries to seniors 60 and older. If you or anyone you know is struggling to purchase food or not able to get to the store, please contact Weston Social Services at (203) 222-2663. All calls are confidential. This program is funded through the Federal Cares Act, and our local Agency on Aging. Please let us know if you are interested in receiving a weekly grocery bag.

## Weston Public Library

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

Contactless Curbside Pickup will begin June 15<sup>th</sup>! They are excited to get materials to people again. Details are posted on the website.

**Friends of the Library Classic Short Story Hour** - No preparation required! Email [wplshortstories@gmail.com](mailto:wplshortstories@gmail.com) to register.

June 3, 1:30PM - Dorothy Parker's *But The One On The Right*

June 17, 1:30PM - Anton Chekov's *The Bet*

*Do you still need help getting up and running on Zoom? Contact Karen Bennett—[kbennett@westonct.gov](mailto:kbennett@westonct.gov).*



## Weekly Programs and Classes by Zoom

**Chess Club: Mondays 1:30pm.** Join [lichess.org](http://lichess.org)

We will send a new tournament arena each week!

Are you interested in joining the club? Let us know and Scott can help you get registered.

**Drawing with Chris Goldbach: Mondays at 1pm (no class Monday, June 9th)**

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.

<https://us04web.zoom.us/j/76134932228?pwd=MXZaZlRZR0NrcHh0MHJlOQ3VnT1FFQT09>

Meeting ID: 761 3493 2228

Password: draw

**Bingo Club: Tuesdays at 1pm, June 2nd, 9th, 30th. See box below for details and calendar for dates!**

**Afternoon Tea: Alternate Tuesdays at 2pm, June 16th and 23rd: See calendar for dates.**

This is an informal time to ask questions, say hello and touch base with our staff. To register for this chat, please email [wpetty@westonct.gov](mailto:wpetty@westonct.gov).

**Daily Exercise Classes: See page 4 for details on how to sign up.**

**Curbside Lunch Pick up: Wednesdays this summer 11:30am-12pm**

Drive through the Senior Center, pick up a lunch and say hello! We miss you.

There is no charge for lunch, we just ask that you sign up by the Monday of each week: [wpetty@westonct.gov](mailto:wpetty@westonct.gov).

**Meditation with Suzanne: Wednesdays at 3pm**

<https://us04web.zoom.us/j/76440779612?pwd=YWdFQjVDajN1VjRCZndUUlhNT1JIQT09>

Meeting ID: 764 4077 9612

Password: 8MPv7i

## Join Us For Zoom Bingo Tuesdays at 1:00pm

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

Click on link below to get a bingo card.

June 2nd. <https://bingobaker.com/play/4a0b829ace9c1930>

June 9th. <https://bingobaker.com/play/3dcd15ba522ee605>

June 30th. <https://bingobaker.com/play/a73c958945d4dc2c>

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 @203-222-2608)

Click on the Zoom link (in blue) below  
at 1pm on Tuesdays to start playing

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: <https://us02web.zoom.us/meeting/tZcpf-iqzkvHdKNIQF6IT7Fw9LNPkDloQr3/ics?icsToken=98tyKuGrqjMrGN2XtR6BRpwqBoqgd-rxmHpYgqd2sjbUJXZ6VITQlbtuHIJUNNTf>

Join Zoom Meeting

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

Meeting ID: 834 8129 2576

Or dial in:

+19292056099,,83481292576# US (New York)

## Guest Speakers

**Shelia Russo, LCSW: *Aging, Challenges and Hidden Joys***  
**Mondays, June 1, 8, 15 2:00pm**

Visiting Nurse and Hospice Present. *To register for this group discussion, please email [wpetty@westonct.gov](mailto:wpetty@westonct.gov) for invite link.*

**Guest Speaker: Dr. Joe Feuerstein**  
**Wednesday, June 10<sup>th</sup> at 7pm**

We are pleased to welcome Dr. Joe Feuerstein on Wednesday night for a discussion on Covid-19, his personal encounter with the virus, what it was like for him, and ways to strengthen your immune system. Dr. Joe is a fellow Westonite, and is passionate in patient/public information and education. 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 Col University.

*To register for this presentation, please email: [wpetty@westonct.gov](mailto:wpetty@westonct.gov)*

**Visiting Nurses Present: CBD Oil - The Pros and Cons**  
**Thursday, June 11<sup>th</sup> at 10:00am**

<https://us02web.zoom.us/j/85640958570>

Meeting ID: 856 4095 8570

**Mark Albertson Presents: Edgar Allen Poe**  
**Friday, June 12<sup>th</sup> at 11:00am**

Edgar Allan Poe was an American writer, poet, editor, and literary critic. Poe is best known for his poetry and short stories, particularly his tales of mystery and the macabre.

<https://us02web.zoom.us/j/85337226556>

Meeting ID: 853 3722 6556

**Bartlett Arboretum: All About Herbs**  
**Thursday, June 18<sup>th</sup> at 2pm**

In this webinar presentation, we will discuss 11 essential herbs that every gardener should have in their kitchen herb garden. We will touch on the history of herbs, speak to their growing requirements, best harvesting practices, and their wide variety of uses including culinary, aromatic, ornamental, and more.

*To register for this presentation, please email [wpetty@westonct.gov](mailto:wpetty@westonct.gov).*

**Danielle Ramos, Cambridge Health & Rehabilitation**  
**Brain Games**

**Thursday, June 25<sup>th</sup> at 11am**

We are pleased to jump back into Brain Games via Zoom for more stimulating brain game teasers, puzzles, and questions.

[https://zoom.us/j/99202282046?](https://zoom.us/j/99202282046?pwd=U0p3b3JwMk94SGhsZCs5aDhEVGZ1Zz09)

[pwd=U0p3b3JwMk94SGhsZCs5aDhEVGZ1Zz09](https://zoom.us/j/99202282046?pwd=U0p3b3JwMk94SGhsZCs5aDhEVGZ1Zz09)

Meeting ID: 992 0228 2046

Password: 9BaUaU

## 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 to illness. These mind body practices help us cultivate more energy in our bodies while calming and clearing our minds.

**Coming soon... Chair Aerobics with Ruth**

You will need a ball, two weights (canned vegetables will do), a two and a stretchy.

**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: Tuesdays at 3pm**

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 oneself.

**Please fill out the remote exercise waiver**

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

**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>





# June 2020

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

1	2	3	4	5
9:30am Commission 11am Qigong w/Bill 1pm Drawing w/Chris 1:30pm Chess Club 2pm Support Group: Aging & Hidden Joys	1pm Pilates w/Karen 1pm Bingo w/Carla 3pm Tai Chi w/Mari	10am Feldenkrais 11:30am-12pm Curbside Lunch Pick Up – sign up by Monday 3pm Meditation w/Suzanne	11am Strength & Fitness w/Sandy 11am Guest Speaker AAA Presents: <i>Smart Features for Older            Drivers When Buying a            New Car</i>	10am Yoga w/Melania
8	9	10	11	12
11am Qigong w/Bill No Drawing Class 1:30pm Chess Club 2pm Support Group: Aging & Hidden Joys	1pm Pilates w/Karen 1pm Bingo w/Carla 3pm Tai Chi w/Mari	10am Feldenkrais 11:30am-12pm Curbside Lunch Pick Up – sign up by Monday 3pm Meditation w/Suzanne 7pm Dr. Joe Feuerstein Guest Speaker	10am Guest Speaker Visiting Nurse & Hospice <i>CBD Oil, Pros and Cons</i> 11am Strength & Fitness w/Sandy	10am Yoga w/Melania 11am Guest Speaker Mark Albertson <i>Edgar Allan Poe</i>
15	16	17	18	19
11am Qigong w/Bill 1pm Drawing w/Chris 1:30pm Chess Club 2pm Support Group: Aging & Hidden Joys	1pm Pilates w/Karen No Bingo Today 2pm Afternoon Tea 3pm Tai Chi w/Mari	10am Feldenkrais 11:30am-12pm Curbside Lunch Pick Up – sign up by Monday This Week's Lunch Sponsored by Weston Fire Department	11am Strength & Fitness w/Sandy 2pm Guest Speaker Bartlett Arboretum: <i>Growing Herbs, What You            Need, How to Grow</i>	10am Yoga w/Melania
22	23	24	25	26
11am Qigong w/Bill 1pm Drawing w/Chris 1:30pm Chess Club	1pm Pilates w/Karen No Bingo Today 2pm Afternoon Tea 3pm Tai Chi w/Mari	10am Feldenkrais 11:30am-12pm Curbside Lunch Pick Up – sign up by Monday	11am Strength & Fitness w/Sandy 11am Guest Speaker Danielle Ramos – Cambridge Health: <i>Brain Games</i>	10am Yoga w/Melania
29	30			
11am Qigong w/Bill 1pm Drawing w/Chris 1:30pm Chess Club	1pm Pilates w/Karen 1pm Bingo w/Carla 3pm Tai Chi w/Mari			



### 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.

Have you experienced a recent job loss or reduction in income that is making it difficult for you to pay your bills? Weston Social Services can help. Weston Social Services is a resource right here in town that can help you through difficult times.

Some of the areas they can assist with are:

- Financial assistance for food, heat, and electricity
- Eversource payment programs
- Operation Fuel grants
- Salvation Army grants
- Access to the Weston Food pantry
- The school's free and reduced lunch program
- State Energy Assistance
- Weston Warm-Up Fund
- SWCAA Senior grocery bags
- Meals on Wheels
- CHOICES Medicare counseling
- Mental health referrals

There are financial guidelines for some of these programs, but please reach out if you have any questions at all or even if you think you may not qualify. It is always better to reach out sooner rather than later.

Please visit our website: <http://www.westonct.gov/townhall/27652/28677/29470>

Facebook Page: [Weston CT Department of Social Services](#)

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.

### SCAM ALERTS

Provided by Captain Matt Brodacki, Weston Police Dept.



Recognize · Protect · Report | COVID-19 Crime

#### ONLINE SHOPPING RED FLAGS FOR MARKETPLACE AND WEBSITES

- ❗ DO NOT CLICK ON UNSOLICITED EMAILS OR TEXTS.
- ❗ ENSURE A SECURE BROWSER CONNECTION: HTTPS ONLY.
- ❗ VERIFY WEBSITE TRUST SEALS BEFORE PLACING AN ORDER.
- ❗ OFFICIAL U.S. GOVERNMENT WEBSITES END IN .GOV
- ❗ INSPECT THE URL OF THE WEBSITE AND VERIFY THE DESTINATION.

#### FINANCIAL RED FLAGS RELATED TO COVID-19

- ❗ BEWARE OF E-MAILS, TEXT MESSAGES OR CALLS OFFERING GOODS, SERVICES, LOANS, OR DEBT RELIEF.
- ❗ BEWARE OF REQUESTS FOR UNUSUAL PAYMENT METHODS, SUCH AS CRYPTOCURRENCY, PREPAID DEBIT CARDS, GIFT CARDS, MONEY SERVICE BUSINESSES (MSB) TRANSFERS, OR WIRE TRANSFERS.
- ❗ GOVERNMENT AGENCIES DO NOT CALL, TEXT OR E-MAIL: CHECK YOUR MAIL, DO NOT FOLLOW LINKS ON SOCIAL MEDIA, AND UTILIZE GOVERNMENT WEBSITES DIRECTLY.
- ❗ GOVERNMENT AGENCIES WILL NOT CALL OR E-MAIL ABOUT ECONOMIC IMPACT PAYMENTS AND WILL NOT REFER TO IT AS "STIMULUS" - DO NOT OPEN SUCH E-MAILS OR CLICK ON ATTACHMENTS.

#### PROHIBITED PHARMACEUTICALS AND MEDICAL DEVICES RED FLAGS

- ❗ BEWARE OF WEBSITES OR INDIVIDUALS SELLING PRODUCTS ALLEGING THEY CAN PREVENT, TREAT, DIAGNOSE OR CURE COVID-19.
- ❗ CURRENTLY, NO COVID-19 TEST KITS ARE AUTHORIZED FOR PRIVATE SALE TO INDIVIDUALS. AUTHORIZED COVID-19 TEST KITS ARE ONLY BEING DISTRIBUTED TO MEDICAL PROFESSIONALS.
- ❗ BEWARE OF PHARMACEUTICAL PRODUCT INFORMATION WRITTEN IN A FOREIGN LANGUAGE OR WITH MISSPELLINGS.
- ❗ DON'T BUY PRESCRIPTION PHARMACEUTICALS FROM THIRD PARTY MARKETPLACES OR SOCIAL MEDIA PLATFORMS.

**DID YOU KNOW?**

Thousands of COVID-19 related web domains have been identified as fraudulent.

Government agencies will not contact anyone to verify a payment was made or to expedite payments.

Consumers interested in finding out if a COVID-19 related product or website is "real or fake," can #AskGTT on Twitter @IPRCenter

- ONLINE SHOPPING TIPS**
- 🛒 IF A DEAL SEEMS TOO GOOD TO BE TRUE, IT PROBABLY IS.
  - 🛒 BE AWARE OF PRICE GOUGING.
  - 🛒 VERIFY PURCHASES ARE FROM LEGITIMATE, TRUSTED SOURCES.
  - 🛒 REPORT COVID-19 FRAUD TO [COVID19FRAUD@DHS.GOV](mailto:COVID19FRAUD@DHS.GOV).

**FINANCIAL TIP**

§ REACH OUT TO YOUR ELDERLY FRIENDS AND FAMILY MEMBERS AND WARN THEM ABOUT THESE SCAMS.

**PROHIBITED ITEMS TIP**

Ⓜ ENSURE YOUR ONLINE PHARMACY IS CERTIFIED BY CHECKING: [WWW.SAFEMEDSONLINE.ORG](http://WWW.SAFEMEDSONLINE.ORG).

FOR MORE INFORMATION PLEASE VISIT [WWW.ICE.GOV](http://WWW.ICE.GOV)

REPORT COVID-19 FRAUD TO [COVID19FRAUD@DHS.GOV](mailto:COVID19FRAUD@DHS.GOV)

REPORT FRAUD

### 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/>

### Caregivers Support Group

Thursday, June 18th, 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 comradery. If you are caring for a loved one, this is a great place to connect.  
<https://us02web.zoom.us/j/88361177187?pwd=K1B0d0tudDQva1RKTkQzWtNWQ21uZz09>  
 Meeting ID: 883 6117 7187  
 Password: 968112

## Carmen Navarra – June Artist Spotlight

### More Photos to Come....

#### Treasures of Inspiration—Carmen's Creations

Carmen Navarra, who is essentially self-taught, began to paint watercolors seriously after retirement in July 2019. In addition to the love of color, her travels, landscapes, nature, people, appreciation of photography, all become a significant source of inspiration.

Carmen has been fortunate to have studied under 94-year-old Bela Szabo at Norwalk Community College's Lifetime Learners, Karen Siegel and Wendy Pieper at Senior Centers in Norwalk and Weston. Of course, the never-ending support and encouragement from her Painting Buddies in New York, her loyal friends, and the newly found artistic seniors have contributed to her inspirations.



We are sorry, there will be no  
**ART EXPO PARTY**  
this year,  
but we look forward  
to rescheduling in 2021