



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.



October 2020

Greetings everyone,

Happy Fall! We have quite a month ahead of us and are excited to continue as many outdoor programs as we can while the weather is good! We will continue our curbside lunch program through October. Also continuing is Tai Chi with Mari on Monday afternoons, one day art workshops in the back patio, and Friday morning walking club. We will try to plan more as the weeks unfold. We hope you enjoy fall and all the beauty it offers.

This month starts the Open Enrollment period for Medicare and Medicare Part D. We highly recommend reviewing your current plans to note any changes that may affect your coverage in 2021. You can find complete information on the Medicare website (www.medicare.gov) but for those of you who may wish some help we are offering a limited number of private phone or in-person appointments with our trained volunteer counselors. Please see page 6 for details.

Thank you to everyone who donated to the Friends of the Weston Senior Activities Center Memory Garden along with the Weston Adult Soccer League. We are very excited to get this project underway.

If you have not already done so, please join our email list; we send out notifications and updates weekly about activities at the Center and around town. Also, while you received this newsletter in the mail as well as by e-mail, as of now we do not plan to mail out printed copies to everyone in the future. However, for those who would still like to get the newsletter in print please email (wpetty@westonct.gov) or call us at 222-2608.

We hope you are doing well and staying active during this difficult time. Happily, we have heard from many of you that you have found your routine and safe gathering times with friends and family. We are also happy to see so many of you on Zoom Presentations and exercise classes; it's a great way to stay connected to your friends and the Senior Center community through the fall and winter. If you need assistance getting set up on Zoom, do not hesitate to call us. If you are not interested in Zoom, but are still finding this time extra isolating, give us a call so we can help connect you with others, either by phone or in person. Please continue to stay diligent on wearing your masks and following social distancing protocols.

Wendy, Carla, Linda, Angela and Roy

 **Don't forget your vote counts!**

Here is the link to Weston Town Clerk's voting information page.
<https://www.westonct.gov/government/municipal-departments/town-clerk>

**Donations were made to our
Senior Center in Loving
Memory of Bill DePalma**

By 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.

Ask the Attorney: Trusts

Denise Mortati Elder Law Attorney

Thursday, October 8th at 1pm

The topic in October will be Trusts. Denise will give a brief overview and then take questions.

To Register: Email Carla at cjegen@westonct.gov

What is a Residential Senior Community?

Deirdre JP Virvo, Senior Specialist and Author of *Home To Home, The Step By Step Guide to Senior Housing*

Tuesday, October 13th, 11am

To Register: Email Carla at cjegen@westonct.gov.

Armchair Travels: Where In the World

Tyler Zajacz, President, Tours of Distinction

Wednesday, October 14th at 2pm

All of our travels are made up of great stories — ones filled with drama, cultural misunderstandings and frustration, as well as happiness, joy and grace. Join Tyler Zajacz, President and CEO of Tours of Distinction for a fun-filled Zoom escape to hear stories from around globe.

To Register: Email Carla at cjegen@westonct.gov.

Whaleboat Wars of Long Island Sound During American Revolution

Ed Hynes, guest presenter Weston Historical Society

Wednesday, October 14th at 6:30pm

This lecture will explore the dramatic, but little-known naval activities on Long Island Sound during the American Revolution.

To Register: www.westonhistoricalsociety.org

Analysis of the Presidential Campaign

Mark Albertson, historian

Friday, October 16th, 1pm

Join Mark for another interesting presentation and conversation about current events, this time an analysis of the Presidential campaign.

<https://us02web.zoom.us/j/84422207378>

Meeting ID: 844 2220 7378

Downsized Gourmet

Susan and Paul Doyle, Oasis Senior Advisors

Monday, October 19th at 12pm

Back by popular demand! Throw open the cabinets and refrigerator, pull up a chair, and watch them work their magic creating and cooking with things you have on hand. **To Register: Email Carla at cjegen@westonct.gov.**

Anxiety During COVID

Laura Cleary, LMSW, Director of Weston Youth Services

Wednesday, October 21st at 1pm

Let's talk about how to stay connected and stay care of our mental wellness as we move into colder weather during month eight of the pandemic. This format will be casual and time for questions.

To Register: Email Wendy at wpetty@westonct.gov.

Prepare Your Garden for Winter and Beyond

John Carlson, Homefront Farmers and CT Chapter of Northeast Organic Farming Association (NOFA)

Thursday October 29, 11:15am

John's extensive knowledge includes plant health and his focus for the presentation will be how to prepare your garden and plantings for the winter and next spring. Learn more at www.homefrontfarmers.com. This program is courtesy of the Bigelow Center in Fairfield.

<https://zoom.us/j/99733639577?pwd=cGJZbURNRUcVb0p0bGZXamhuWkpPdZ09>

Meeting ID: 997 3363 9577

Passcode: Garden

Senior Learning Network Programs for October

PLEASE EMAIL CARLA @ cjegen@westonct.gov TO REGISTER AND RECEIVE THE ZOOM LINKS.

**Thursday, October 1st, 2pm: Tuskegee Airmen
Historic Moton Field Tour**

Presented by Tuskegee Airmen National Historic Site

Before the first African American military pilots became known as the "Red Tails", their flying adventure started at Moton Field, in Tuskegee, Alabama, where the Army Air Corps conducted a military test to see if African Americans could be trained to fly.

Tuesday, October 6th, 2pm: Animal Adaptations in the Yellowstone Ecosystem

From the Draper Natural History Museum. Animals truly are amazing! They can survive in their environments through their amazing adaptations.

Thursday, October 8th, 2pm: Virtual Tour from the National Museum of the Pacific War

Come and take a virtual tour of this fabulous museum! Discover the human story of World War II in the Pacific in more than 55,000 square feet of exhibit space spread over three galleries located on six acres in the heart of Fredericksburg, Texas.

Tuesday, October 13th, 2pm: Virtual Tour with Spambassadors

SPAM MUSEUM?! Yes, the SPAM Museum! This fun virtual experience is designed to provide a chance for your group to interact with SPAMBassadors as we go through a tour of the SPAM Museum.

**Thursday, October 15th, 2pm: American Impressionism
Presented by the Amon Carter Museum of American Art**

By viewing and discussing artworks by Mary Cassatt, William Merritt Chase, Childe Hassam, John Singer Sargent, and others, students discover how the advent of American Impressionism was more than just an imitation of the impressionist movement in France.

**Tuesday, October 20th, 2pm: Stories from the Tamil Diaspora
Presented by The Penn Museum**

What does it look like when worlds collide and create new communities? "Stories from the Tamil Diaspora" traces a Singaporean Tamil family's history back to Tamil Nadu, India, in the early 20th century.

Thursday, October 22nd, 2pm: GOLD! A Virtual Tour from Columbia State Historic Park

Columbia State Historic Park is the largest collection of gold rush era buildings in all of California.

Thursday, October 29th, 2pm: Eleanor Roosevelt: Casting Her Own Shadow In the Post Whitehouse Years

Presented by the FDR Presidential Museum and Library
Eleanor Roosevelt in the Whitehouse years.

Exercise and Wellness

***Fitness waiver must be signed
before starting exercise classes *
Once we receive payment for a series,
we will send you the Zoom link.***

Qi Gong with Bill: Mondays at 11am via Zoom

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 via Zoom

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: Mondays at 3:45pm Outside Weather Permitting

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 via Zoom

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 via Zoom

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 via Zoom

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>

Exercise Class Fee Structure

Each class is \$4.00. However, we require that, at a minimum, you pay for a month at a time. Please note that we will not be able to offer refunds or credits for missed classes unless it is an error on our part or due to an instructor's Zoom issue.

Walking Club at the Track starts October 9th.

If you are interested in joining us at the high school track on Fridays at 10am, let us know. We will be walking there every week, walk at your own pace. (4 laps equals a mile.)

FLU SHOTS?

Did you get yours, do you still need one? You can call the Westport Weston Health District and make an appointment. They will be offering additional days and times. (203) 227-9571





October 2020

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
			1	2
			11am Strength & Fitness 2pm Guest Program Tuskegee Airmen - Historic Moton Field Tour <i>Senior Learning Network</i>	10am Yoga w/Melania 10am Drawing Flowers with Dick Rauh
5	6	7	8	9
9:39am Commission on Aging meeting 11am Qigong w/Bill 1pm Drawing w/Chris 3:45pm Tai Chi w/ Mari	9:30am Brain Games w/ Danielle 12pm Art Class w/Anda 1pm Pilates w/Karen 2pm Guest Program Animal Adaptations <i>Senior Learning Network</i>	10am Feldenkrais 11:30am-12pm Curbside Lunch Pick Up	11am Strength & Fitness w/Sandy 1pm Guest Speaker Denise Mortati <i>Trusts</i> 2pm Guest Program Nat'l Museum Pacific War <i>Senior Learning Network</i>	10am Walking Club 10am Yoga w/Melania
12	13	14	15	16
Senior Center Closed	9:30am Brain Games w/ Danielle 11am Guest Speaker <i>What is Senior Living?</i> 12pm Art Class w/Anda 1pm Pilates w/Karen 2pm Guest Program Spam Museum	10am Feldenkrais 11:30am-12pm Curbside Lunch Pick Up 2pm Guest Speaker Armchair Travelers 6:30pm Whaleboat Historical Society	11am Strength & Fitness w/Sandy 2pm Guest Program Amon Carter Museum of Modern Art <i>Senior Learning Network</i>	10am Walking Club 10am Yoga w/Melania 1pm Guest Speaker Mark Albertson Analysis of the Presi- dential Campaign
19	20	21	22	23
11am Qigong w/Bill 12pm Downsized Gourmet 1pm Drawing w/Chris 3:45pm Tai Chi w/ Mari 3pm-5pm Pie Pick Up	9:30am Brain Games w/ Danielle 11am Bingo with Carla 12pm Art Class w/Anda 1pm Pilates w/Karen 1pm Art Chat with Chris	10am Feldenkrais 11:30am-12pm Curbside Lunch Pick Up 1pm Guest Speaker Coping with COVID Anxiety with Laura Clearly	11am Strength & Fitness 2pm Guest Program Columbia State Historic Park, Gold! <i>Senior Learning Network</i>	10am Walking Club 10am Yoga w/Melania
26	27	28	29	30
11am Qigong w/Bill 1pm Drawing w/Chris 3:45pm Tai Chi w/ Mari	9:30am Brain Games w/ Danielle 12pm Art Class w/Anda 1pm Pilates w/Karen	10am Feldenkrais 10:15am Parkinson's Support Group 11:30am-12pm Curbside Lunch Pick Up	11am Strength & Fitness 11:15am Guest Speaker John Carlson, Garden 2pm Guest Program FDR Presidential Library <i>Senior Learning Network</i>	10am Walking Club 10am Yoga w/Melania

Open Enrollment Appointments

Medicare Changes and Medicare Part D Review

Open Enrollment (October 15 - December 7) allows the Medicare client to change prescription medication suppliers under Medicare Part D, to switch to/ from Original Medicare to/from Advantage Plans and other adjustments to Medicare which then take effect January 1, 2021. Weston Senior Center will be providing Open Enrollment half hour sessions, either by in-person appointments or by telephone. All who use this free of charge service must submit their information ahead of time via snail mail or drop off at the center. You will be CDC safe for in-person one-on-one appointments. Once your information is received, someone from the Center will call you to schedule your 30 minute appointment (couples will need a 60 minute one). For in person appointments there will be a private entrance, the conference area and furniture will be sanitized between clients. There will be Plexiglass dividers, masks will be required, and gloves will be available, and all social distancing protocols will be in place and mandatory. All information provided by you will be destroyed once you indicate that you have made your Medicare decisions.

All appointments, either in person or telephone, will be limited to 1/2 hour. No appointments can be made without the pre-submitted requested information (see details in box at the right). All appointments will be made on a "first come, first serve" basis. Days and times available are limited so turn in your requests as soon as possible for preferred scheduling. All requests for appointments will need at least a two week lead time from receipt of information. Once these appointment slots are filled, we will refer you to SWCAA or to the Medicare.gov website.

A special reminder -- you should participate in Open Enrollment, especially if you have not reviewed your insurance coverage in several years, and even if you did it last year -- insurance company drug formularies change so drugs can be dropped or added at any time, drug prices can also change, and plans may be dropped while others are added. Possibly your appointment can be handled by telephone, so don't wait to submit your information to book your appointment. We want to be able to offer you a method and time that will be most convenient to you.

If you have questions, call the Senior Center (203) 222-2608.

Meta Schroeter
CHOICES COUNSELOR

Rose Cruz
CHOICES COUNSELOR

Parkinson's Support Group

Wednesday, October 28th
10:15am-11:00am (4th Wednesday of each month)
Facilitated by Maureen Matuszewski

The group is led by Maureen through the Westport Center for Senior Activities. She arranges guest speakers, facilitates 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.

Open Enrollment Information Needed Before An Appointment Can Be Made

Please use one line for each request. Print or write or type very clearly.

Name (first and last)
Town and zip code
Telephone number

Appointment choice for either an in-person review with paper print outs or a telephone review of plans

Medicare current coverage Plan 1. Original (A,B & D) or Advantage HMO/PPO/PPFS Plan (C) list name of plan

If Original Medicare, then state name of current Part D plan. (See back of 2020 Medicare and You booklet) or name of Part D plan/ insurance company and monthly premium.

List each (and all) prescription medications only. (No over the counter meds) After each full and carefully spelled correct prescription name indicate dosage and frequency.

Indicate if your choice of either preferred drug store -- name and town or mail order.

List Medicare questions which you would like to discuss.

Next place the information in a sealed envelope, send to this address:

Weston Senior Center
P.O. Box 1007
Weston, CT 06883.

On the back of the envelope write "OPEN ENROLLMENT". You may mail the envelope or drop it off at the Weston Senior Center between 9:00am - 12:00pm, Monday - Friday. Someone will take your sealed envelope.

Weston Department of Social Services

Allison Lisbon, MSW, LCSW, Director of Social Services

alisbon@westonct.gov

203.222.2663

Rose Cruz, Assistant

rcruz@westonct.gov

203.222.2556

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

Our staff is available 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.

Beginning Drawing with Chris Goldbach

Every Monday 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 ongoing class, but space is limited. Please email wpetty@westonct.gov if you are interested in joining the class.

ART CHAT with Chris Goldbach

Tuesday, October 20th at 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 with the Bigelow Center in Fairfield.



If you would like to join this ART CHAT with Chris, please email wpetty@westonct.gov to register.

Drawing With Dick Rauh Next Series Begins January 22nd.

Next Series Start January 22nd. We will open registration up for this January series in December. Weston residents will be given the opportunity to register prior to non residents. Stay tuned for details.

Paint Along with Anda Styler

Tuesdays, October 6, 13, 20, 27, November 10, 17
12pm-2pm
Series \$35, space is limited.

The paint along (in only acrylics) 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.



To sign up, please email wpetty@westonct.gov.

Weston Public Library (203) 222-2665

<https://www.westonpubliclibrary.org/>



These programs are all virtual.

All registrations can be made at www.westonpubliclibrary.org.

- | | |
|---------------------|--|
| Oct. 7 & 21, 1:30pm | Friends of the Library Short Story Hour |
| Oct. 8, 10:30am | Friends Book Group,
This Side of Paradise by Fitzgerald |
| Oct. 21, 7pm | Friends Book Group, Tea Girl of Hummingbird Lane by See |
| Oct. 22, 12pm | Cookbook Club: Pumpkin Themed Recipes |
| Oct. 28, 7pm | Sparking Joy with the KonMari Method of Organizing and Decluttering Your Home |
| Nov. 4 & 18, 1:30pm | Friends of the Library Short Story Hour |
| Nov. 10, 7pm | Lecture: Connecticut Witchcraft: Witch-Speak and Social Unrest in 17th Century |
| Nov. 12, 10:30am | Friends Book Group, Title TBD |
| Nov. 18, 7pm | Friend Book Group, Title TBD |
| Nov. 19, 12pm | Cookbook Club: Thanksgiving Side Favorites |

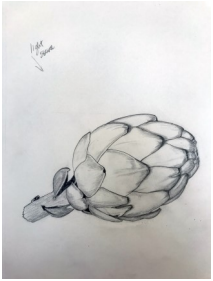
Watercolor Workshop with Wendy Pieper

If you are interested in being added to this outdoor workshop in October, let us know and we will keep you informed on the chosen date, 10am-12:30pm \$15.00

Join Wendy for a one day watercolor workshop! This will be done outside, so you will need to bring your own chair, we will supply the table (and easel if needed).

To register: wpetty@westonct.gov or (203) 222-2608

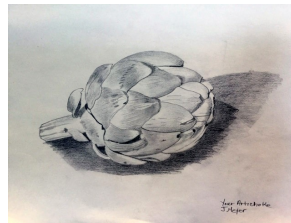
Enjoy our virtual art show! These artichokes were drawn by the students of Dick Rauh's drawing class. While this series is wrapping up, he will be back in January to teach another series in Weston.



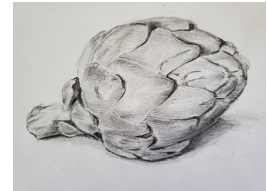
Lucy Li



Kathy Dunn



Jill Meyer



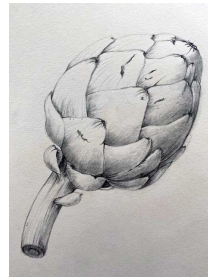
Chris Goldbach



Carmen Navarra



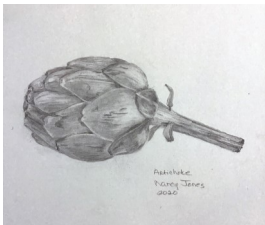
Xenia Golovchenko



Patricia Morris



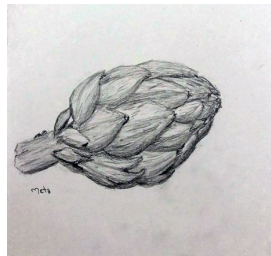
Nancy Wilt



Nancy Jones



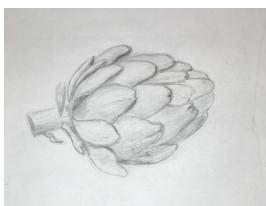
Missy Savard



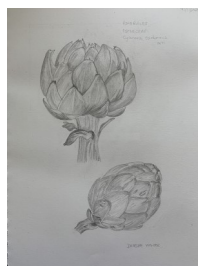
Meta Schroeter



Marlene Shimenz



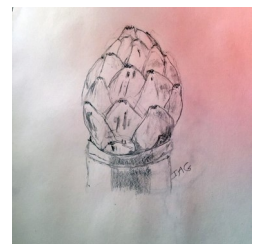
Barb King



Deirdre Kantor



Diane Kraemer



Jo Guidice



Chris Trichonis



Carol Leahy

Thank you Dick Rauh for teaching another incredible drawing series.



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

Presort Standard

U.S. POSTAGE

PAID

Permit No. 2

Would you like a pie?

Monday, October 19th

Free! 3pm-5pm Pie pick up at Bridges of Epoch in Norwalk
By reservation only—Pies are limited!!

Your choice of:

Apple, Pumpkin, or Pecan

Call the Senior Center for more details and to order:
(203) 222-2608



October Curbside Drive-through Lunch

Wednesdays, 11:30am-12pm (call to RSVP by Monday prior)

Individual lunch \$5 or for convenience \$20 for the month

Please write one check if possible payable to:

Weston Senior Center, PO Box 1007

10/7: Stuffed Chicken Breast, Rice and Salad (Peter's Market)

10/14: Wrap Sandwich (Turkey / Roast Beef), Fruit Salad (Calise's)

10/21: Lasagna with Salad and Garlic Bread (Calise's)

10/28: Chili and Cornbread (Peter's Market)
(Halloween Lunch-Dress Up Optional)

All lunches come with cookies and water.



Bingo with Carla

Tuesday, October 20th at 11am

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

Click on link below to get a bingo card from Bingo Baker.

<https://bingobaker.com/play/eb9668637a8b3326>

Please email Carla to register and to receive Zoom link.
cjegen@westonct.gov

You can join by phone or computer!



THE WESTON SENIOR CENTER INVITES YOU TO A VIRTUAL WORKSHOP:

COPING WITH COVID ANXIETY FALL 2020

Join Weston Youth Services Director, Laura Cleary, LMSW &
Senior Center Director Wendy Petty for this virtual program

LET'S TALK ABOUT HOW TO STAY CONNECTED AND TAKE
CARE OF OUR MENTAL WELLNESS AS WE MOVE INTO THE
COLDER WEATHER IN MONTH 8 (!) OF THIS EPIDEMIC.

**Wednesday October 21
1:00-2:00 PM on Zoom**

Email Wendy and she'll send you the
link to join us: Wpetty@westonct.gov

**INFORMATION- DISCUSSION-Q&A
WE HOPE TO SEE YOU THERE!**

Anxiety?

Zoom Discussion with

Join Laura Cleary, LMSW,
Weston Youth Services.

To Register:
wpetty@westonct.gov or
(203) 222-2608

Join us for another
informative and soothing
presentation with Laura.