



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
Terry Castellano
Francine Goldstein
Don Gumaer
Alison McElhone
Richard Wolf
Vacancy

The Friends of WSAC

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



February 2021

Greetings!

We hope you are enjoying the beauty winter can bring.

We know many of you are anxious to register for a COVID-19 vaccine. As of today, Connecticut is still in Phase 1b, which is for people over 75. If you are in that age group and haven't been able to register yet, please let us know. We can help guide you through the on-line VAMS scheduling process and for those of you who may find that site difficult to navigate there are also ways to make appointments by phone through hospitals in the surrounding area.

On the bright side, we would like to thank the Westport Weston Health District and its staff for organizing the vaccine clinic held at the Center last week. Everything ran smoothly and over 200 people were able to get their first dose. We would also like to thank Weston Police and Weston EMS for keeping things on track as well as the great volunteers who helped that day.

We would like to thank Margaret Wirtenberg for donating her watercolor collection to our Senior Center. The special auction closed on January 31st and all of the proceeds will go toward our spring/summer Curbside Lunch program. We look forward to another great season of drive-through picnic/tailgate lunches with more wonderful entertainment. This year we will have our back patio to use, with great benches and beautiful flowers. We even have a game table on order so our chess players can meet outside.

In the meantime, please continue to stay safe and be extra careful. We are hopeful and looking forward to seeing everyone as soon as we are able to be together safely.

As always, please reach out if you need anything.

We miss you,
Wendy, Carla, Linda, Angela, and Roy

Donations In Memory

Were made by Marie DePalma
in memory of Roy Spies.



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.

George Washington's Farewell Address, 1796**Mark Albertson, Historian****Friday, February 5th, 1pm**

This talk will focus on those points rendered by the First President and the warnings he intuitively put forth. Washington wrote this address towards the end of his second term of presidency before retiring.

<https://us02web.zoom.us/j/86866985365>

Meeting ID: 868 6698 5365

Black History Month Presentation**A Special Conversation with Adrienne Parkmond****Friday, February 5th, 2pm**

What are the challenges Black Americans face in voting? What does voter suppression look like? And what does it mean for our future to have the first woman, and first woman of color, in the second highest office in the land?

To register, email Wendy: wpetty@westonct.gov.

Battleship Connecticut & the Round-the-World Cruise of the Great White Fleet**Mark Albertson, Historian****Wednesday, February 10th, 10am**

Hampton Roads, Virginia, 0800 hours, Monday, December 16, 1907. Sixteen coal-burning battleships got up steam and weighed anchor. Over the next fourteen months and six days, 14,500 sailors and marines traversed a dozen oceans and seas, crisscrossed the equator six times, called on more than 30 ports and logged over 46,000 miles. Battleship Connecticut, the epitome of American pre-dreadnought battleship design, led this superlative effort in American seamanship from whistle to gun.

<https://zoom.us/j/94373159585?pwd=TStTc1BnbVozNGc2OXF5cjRhbzk0UT09>

Meeting ID: 943 7315 9585

Passcode: Albertson

Sponsored by the Bigelow Center for Senior Activities

Chinese Culture in New York**Art and Susan Zuckerman, NYC Tour Guides****Thursday, February 18th, 3pm**

Participants in this presentation will enter a "foreign country" which is rich in history, culture, the arts and foods. The focus will be the historical evolution of the neighborhood from a swamp; to a Chinese bachelor society with forty men to every woman; to a thriving ever-expanding ethnic with the largest Chinese population in the country. You will learn "the truth" about gang wars, opium dens, illegal sweatshops, human smuggling and the Chinese mafia; will examine unique Chinese funeral customs; experience Buddhist temples and Joss houses; view displays of art and sculpture representing various Chinese traditions and superstitions; virtually savor a variety of regional cuisines which permeate the area and much more.

<https://us02web.zoom.us/j/83248267516?pwd=RmhwRU1UVERnS212bEJwN0srcTdEUT09>

Meeting ID: 832 4826 7516

Passcode: 500890

Harriet Tubman**Mark Albertson, Historian****Wednesday, February 24th, 10am**

The Moses of the Abolitionists. Such was the nickname of Harriet Tubman. An abolitionist of the most ardent variety, and who herself had escaped the bondsman's lash and repeatedly returned to the Slaveocracy from which she had flown to lead others seeking to be free of the chains of servitude. Harriet Tubman was a courageous lady who led Union troops behind Confederate lines in guerrilla fashion to undermine a system contrary to the precepts of humanity; and, who later would become an ardent suffragette.

<https://zoom.us/j/94373159585?pwd=TStTc1BnbVozNGc2OXF5cjRhbzk0UT09>

Meeting ID: 943 7315 9585

Passcode: Albertson

Sponsored by the Bigelow Center for Senior Activities

Travel to Easter Island**Elsa Cantor and Don Lambert, Travel presentations****Friday, February 26th, 11am**

Elsa and Don will take you on another adventure to one of the world's most magical islands – Easter Island. This remote island in the Pacific Ocean is filled with carved stone statues, called Moai. There has been much speculation about the Moai, and only recently are we starting to gain better understanding about them. We will also explore the mystery surrounding the people living on the island.

<https://us02web.zoom.us/j/89600816390>

Meeting ID: 896 0081 6390

Senior Learning Network Programs

To Register and receive Zoom links, email Carla at:

cjegen@westonct.gov

The Senior Learning Network is asking that we give them a head-count each week. Please let us know which ones you are interested in so we can hold a spot for you.

Live from the Truman Presidential Library

Tuesday, February 2nd, 2pm

Take a sneak peek into the new exhibits as the museum comes close to opening in the Spring of 2021! In recognition of the 75th anniversary of his presidency, the Truman Library and Truman Library Institute have developed a momentous plan to use Truman's life and legacy to inform, inspire, and educate a 21st-century audience.

Elephant Sanctuary

Tuesday, February 9th, 2pm

"The Elephant Sanctuary in Tennessee exists to provide captive elephants with individualized care, the companionship of a herd, and the opportunity to live out their lives in a safe haven dedicated to their well-being, and to raise public awareness of the complex needs of elephants in captivity, and the crisis facing elephants in the wild.

Durham Museum: Historic Train Travel

Thursday, February 11th, 2pm

Join us for a virtual tour of the museum's authentic train cars! We will start with a look at our 1890's steam engine and 1950's caboose, followed by a walk through our passenger trains. Luxurious rail travel awaits!

Hildene: Lincoln Family Home

Tuesday, February 16th, 2pm

PROGRAM: Pullman Porters: Unsung Heroes, Former Slaves, Labor Organizers, Middle Class Citizens; Civil Rights Activists

Located in Manchester, Vermont, Hildene was built by Abraham Lincoln's son, Robert Lincoln, in 1905. Today's guests experience the 412 acre estate's Welcome Center and The Museum Store; home and gardens; Lincoln exhibit; 1903 Pullman car, Sunbeam, "Many Voices" exhibit, a site on the Vermont African American Heritage Trail.

National Museum of Toys and Miniatures

Tuesday, February 23rd, 2pm

BIG fun with miniatures!

Explore the incredible artistry of fine-scale miniatures with Laura Taylor and Kelly Burns from The National Museum of Toys and Miniatures in Kansas City, Missouri. Enjoy a video tour of some of the highlights of the museum's fine-scale miniatures collection, followed by time for Q&A.

General Grant National Memorial

Thursday, February 25th, 2pm

The final resting place of President Ulysses S. Grant and his wife, Julia, is the largest mausoleum in North America. It testifies to people's gratitude for the man who ended the bloodiest conflict in American history as he strove to heal a nation after a civil war and

New and Continued Series

Introduction to Mindfulness

With Hilary Misiano

Wednesdays in February, 3pm-3:30pm

Join Hilary Misiano, a certified Mindful Schools Instructor on Wednesdays. You will learn how the brain and body benefit from practicing mindfulness. This series is open to new students. There is no charge for this series, but registration is required. To Register, email Carla, cjegen@westonct.gov.

Poetry Writing Workshop

With Ray Rauth

**Mondays, February 8th and 22nd,
March 8th and 22nd, 2pm-3pm**

Ray will facilitate peer to peer poetry development, not how to write poetry, but instead encourage the interaction among those in the workshop to develop a skill and voice. There will be very little in the *form* of the poetry, but rather an emphasis on developing the softer skills of writing.

There is no charge for this series, but registration is required. To Register, email Wendy, wpetty@westonct.gov.

Easy Steps to Decluttering your house

With Suzanne Sheridan

Wednesday, February 3rd, 11am

Last Session: Office Space (All are welcome)

The goal is not decluttering as much as it is creating the kind of order that allows peace to be in your home and in your life.

There is no charge for this series, but registration is required.

To Register, email Carla, cjegen@westonct.gov.

French Lessons

With Sylvie Lobenz

Thursdays in February

Sylvie Lobenz is a French professor from the South of France.

Her French programs are unique and completely different from other French programs before. During this course, she will take you "to visit" places such as "le marche" in the south of France, while speaking the language spoken by the locals. You will explore French architecture, cultural events, art, literature, cuisine and traditions. Her classes are fun, interesting and highly interactive and focusing on conversation. **\$20 for series of four classes.**

Beginner to Intermediate

Thursdays, February 4, 11, 18, 25, 3pm-4pm

If you have questions about what level to take or about what to expect from these lessons, can call Sylvie Lobenz: 203-241-1522

www.literakid.com

To register, email Linda: lgilmore@westonct.gov.

Drawing with Chris Goldbach

Mondays, February through March 22nd, 1pm-2pm
(no class February 15th)

Discover how to look and then draw what you see.
Supplies needed: pencil, eraser, drawing paper and sharpener.
All levels welcome.

ART CHAT with Chris Goldbach

Tuesday, February 16th at 1pm



Join Mastering the Masters instructor and artist Christine Goldbach to talk about everything from how to hold a pencil to art history and she 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.

[https://zoom.us/j/91432461509?](https://zoom.us/j/91432461509?pwd=QkhKaVFXQOVLYXBPN1N1Z3BhQXNtZz09)

[pwd=QkhKaVFXQOVLYXBPN1N1Z3BhQXNtZz09](https://zoom.us/j/91432461509?pwd=QkhKaVFXQOVLYXBPN1N1Z3BhQXNtZz09)

Meeting ID: 914 3246 1509

Password: ArtChat

This class is hosted with the Bigelow Center in Fairfield.

Tips and Tricks with Chris Goldbach

Monday, February 1st, 3pm-4pm

Class will be on the first Monday of each month.

Tips and Tricks in all Mediums

Discussion and demo of some of the most common issues regarding your art. Learn how making a grid can help you, how to hold the pencil when shading, what kind of eraser is good for different mediums, and what colors to mix to get skin tones. Ask a question and she will do her best to answer it.

[https://us02web.zoom.us/j/82195264537?](https://us02web.zoom.us/j/82195264537?pwd=WVB4S2xORTBYbE5yM2JZVlNKWWVtQT09)

[pwd=WVB4S2xORTBYbE5yM2JZVlNKWWVtQT09](https://us02web.zoom.us/j/82195264537?pwd=WVB4S2xORTBYbE5yM2JZVlNKWWVtQT09)

Meeting ID: 821 9526 4537

Colored Pencil Techniques with Lisa Arnold

Thursdays, February 4, 11, 18, 25, 2pm (via Zoom)

This quiet yet beautiful medium lends itself to both color and bold exploration! We don't have to drip and clean brushes and paints, colored pencils are all about line, hatching, and layering. Colored pencils are about containment in an artistic medium. Find out what these classic pencils can do for you when you are introduced to various techniques. For the first class, have some pears to work from. **\$15.00 for series of 4 classes. Space is limited.**

Supply list:

- Colored pencils of choice- (suggested to avoid Crayola)
- Sketch paper of choice- no smaller than 8 1/2" inches by 11"
- Vanish eraser or kneaded eraser
- HB drawing pencil

To register: email Carla, cjegen@westonct.gov.

Opera with Jeffrey M. Engel

Join Jeffrey for three presentations to hear about some beautiful operas. These presentation will include excerpts as well as the story and background behind them.

Wednesday, February 3rd, 1pm: "Rigoletto" by Giuseppe Verdi

Immortality, kidnapping, seduction, passion, and murder are but a few words that summarize the plot of "Rigoletto." It is Verdi's first work (after 16 others) to attain a permanent place in the popular repertory. "Rigoletto" has some of Verdi's best-known music, especially one tenor aria that has been used to sell tomato paste and Doritos on television.

Wednesday, February 10th, 1pm: "Mefistofele" by Arrigo Boito

Arrigo Boito's "Mefistofele" deals with a wager made between the devil and God for the soul of Faust. God wins and "Mefistofele," a notoriously bad loser, literally goes down in a blaze of glory in what is one of opera's most spectacular conclusions.

Wednesday, March 17th, 1pm: "Otello" by Giuseppe Verdi

Verdi's penultimate opera was written while he was in his seventies. It is one of the few dramatic operas which combine an excellent libretto with a rich and vibrant musical score.

Jeffrey Engel graduated from Ithaca College (New York). He lived in Paris for fourteen years where he studied cello, art history (at the Sorbonne) and earned diplomas in French language. As a cellist, he played with numerous orchestras in France including that of the Paris Opera, performed in chamber ensembles and taught in municipal conservatories. Mr. Engel has been giving lectures devoted to music history in colleges, libraries, retirement communities and other venues for some fifteen years. <http://jeffreyingel.net/>

There is no charge for these presentations, but please register with Linda, lgilmore@westonct.gov.

Botanical Drawing Class with Dick Rauh

Fridays through February 26th 10am-12pm

This class is a highly detailed drawing class and focuses on botanical illustrations. **This class is full.**

Norman Rockwell - Art History Presentation

with Lisa Arnold

Friday, March 12th, 2pm

Norman Rockwell, was he a painter or an illustrator? The answer is both-his style was quite realistic; he painted only in oil, and yet his style always had an illustrator's edge. Rockwell, as a painter was loved by many who enjoyed the tender and amusing portrayals of American life. Explore this man's legacy as we zoom "visit" his paintings and learn about Rockwell's prolific artistic career ranging from Saturday Evening Post covers to his historical renderings of everyday life. **To register, email Wendy, wpetty@westonct.gov.**

Caregivers Support Group

Wednesday, February 17th, 1pm
Facilitated by Laura Cleary, MSW
 Director of Weston Youth Services

This group is a chance to get support and share information with other caregivers, who are facing similar challenges. We hope you can join them to take a break, socialize, and learn with other caregivers. This group will meet once a month, alternating months between support group discussion style and speaker groups. It will start with a general support group in February and plan for guest speakers to come starting in March. If you are new to the group, this is a great time to start!

To register or ask questions, email Laura: lcleary@westonct.gov.

Parkinson's Support Group

Wednesday, February 24th, 10:15am-11:00am
Facilitated by Maureen Matuszewski
 This support group will be offered via Zoom.

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, 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: maureenmatuszewski@gmail.com.



SPEAK UP! February 13th, 10:30am

The League of Women Voters of Weston will hold this year's annual Q and A session with key town and state officials via Zoom. For more information on this unique public forum please visit the League's new website: LWVWestonCT.org. A new edition of the League's comprehensive *Know Your Town Directory* is also available on the new site.

Medicare Information

Do you want to discuss any Medicare issues? Half hour appointments are available twice a month on Mondays by phone. Never a charge for these services. Make an appointment by calling the Senior Center (203) 222-2608.

Meta Schroeter CHOICES Counselor



Protect Yourself From Medicare Fraud

Lisa Alhabal, SMP Coordinator and CHOICES Counselor,
Southwestern CT Agency on Aging
Tuesday, March 8th, 12pm

Learn how Medicare beneficiaries can protect themselves from Medicare fraud during the COVID 19 pandemic. Lisa will also discuss the latest scams surrounding contact tracing and the COVID-19 vaccine. A question and answer session will follow the presentation.

To register, email Wendy: wpetty@westonct.gov.

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 in need of being connected to local mental health or related services, regardless of financial need.

COVID-19 Vaccines

Dr. Joseph Feuerstein, MD Stamford Health
Tuesday, February 2nd, 7:15pm (sign in between 7-7:15pm)

Join Dr. Joe for another informative discussion on COVID-19, the vaccines, what to expect, reported side effects, and myths about this vaccine!

Dr. Joe 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.

To register, email Wendy: wpetty@westonct.gov.

Joint Replacement:

What You Need to Know

Dr. Daniel Markowicz, MD Orthopedic Surgeon
Hospital for Special Surgery
Thursday, February 11th, 10am

Joint replacement surgery should only be considered after you've explored all other avenues of treatment. Join Orthopedic Surgeon, Dr. Daniel Markowicz and learn how to know if you are a candidate for joint replacement surgery, whether there are age limits for joint replacement surgery, how to prepare for a joint replacement, what to expect after surgery and what you can do to aid in your own recovery.

[https://hss.zoom.us/j/97041203826?](https://hss.zoom.us/j/97041203826?pwd=WG9uL1N0azVkc1hLQUlHbWxwZThjZz09)
[pwd=WG9uL1N0azVkc1hLQUlHbWxwZThjZz09](https://hss.zoom.us/j/97041203826?pwd=WG9uL1N0azVkc1hLQUlHbWxwZThjZz09)
Passcode: HSS2021@

Program provided by Visiting Nurse and Hospice and Waveny LifeCare Network.

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, rebalancing 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.

Feldenkrais with Peggy: Wednesdays at 11:30am 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 11am 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.

Gentle Yoga with Gloria: Fridays at 10am via Zoom

Gentle Yoga is perfect for those wanting a mellow, therapeutic practice with the emphasis on mindful movement, safe stretching and relaxation. This class includes mix of gentle warm-ups, chair yoga, classic and creative yoga postures (with modifications for different body types) and a blissful guided relaxation/meditation at the end. Leave feeling more balanced, peaceful and ready to face the world!



The Unexpected Health Benefits of Love

Presented by Griswold HomeCare

Tuesday, February 2nd, 11am

Partner or parent, friend or spouse—human beings thrive on a sense of connection and belonging. And we’re not just saying that to make you feel good. Science proves that love really is a boon to your well-being. Love is good for your brain and mental health. When you love others, your brain produces a hormone called dopamine that is associated with feelings of happiness, pleasure, positivity and well-being. Studies have shown that individuals releasing these hormones have stronger immune systems, so they can fight off illnesses like a cold or the flu more easily, have lower blood pressure, and decreased stress and depression.

Valentine’s Curbside Lunch

Wednesday, February 10th, 11:30am-12pm

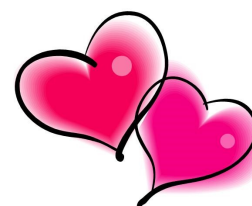
Catered by Calise’s Market and Deli

Beef Stew with Vegetables

Dessert and special treat from Weston Youth Services!

\$5.00, payable to Weston Senior Center. Sign up by February 8th.

Call the Senior Center to sign up (203) 222-2608.



Bingo with Carla

Tuesday, February 9th, 11am

If you would like to join this Bingo event, please email Carla: cjegen@westonct.gov.

<https://bingobaker.com#5c12601217f4fa6a>

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

Meeting ID: 834 8129 2576

Downsized Gourmet

Susan and Paul Doyle, Oasis Senior Advisors

Monday, February 22nd, 12pm

<https://us02web.zoom.us/j/88913552335>

Meeting ID: 889 1355 2335



February 2021

Tue

Wed

Thu

Fri

1	2	3	4	5
<p>9:30am Commission on Aging meeting</p> <p>11am Qigong</p> <p>1pm Drawing w/Chris</p> <p>3pm Tips and Tricks w/Chris</p>	<p>1pm Pilates</p> <p>2pm Truman Library Senior Learning Network</p> <p>7:15pm COVID-19 Vaccine with Guest Speaker Dr. Feuerstein</p>	<p>11am De-Clutter Your Home w/Suzanne</p> <p>11:30am Feldenkrais</p> <p>1pm Opera Series Rigoletto with Jeffrey Engel</p> <p>3pm Mindfulness w/Hilary</p>	<p>11am Strength & Fitness</p> <p>2pm Colored Pencil w/Lisa</p> <p>3pm French Lessons</p>	<p>10am Yoga</p> <p>10am Drawing w/Dick Rauh</p> <p>1pm George Washington's Farewell Address with Mark Albertson</p> <p>2pm A Special Conversation with Adrienne Parkland</p>
<p>8</p> <p>11am Qigong</p> <p>1pm Drawing w/Chris</p> <p>2pm Poetry Workshop with Ray Rauth</p>	<p>9</p> <p>11am Bingo w/Carla</p> <p>1pm Pilates</p> <p>2pm Elephant Sanctuary Senior Learning Network</p>	<p>10</p> <p>10am Battleship Connecticut with Mark Albertson</p> <p>11:30amFeldenkrais</p> <p>11:30am-12pm Curbside Lunch</p> <p>1pm Opera Series Mefistofele with Jeffrey Engel</p> <p>3pm Mindfulness w/Hilary</p>	<p>11</p> <p>10am Book Discussion with Susan Boyar</p> <p>10am Joint Replacement with Guest Speaker Dr. Daniel Markowicz</p> <p>11am Strength & Fitness</p> <p>2pm Durham Museum Senior Learning Network</p> <p>2pm Color Pencils w/Lisa</p>	<p>12</p> <p>10am Yoga</p> <p>10am Drawing w/Dick Rauh</p>
<p>15</p> <p>Senior Center Closed</p>	<p>16</p> <p>1pm Pilates</p> <p>1pm Art Chat w/Chris</p> <p>2pm Hildene: Lincoln Family Home Senior Learning Network</p>	<p>17</p> <p>11:30am Feldenkrais</p> <p>1pm Caregivers Support Group</p> <p>3pm Mindfulness w/Hilary</p>	<p>18</p> <p>11am Strength & Fitness</p> <p>2pm Color Pencils w/Lisa</p> <p>3pm Chinese Culture in NYC with Art and Susan Zuckerman</p> <p>3pm French Lessons</p>	<p>19</p> <p>10am Yoga</p> <p>10am Drawing w/Dick Rauh</p>
<p>22</p> <p>11am Qigong</p> <p>1pm Drawing w/Chris</p> <p>2pm Poetry Workshop with Ray</p>	<p>23</p> <p>1pm Pilates</p> <p>2pm Toys/ Miniatures Senior Learning Network</p>	<p>24</p> <p>10am Harriet Tubman with Mark Albertson</p> <p>10:15am Parkinson's Support Group</p> <p>11:30am Feldenkrais</p> <p>3pm Mindfulness</p>	<p>25</p> <p>11am Strength & Fitness</p> <p>2pm General Grant Senior Learning Network</p> <p>2pm Color Pencils w/Lisa</p> <p>3pm French Lessons</p>	<p>26</p> <p>10am Yoga</p> <p>10am Drawing w/Dick Rauh</p> <p>11am Easter Island with Guest Speakers Elsa Cantor and Don Lamberty</p>

Coming in March: The Vindolanda Lectures

William Preinitz, Historian

March 4th, 2pm: A Short History of roman Britain

Before there was the Britain of Winston Churchill, Elizabeth I, Richard the Lionheart, and Alfred the Great there was the Britain of the Romans. The Roman presence began in 47 C.E. with an invasion mounted by the emperor Claudius and ended 400 years later with a complete and precipitous withdrawal. This is an examination of Celtic-Romano Britain, it's place in Empire, and its ultimate abandonment.

March 11th, 2pm: Hadrian's Wall: Rome's Great Wall of Britain

Hadrian ruled Rome from 117-138 CE. He was superb administrator and a fiscal/political conservative. He believed that Rome had reached its practical limits of expansion and sought to consolidate its borders. His most ambitious projects was the construction of a wall between Celtic-Romano Britain and Pictland (Scotland). Now a UNESCO World Heritage Site, Hadrian's Wall mirrored the Great Wall of China, with one exception...it was a success!

March 18th, 2pm: Vindolanda: Life in a Roman Frontier Fort

Vindolanda was a key outpost in the line of forts that spanned Hadrian's Wall. It sat in the middle of the 80-mile line of fortifications that marked Hadrian's demarcation of the Roman Empire's northernmost boundary. Britain was considered by most Romans a dark, forbidding, impossibly remote province, certainly not part of their familiar Mediterranean world! But was this fair? Much of Vindolanda and its surrounding vicis would have been familiar to them and yet, well different. Explore the everyday world of Vindolanda and decide for yourself.

March 25th, 2pm: Vindolanda: Letters from the Edge of Empire

The site of the Vindolanda fort was dictated by military necessity and was therefore not ideal. What was a curse for those tasked with maintaining it was a high, non-potable, water table. Creating unique preservation conditions, it presents modern archeologists a view into a poorly understood world...life on a Roman frontier. Most illuminating was a trove of 1,300 letters and documents from the 2nd century C.E. These documents, personal, administrative, and commercial provide us with a window into everyday life 1,800 years ago.

To register, email Wendy: wpetty@westonct.gov.

Weston Historical Society

African Americans and the Impact of the Great Migration in the North and South

Wednesday, February 24th, 6:30pm

Dr. Stacey Close, Associate Provost/Vice President for Equity and Diversity at Eastern Connecticut State University. The lecture will discuss reasons for the larger migration and also focus on the migration's impact on Connecticut and the nation. <https://www.eventbrite.com/e/african-americans-impacts-of-the-great-migration-in-the-north-and-south-tickets-139033644373>

Weston Public Library

(203) 222-2665

Join the Friends of the Weston Library and the League of Women Voters of Weston for two programs in honor of Black History Month with Dr. Van Gosse. Van Gosse, PhD, is Professor of History and Chair of Africana Studies at Franklin and Marshall College. His latest book, *The First Reconstruction: Black Politics in America, From the Revolution to the Civil War* will be published late February.

The Great Migration and Jacob Lawrence

February 10, 1:30pm

Starting in 1916 and into the 1970s, six million African Americans left the rural South and moved to cities in the Northeast, Midwest and West. Join Dr. Van Gosse, who will discuss *The Great Migration*, what the "migrants" left behind, what they faced and how they fared in their new urban-industrial lives. His session will include the powerful visuals of artist Jacob Lawrence's Migration Series.

Please at www.westonpubliclibrary.org and we will send you the Zoom link in advance of the program.

African Americans in New England

February 24, 1:30pm

Did you know that the United States' first black elected official took office in New Hampshire in 1776, and that the first black college graduates matriculated at Bowdoin, Middlebury, and Amherst? Although long-ignored or actively denied, slavery existed in all of the New England colonies. Emancipation, immediate or gradual, began during the Revolution, and the region's free people of color rapidly gained economic independence and political standing, especially in Massachusetts and the states to its north, more slowly in Connecticut and Rhode Island. In this talk, Professor Gosse will draw on his new book, *The First Reconstruction*, to trace this evolution through the Civil War.

Please register at www.westonpubliclibrary.org and we will send you the Zoom link in advance of the program.



Book Discussion Group

Thursday, February 11th, 10am: *The Diamond As Big As the Ritz* by F. Scott Fitzgerald

Susan Boyar, Professional book discussion leader and Weston Senior

Join Susan for a discussion of this story/novella. F. Scott Fitzgerald coined the term The Jazz Age in the eponymous title for his first book of short stories which contains "The Diamond as Big as the Ritz." These tales were written about a hundred years ago during the period that covered both the 1918 flu pandemic and the 1920 presidential election. How does this story reflect and comment on the history of its time? Does it still speak to us today?

This group will be co-hosted by the Weston Senior Center and the Weston Public Library. Copies of this book both hard copy and digital can be available through the Weston Public Library. Send an email to Karen Bennett: kbennett@westonct.gov to order a copy.

If you are interested in registering for the discussion group, please email wpetty@westonct.gov or kbennett@westonct.gov.