



# 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  
Terry Castellano  
Mary Francois  
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.



## July/August 2021

Happy Summer!

We can't believe it's already July! We are open now and have been enjoying seeing so many of you coming through the doors again. So far this summer we have had the pleasure to serve over 600 curbside lunches and we have six more scheduled. If you are new in town or have not yet come to the Center and would like to join us for a Wednesday lunch, just give us a call for the details.

We are still offering a hybrid model (indoor, outdoor, virtual) at the Center for classes and lectures, but are looking forward to having more options indoors. If you have a group that would like to get together at the Center, please give us a call. We are not able to allow drop in activities at this time; please pre-register for classes as space is limited.

In order to fill you in on some things happening in Weston, we decided to include a lot of summer events being organized by town departments and other organizations in this edition of our Newsletter. We think you will really enjoy these wonderful community events and hope you'll be able to get out and participate in them.

Schedule alert: The Friends of the Weston Senior Activities Center will be holding their annual Weston Flea, the premier town-wide tag sale that benefits the Senior Center, on September 18<sup>th</sup>. More details will be coming soon, but please save the date.

Roy (Dial-a-Ride) is driving for nearby medical appointments (and other errands such as grocery shopping when there is time on the schedule). Please call him at least 24 hours ahead to book your trip: (203) 222-7200. There is no charge for this service.

We look forward to seeing you!

Wendy, Carla, Linda, Angela, and Roy

*The mission of the Weston Senior Activities Center is to serve as the hub of programs and events supporting the well being of community members as they age.*

**2021 Olympics****Evan Weiner, Guest Speaker and Journalist****Monday, July 12th, 11am**

The lead up to the 2021 Olympics was unlike any other Olympics in history. The 2020 Tokyo Summer Olympics was wiped out by the COVID-19 pandemic and was the first Olympics to be canceled since the 1940 and 1944 Games because of World War II. The International Olympic Committee went to extraordinary measures to make sure "The Games Must Go On." Political statements and the Olympics have gone on hand in hand since 1904. The Olympics is a global platform and people have seized that moment.

To register, email Wendy: [wpetty@westonct.gov](mailto:wpetty@westonct.gov).

**Coyotes – How We Can Coexist With Them****Wolf Conservation Center****Tuesday, July 13th, 1pm**

Please join us for a presentation on coyotes from the Wolf Conservation Center. We will discuss their history and ecology, and what we can do to best coexist with them. The highly adaptable eastern coyote has become exceptionally adept at living adjacent to humans, even able to thrive in cities such as Los Angeles, Chicago, and NYC. Join us to better understand the behaviors and benefits of the eastern coyote and how to empower our community with the tools, information, and resources required to coexist with this misunderstood predator.

To register, email Linda: [lgilmore@westonct.gov](mailto:lgilmore@westonct.gov).

**Declaration of Independence****Mark Albertson, Historian****Friday, July 16th, 1pm**

The **United States Declaration of Independence** is the pronouncement adopted by the Second Continental Congress meeting in Philadelphia, Pennsylvania on July 4, 1776. The Declaration explained why the Thirteen Colonies at war with the Kingdom of Great Britain regarded themselves as thirteen independent sovereign states, no longer under British rule. With the Declaration, these new states took a collective first step toward forming the United States of America. The declaration was signed by representatives from New Hampshire, Massachusetts Bay, Rhode Island, Connecticut, New York, New Jersey, Pennsylvania, Maryland, Delaware, Virginia, North Carolina and Georgia.

Join Zoom Meeting

<https://us02web.zoom.us/j/8581905365>

Meeting ID: 858 1905 3655

**Georgia O'Keeffe****Lisa Arnold, Artist, Educator****Tuesday, July 20th, 2pm**

Georgia Totto O'Keeffe (November 15, 1887 – March 6, 1986) was an American artist. She was known for her painting of enlarged flowers, New York skyscrapers, and New Mexico landscapes. O'Keeffe has been recognized as the "Mother of American Modernism".

To register, email Carla: [cjegen@westonct.gov](mailto:cjegen@westonct.gov).

**An Exploration of Italy and Italian Renaissance Cities, 13th to the 16th centuries.****Jared Day, PhD., History Lecture Series****Monday, August 2nd, 11am**

This lecture will examine Italy during the Italian Renaissance. A special focus will be on the origins of the Renaissance, the politics of various Italian states, specifically on Florence and Venice from the 13th to the 16th centuries.

To register, email Carla: [cjegen@westonct.gov](mailto:cjegen@westonct.gov).

**Ernie Kovacs****Mark Albertson, Historian****Friday, August 6th, 1pm**

Ernest Edward Kovacs was an American comedian, actor, and writer. Kovacs's visually experimental and often spontaneous comedic style influenced numerous television comedy programs for years after his death.

Join Zoom Meeting

<https://us02web.zoom.us/j/86877339032>

Meeting ID: 868 7733 9032

**Central Park****Art and Susan Zuckerman****Monday, August 23rd, 10am (Zoom)**

Most people believe that Central Park is the largest park in New York, but is it? From 59th Street to 110th Street and from 5th Avenue to Central Park West, it was once a shanty town with bone boiling factories and a place where wild pigs roamed free, this area of New York City was transformed into the country's most elegant showplace of landscape architecture. It has served as the model for most of the major urban parks of the world, as well as, the focal point for urban planning. More than "just a park", Central Park is an area steeped in history, science, art and literature. You will learn how and why it was created, all of the unique features that a visitor can explore there, and all the wonderful things that the Park has to offer to people of all ages with all types of interests.

To register, email Wendy: [wpetty@westonct.gov](mailto:wpetty@westonct.gov).

**Afternoon Movies at 12:30pm: Reservations are required, space is limited.****Thursday, July 13th****News of the World (PG-13)**

Five years after the end of the Civil War, Capt. Jefferson Kyle Kidd (Tom Hanks) crosses paths with a 10-year-old girl taken by the Kiowa people. Forced to return to her aunt and uncle, Kidd agrees to escort the child across the harsh and unforgiving plains of Texas. However, the long journey soon turns into a fight for survival as the traveling companions encounter danger at every turn -- both human and natural.

**Tuesday, July 20th****The Courier (PG-13)**

The true story of a British businessman unwittingly recruited into one of the greatest international conflicts in history. Forming an unlikely partnership with a Soviet officer hoping to prevent a nuclear confrontation, the two men work together to provide the crucial intelligence used to defuse the Cuban Missile Crisis.

**Tuesday, July 27th****The Trial of the Chicago 7 (R)**

The film is based on the infamous 1969 trial of seven defendants charged by the federal government with conspiracy and more, arising from the countercultural protests in Chicago at the 1968 Democratic National Convention. The trial transfixed the nation and sparked a conversation about mayhem intended to undermine the U.S. government.

**Tuesday, August 3rd****Minari (PG-13)**

A Korean American family moves to an Arkansas farm in search of its own American dream. Amidst the challenges of this new life in the strange and rugged Ozarks, they discover the undeniable resilience of family and what really makes a home.

**Tuesday, August 13th****American Traitor: The Trial of Axis Sally (R)**

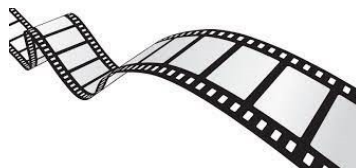
After being forced by the Nazis to sing defeatist war propaganda, Mildred Gillars is captured by American authorities and sent to trial. After agreeing to defend Mildred Gillars, lawyer James Laughlin struggles to redeem her reputation.

**Tuesday, August 17th****Hero Dog: The Journey Home (PG-13)**

Chinook, the Alaskan malamute, must lead a shipwrecked blind man out of the wilderness while the man's children launch a rescue mission of their own.

**Tuesday, August 24th****Mank (R)**

1930s Hollywood is reevaluated through the eyes of scathing wit and alcoholic screenwriter Herman J. Mankiewicz as he races to finish "Citizen Kane."



**WEDNESDAY SUMMER LUNCH AND ENTERTAINMENT**

All of the lunches are free, but sign-up is required for each event (203) 222-2608.

*Open to Weston Residents and those who use our Center.*

We would like to thank Weston High School Student and WestonArts member Karl Schulz for organizing the student musicians this summer. We are thankful for the support and look forward to having him perform on August 4th!

Drive through pick up between 11:30am-12pm, Music from 12pm-12:30pm. Bring a chair and enjoy!

**July 7th: Norfield**

Catered by: Calise's Deli and Market

Entertainment: "Bassinova" a cappella group WHS students (Brooklyn Boehme, Kennedy Boehme, and Lauren Lakra)

**July 14th: Norfield**

Catered by: Village Market

Entertainment: Bruce Angeli, Guitarist

**July 21st: Norfield**

**Selectmen's BBQ, National Hot Dog Day**

On the Menu: Grilled Hot Dogs, Chips, Salads

Dessert: Skips Good Humor Ice Cream Truck, 12pm-1pm: Sponsored by Bryan Knust, Collaborative HomeCare

Entertainment: Billy Stammer, Pianist, WHS Student

**July 28th: Norfield**

Catered by: Calise's Deli and Market

Dessert: Special treats, sponsored by Meadow Ridge

Entertainment: Owen Bernheim, Guitarist, WHS Student

**August 4th: Norfield**

Catered by: Lombardi's Trattoria

Entertainment: Karl Schulz, Pianist, WHS Student

**August 11th: Norfield**

Catered by Village Market

Entertainment: TBD

**French Lessons**

(Level Beginner to Intermediate)

With Sylvie Lobenz

Thursdays, July 1, 8, 15, 22, 29, 3pm-4pm

During this course, Sylvie your professor, will share with you places such as visiting "le marche" in the south of France and speaking the language spoken by the locals. Together, we will explore French architecture, cultural events, art, literature, cuisine and traditions. These French zoom classes are fun, interesting and highly interactive and focus on conversation. Come join us every Thursday on Zoom.

Class is limited to 10 students Sign up today!  
Series fee is \$25.



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

**Sensory and Herb Garden Tour**

Bartlett Arboretum (151 Brookdale Road, Stamford)

Thursday, August 26th, 11am

Touch, smell, see, hear, and taste the wonders of nature as we explore the Sensory Garden and Herb Garden at Bartlett Arboretum & Gardens.

We'll discuss some of the specific plants we have in the gardens and the properties that make them special. Then each person will pot an herb plant to take home!

Bring your lunch with you so you can enjoy a meal after the program on our beautiful grounds.

Please do not bring any shellfish or nuts for lunch.



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

## Drawing with Chris Goldbach

**Mondays, July 12, 19, 26 and August 2, 9, 16, 23**  
**1pm-2pm (Zoom)**  
**\$28 for Series. Sign-up required.**

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

**To register, email Wendy: [wpetty@westonct.gov](mailto:wpetty@westonct.gov).**



## ART CHAT with Chris Goldbach

**Tuesday July 20th, August 17th, 1pm (Zoom)**

Join "Mastering the Masters" instructor and artist Christine Goldbach to talk about art in all its forms -- everything from how to hold a pencil to the wide world of art history. Chris will answer your questions and solve your art problems from a-z, abstraction to zinc white. So have your art supplies -- in any medium -- handy and be ready to explore. 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=QkhKaVFXQ0VLYXBPN1N1Z3BhQXNtZz09)

[pwd=QkhKaVFXQ0VLYXBPN1N1Z3BhQXNtZz09](https://zoom.us/j/91432461509?pwd=QkhKaVFXQ0VLYXBPN1N1Z3BhQXNtZz09)

Meeting ID: 914 3246 1509

Password: ArtChat

Hosted by the Bigelow Center in Fairfield.

## Tips and Tricks with Chris Goldbach

**Monday, August 2nd, 3pm (Zoom)**

### Tips and Tricks in all Mediums

Discussion and demonstration 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=WVVB4S2xORTBYbE5yM2JZVlNKWWVtQT09)

[pwd=WVVB4S2xORTBYbE5yM2JZVlNKWWVtQT09](https://us02web.zoom.us/j/82195264537?pwd=WVVB4S2xORTBYbE5yM2JZVlNKWWVtQT09)

Meeting ID: 821 9526 4537

## Georgia O'Keeffe with Lisa Arnold

**Date rescheduled for October (Zoom Presentation)**

Georgia Totto O'Keeffe (November 15, 1887 – March 6, 1986) was an American artist. She was known for her painting of enlarged flowers, New York skyscrapers, and New Mexico landscapes. O'Keeffe has been recognized as the "Mother of American Modernism".



**To register, email Carla: [cjegen@westonct.gov](mailto:cjegen@westonct.gov).**

## Paint en Plein Air with Karen Siegal

**Flowers and Fruits en Plein Air**  
**Thursday, July 15th, 10am-12pm**  
**Weston Senior Center Patio (outdoor only)**  
**August Workshop: Date to be determined.**  
**\$10 Includes all supplies.**

Come paint with watercolors outside in the fresh air of spring. We will explore color mixing, form and shadows, as we observe nature in all its glory. All levels welcome. Space is limited.

To register, email Wendy: [wpetty@westonct.gov](mailto:wpetty@westonct.gov).



## Botanical Drawing Class with Dick Rauh

**New Series Begins Friday, July 16th-August 27 (no class 8/6)**  
**10am-12pm (Zoom)**  
**\$30 for Series.**

Space is limited. This class is not for beginning drawers.

**To register, email Wendy: [wpetty@westonct.gov](mailto:wpetty@westonct.gov).**

## Drawing Birds with the Audubon Society

**Tuesday, August 3rd, 11am-12:30pm (via Zoom)**  
**\$10 for workshop. Space is limited.**

Morgan from the Audubon Society will focus on gestural sketching, addressing shape, proportion and basic features. Participants will concentrate on a single bird species and will finish the class with a pencil sketch of a single local species plus some identification tricks and tips that go along with gestural quick drawings.

**To register, email Carla: [cjegen@westonct.gov](mailto:cjegen@westonct.gov).**



## Watercolor with Lisa Arnold

**Thursdays, August 5th, 12th, 19th, 26th, 2pm**  
**\$16 for Series**

The Magic of Watercolor: Easily a wonderful medium to work in and we'll explore many watercolor techniques in these four sessions. Learn about color mixing, painting wet-on-wet, dry brush and so much more. We'll create washes, deep moods, and "draw" with a paintbrush. Demos will be given by the instructor.

### Supplies:

- 140lb. or higher cold press paper. Lisa uses Fabriano 140lb. cold press.
- Brushes of choice- it's best to have some rounded tips and a flat brush. Lisa recommends Beste Brushes.
- Watercolors of choice, but avoid using "kid" sets. Lisa uses Pellikan with the white top.
- Drawing pencil, water, paper towels, drawing pencil.

**To register, email Carla: [cjegen@westonct.gov](mailto:cjegen@westonct.gov).**



### Important Medicare Billing Issues

Medicare bills by code(s) that come from the doctor/doctor’s office. If the code for a treatment or for a procedure or for an office visit is forgotten or incorrectly entered the Medicare client will be billed for the supposedly non-covered charge. We have to be our own advocates – before you leave a doc office be sure the correct code(s) have been entered for any and all tests, lab work or visits. **ASK THE DOC** to double check to avoid possible future confusion and time expended trying to get a correction in billing. **Unpaid medical bills left over a period of time will be reported to the three credit agencies and could threaten your credit scores.**

Many Medicare-D plans in CT have some prescription meds that are “step” meds. These are meds that are usually very expensive or in a high tier (3 or 4) so that before a particular Medicare-D plan will consider covering any part of the cost of the med the doc must try other meds first. (Not all formularies in the 27 plans in CT for 2021 are the same nor rate the meds carried in the same tiers.) In a “step” situation the doc must submit paper work as to why this more expensive drug is being ordered. **The client must talk with the insurance company that handles their Medicare-D plan for very specific instructions.**

**A hospital stay of three days or more qualifies you for rehab if it is necessary. If you have just been under observation in an emergency room Medicare will not consider you to be eligible for rehab and you will pay out of pocket for rehab. When you are in an emergency room be sure to understand if you have been admitted to the hospital OR if you are just under observation. Do not be caught owing money unknowingly on this issue. Many hospitals are keeping clients under observation to avoid penalties they would have to pay if clients are re-admitted within 30 days for same issues.**

To discuss Medicare issues: MAKE AN APPOINTMENT THROUGH THE WESTON SENIOR CENTER at (203) 222 - 2608. NO WALK-INS.

Meta Schroeter CHOICES Counselor

### Current And Future Local Telephone Scams

As usual several telephone scams are making the rounds: COVID-19 Medications and COVID-19 Vaccines, grandparent, computer, social security, IRS, even finger prints!. **NEVER SEND MONEY OR ANY KINDS OF GIFT CARDS OR RELEASE PERSONAL INFORMATION TO ANYONE THAT YOU DO NOT KNOW AND THAT YOU YOURSELF HAVE NOT CALLED.**



**Weston Arts presents:  
Weston Fine Arts Festival  
July 17th-18th, 10am-5pm  
Behind the Senior Center/Hurlbutt**



Enjoy a weekend of art, food and entertainment! Special guest Jose Feliciano on Saturday the 17th. This event is free and should be a great weekend.

This is a juried arts festival. If you are interested in submitting a piece, please see their website for more details.  
[www.westonarts.org](http://www.westonarts.org).

### Weston Department of Social Services

Allison Lisbon, MSW, LCSW, Director of Social Services

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

203.222.2663

Laura Cleary, LMSW, Director of Youth Services

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

203.222.2585

Rose Cruz, Assistant

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

203.222.2556

**For more information, visit their website:**  
<https://www.westonct.gov/government/municipal-departments/social-services>

**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.

### Would you like to be added to the Reassurance Program?

The Reassurance list is a list of Weston residents who would like to be called by an employee of the Weston Social Services Dept in times of Town emergencies or inclement weather. We encourage those who live alone, don't drive, have medical needs, or disabilities to register as this list is also shared with Emergency Responders in times of Town emergencies.



Saturday, September 18<sup>th</sup>

Rain date: Sunday, September 19<sup>th</sup>

9am-2pm

To Reserve A Spot:

(203) 222-2608

\$25 for a spot (double parking space)

(Senior Rate \$20)

### Lachat Town Farm

**Farmers Market This Summer**

**Farmers Markets July 30th, August 27th, 4pm-8pm**

<https://www.lachattownfarm.org/farmers-market.php>



**Support Groups In and Out of Town**

**Caregivers Support Group**

Facilitated by Laura Cleary, LMSW  
Director, Weston Youth Services

Tuesday, July 20th and August 17th, Weston Senior Center Patio  
For more information, email: Laura Cleary, clearly@westonct.gov  
To register, call (203) 222-2608.



**Are you caregiving for a loved one?**

Join our monthly caregiver support group!

We meet the third Tuesday of each month 1-2 PM.  
in-person @ the Weston Senior Center  
(9 School Rd, next to Hurlbutt Elementary School)

Join us to connect with other caregivers, get support  
& find out about available resources!  
*Open to caregivers in Weston and surrounding towns*

We meet in the outdoor space, and move inside if it rains.

For questions or to be added to the Caregiver support group email list, contact:  
Laura Cleary, LMSW  
lcleary@westonct.gov  
203-222-2585

.....  
*You are not alone on this journey*

**Parkinson's Support Group**

Facilitated by Maureen Matuszewski  
Wednesday, July 28th 10:15am-11am

Westport Center for Senior Activities Patio (must pre-register)

This group will share challenges, techniques, support, and knowledge. Guest speakers are often invited.

To learn more, please email Maureen at:

[maureenmatuszewski@gmail.com](mailto:maureenmatuszewski@gmail.com). To register, please call the  
Westport Center for Senior Activities.  
(203) 341-5099

**Weston Historical Society**

**Music at the Barn Outdoor Concert Series**  
Sundays, 5:30pm-7:30pm

Our annual summer concert series, Music at the Barn, brings established, popular musicians and bands to the Weston Historical Society's Coley Homestead. All concerts are rain or shine and appropriate for the entire family. We will move the concert inside if it rains. Bring a lawn chair, your favorite beverage and food, and enjoy the show.

Sunday, July 18th - Otis and the Hurricanes  
Sunday, August 15th - Accidental Breakdown  
Sunday, August 29th - PJ Pacifico

For more information and to get tickets (tickets will be also be available at the door: [www.westonhistoricalsociety.org](http://www.westonhistoricalsociety.org)



WESTON  
HISTORICAL  
SOCIETY

**Weston Public Library**

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

**Weston Public Library Adult Summer Reading  
Virtual Literary Road Trip**

July 6th - August 27th  
Instructions:

Pick a state you always wanted to visit or one of your favorite states that you have visited in the past. Read or listen to a book set in that state or written by an author from that state. Fiction or non-fiction, the choice is yours!

When you have completed 3 books, fill out the form on the back of the adult summer reading brochure (available at the Library or on the Library's website) and bring it to the Library or email it to [westonlibrary@westonct.gov](mailto:westonlibrary@westonct.gov).

At the end of the summer, all entries will be included in a drawing for a Weston's Own gift basket with an assortment of products from Weston businesses. Sponsored by Friends of the Weston Library.

**There's no limit to how many times you can enter!  
All entries are due by 5pm on August 27th.**

Looking for more summer reading fun?  
Visit [www.westonpubliclibrary.org](http://www.westonpubliclibrary.org) for additional Literary Road Trip programs!

**The Weston Grange  
Food Truck Summer**

Tuesdays and Wednesdays, 5pm-9pm  
*The Granola Bar/Taco Bar Food Truck*  
Order at the truck .

Thursdays and Friday, 4pm-7pm (by reservation)  
*Tony Pizza Napolitano Truck*

For a time slot please email: [AKesselmark@gmail.com](mailto:AKesselmark@gmail.com) or message him on Facebook: <https://www.facebook.com/Tony-Pizza-Napolitano-342107499820429> on Monday/Tuesday for a time slot. He will confirm back.

**Weston Parks and Recreation present:  
Explore Valley Forge**

Saturday, August 21st, 9am-11:30am

This is an annual event. The road is blocked off on a long section of Valley Forge for walkers, bikers, runners, boarders and strollers to enjoy the beauty and scenery of Valley Forge.

**The following classes will be offered online via Zoom.****Qi Gong with Bill: Mondays at 11am, 4 classes, \$16. (No class August 12, 19, 26)**

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

**Pilates with Karen: Tuesdays at 1pm** Designed to realign the spine to its natural skeletal position, 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 Dates TBD**

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, July/August, for 8 classes, \$32.**

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, July/August, 9 classes, \$36.**

Gentle Yoga is perfect for those wanting a mellow, therapeutic practice with the emphasis on mindful movement, safe stretching and relaxation. This class includes a 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 following classes will be offered indoors at the Senior Center, by reservation only.****Chair Aerobics with Ruth: Coming back in August.**

Ruth worked as a gym teacher in a public school and has been teaching exercise classes for forty-seven years. Now she teaches exercise classes to senior citizens.

**Strength & Fitness with Sandy: Tuesdays at 11am, 9 classes, \$36.**

Utilizing balls, stretch bands and weights while sitting and standing, you will stretch and strengthen all muscle groups. Emphasis is on flexibility and balance. **Space is limited.**

To register, email Wendy: [wpetty@westonct.gov](mailto:wpetty@westonct.gov).

**MELT Method Demonstration: Date To Be Determined. Sign up for interest.**

To learn more about this method: <https://www.meltmethod.com/>

To register, email Wendy: [wpetty@westonct.gov](mailto:wpetty@westonct.gov).

**The following activities will be offered outdoors.****Outdoor Tai Chi with Bill**

We will be picking a private, shady location outdoors in Weston. Please let us know if you are interested in signing up for this first class outside.

Try it and see if you like it.

To register, email Wendy: [wpetty@westonct.gov](mailto:wpetty@westonct.gov).

**Walking Club**

Tuesdays and Thursdays at 10am.

Meet Linda at the track. Let her know if you are interested so she can notify the group of cancellations or time changes.

To register, email Linda: [lgilmore@westonct.gov](mailto:lgilmore@westonct.gov).

**An exercise waiver must be signed before starting any class.**

**Checks can be mailed to Weston Senior Center, PO Box 1007, Weston, CT 06883**





# July 2021

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
			1 10am Walking Club 11am Strength & Fitness 11am Pickleball 3pm French Lessons	2 10am Yoga
5 Senior Center Closed	6 9am Backgammon 10am Feldenkrais 10am Mahjong 11am Strength & Fitness 1pm Pilates	7 11:30am Curbside Lunch – Norfield Entertainment with <i>Bassinova, WHS Students</i>	8 10am Mahjong 11am Strength & Fitness 11am Pickleball 3pm French Lessons	9 10am Yoga Center Closed Today
12 11am Qigong 11am Pickleball 1pm Drawing w/Chris 1pm Chess	13 9am Backgammon 10am Walking Club 11am Strength & Fitness 12:30pm Movie: <i>News of the World</i> 1pm Pilates 1pm Coyotes: Wolf Conservation	14 10am Tai Chi w/Mari 11:30am Curbside Lunch – Norfield Entertainment with <i>Bruce Angeli</i>	15 10am Paint en Plein Air w/ Karen Seigal 10am Walking Club 10am Mahjong 11am Strength & Fitness 11am Pickleball 3pm French Lessons	16 10am Yoga 10am Canasta 10am Drawing w/Dick 11am Pickleball 1pm Declaration of Independence w/Mark Albertson
19 11am Qigong 11am Pickleball 12pm Downsized Gourmet 1pm Drawing w/Chris 1pm Chess	20 9am Backgammon 10am Walking Club 11am Strength & Fitness 12:30pm Movie: <i>The Courier</i> 1pm Pilates 1pm Art Chat w/Chris 1pm Caregivers Support	21 11:30am Curbside Lunch – Norfield Entertainment by <i>Billy Stammer</i>  Good Humor Ice Cream Sponsored by Collaborative HomeCare	22 10am Walking Club 11am Strength & Fitness 10am Mahjong 11am Pickleball 3pm French Lessons	23 10am Yoga 10am Canasta 10am Drawing w/Dick 11am Pickleball
26 11am Qigong 11am Pickleball 1pm Drawing w/Chris 1pm Chess	27 9am Backgammon 10am Walking Club 10am Mahjong 11am Strength & Fitness 12:30pm Movie: <i>Trial of the Chicago 7</i> 1pm Pilates	28 10:15 am Parkinson's Support Group 11:30am Curbside Lunch – Norfield Entertainment by <i>Owen Bernheim</i>	29 10am Walking Club 10am Mahjong 11am Strength & Fitness 11am Pickleball 3pm French Lessons	30 10am Yoga 10am Canasta 10am Drawing w/Dick 11am Pickleball



# August 2021

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>11am Qigong</p> <p>11am Pickleball</p> <p>11am Italians Renaissance w/Jared Day</p> <p>1pn Drawing w/Chris</p> <p>1pm Chess</p> <p>3pm Tips and Tricks Chris</p>	<p>3</p> <p>9am Backgammon</p> <p>10am Walking Club</p> <p>10am Strength &amp; Fitness</p> <p>11am Drawing Birds</p> <p>12:30pm Movie: <i>Minari</i></p> <p>1pm Pilates</p>	<p>4</p> <p>11:30am Curbside Lunch at Norfield</p> <p>Entertainment by Karl Schulz</p>	<p>5</p> <p>10am Walking Club</p> <p>10am Mahjong</p> <p>11am Strength &amp; Fitness</p> <p>11am Pickleball</p> <p>2pm Watercolor w/Lisa</p>	<p>6</p> <p>10am Yoga</p> <p>10am Canasta</p> <p>No Drawing Class Today</p> <p>1pm Ernie Kovacs w/Mark Albertson</p>
<p>9</p> <p>10am Chair Aerobics</p> <p>11am Qigong</p> <p>11am Pickleball</p> <p>1pn Drawing w/Chris</p> <p>1pm Chess</p>	<p>10</p> <p>9am Backgammon</p> <p>10am Walking Club</p> <p>11am Strength &amp; Fitness</p> <p>12:30pm Movie: <i>American Traitor</i></p> <p>1pm Pilates</p>	<p>11</p> <p>11:30am Curbside Lunch at Norfield</p> <p>Entertainment: Woodwind Quartet</p>	<p>12</p> <p>10am Walking Club</p> <p>10am Mahjong</p> <p>11am Strength &amp; Fitness</p> <p>11am Pickleball</p> <p>2pm Watercolor w/Lisa</p>	<p>13</p> <p>10am Yoga</p> <p>10am Canasta</p> <p>10am Drawing w/Dick</p> <p>11am-1pm Pickleball Reserve Court</p>
<p>16</p> <p>10am Chair Aerobics</p> <p>11am Pickleball</p> <p>1pm Drawing w/Chris</p> <p>1pm Chess</p>	<p>17</p> <p>9am Backgammon</p> <p>10am Walking Club</p> <p>11am Strength &amp; Fitness</p> <p>12:30pm Movie: <i>Journey Home</i></p> <p>1pm Pilates</p> <p>1pm Art Chat w/Chris</p> <p>1pm Caregivers Support</p>	<p>18</p> <p>Bring a Bag Lunch and meet on the Patio</p>	<p>19</p> <p>10am Walking Club</p> <p>10am Mahjong</p> <p>11am Strength &amp; Fitness</p> <p>11am Pickleball</p> <p>2pm Watercolor w/Lisa</p>	<p>20</p> <p>10am Yoga</p> <p>10am Canasta</p> <p>10am Drawing w/Dick</p> <p>11am-1pm Pickleball Reserve Court</p> <p>8/21 9am-11:30am Explore Valley Forge</p>
<p>23</p> <p>10am Chair Aerobics</p> <p>10am Central Park w/The Zuckermans</p> <p>11am Pickleball</p> <p>1pm Drawing w/Chris</p> <p>1pm Chess</p>	<p>24</p> <p>9am Backgammon</p> <p>10am Walking Club</p> <p>11am Strength &amp; Fitness</p> <p>12:30pm Movie <i>Mank</i></p> <p>1pm Pilates</p>	<p>25</p> <p>10am Tai Chi w/Mari</p> <p>Bring a Bag Lunch and meet on the Patio</p>	<p>26</p> <p>10am Mahjong</p> <p>11am Bartlett Arboretum Tour</p> <p>11am Strength &amp; Fitness</p> <p>11am Pickleball</p> <p>2pm Watercolor w/Lisa</p>	<p>27</p> <p>10am Yoga</p> <p>10am Canasta</p> <p>10am Drawing w/Dick</p> <p>11am-1pm Pickleball Reserve Court</p>
<p>30</p> <p>10am Chair Aerobics</p> <p>11am Pickleball</p> <p>1pm Chess</p>	<p>31</p> <p>9am Backgammon</p> <p>10am Walking Club</p> <p>11am Strength &amp; Fitness</p> <p>1pm Pilates</p>	<p>Our September lunch schedule is being developed. Stay tuned...</p>		