



# 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.



## May/June 2021

Hello Everyone,

We would like to begin by welcoming so many new families who have moved into town. Anyone and everyone over 55 is invited to join us at this vital hub in the community. We look forward to meeting you.

To state the obvious, this has been a long year for all of us, but we are seeing the light at the end of tunnel and are happy to be gradually offering more regular activities and programs, starting with our popular Wednesday curbside lunches starting May 26. Those will continue through August 4 and this year there will be no need to just drive off. Bring a chair, listen to some great music, visit our new patio, and enjoy just “hanging out.”

Look inside to find out who is catering the summer lunches and what special guests are coming. For example, famed star of stage and screen James Naughton, the talented musicians Chris Coogan and Suzanne Sheridan, and Chris Spaulding, First Selectman by day and grill-master on weekends, who will help us celebrate National Hot Dog Day. Also, Karl Shultz, a high school student and member of WestonArts is arranging to bring some talented student musicians.

For those of you who may not yet know, we are planning a ‘soft’ opening of the Center in June. There will be some in-person classes, but all by reservation. We will also be restarting pickleball, allowing the court to be reserved for up to six people at any given time for one hour slots.

These are just a few of the great things planned, and as we work out the details rest assured that everyone’s health and safety is our top priority. In the meantime, masks will be required for all indoor activities and as of now we cannot allow food indoors.

Be sure to stay tuned throughout the summer for updates and additions and if you are not already receiving our Weekly Bulletin by email, and would like to be added to the list, please let us know—it’s the best way to stay informed about our schedule as well as stay current on what is happening in town. We do our best to add “Around Town” events each week. Email Wendy: [wpetty@westonct.gov](mailto:wpetty@westonct.gov), or call (203) 222-2608 to be included.

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.*

**Plant CSI****Mark Tancig, Horticulture Agent****Wednesday, May 5th, 10am**

Together we'll wade through the misinformation on the Internet to find trustworthy, science-backed answers to all kinds of lawn and landscape questions. Mark will reveal his top tricks of the trade to teach you how to be successful in your own gardening research. The first hour will be a presentation, followed by the second hour open for questions related to the topic or any other lawn and landscape questions.

<https://ufl.zoom.us/j/99638729289?pwd=emJ6czZQaDBWb0hvOWwzZjNPRINPZz09>

**Meeting ID: 996 3872 9289****Passcode: May****The Three Boxes of the Republic****Mark Albertson, Historian****Friday, May 7th, 1pm***Sponsored by the Bigelow Center*

There are three and only three ways to reform our congressional legislation. The representative, judicial and belligerent principle alone can be relied on; or as they are more familiarly called, **the ballot box, the jury box and the cartridge box**. The first two are constitutional, the last revolutionary.

<https://zoom.us/j/94373159585?pwd=TStTc1BnbVozNGc2OXF5cjhRbzk0UT09>

**Meeting ID: 943 7315 9585****Passcode: Albertson****Ulysses Grant: Civil War General****Jared Day, PhD. History Lecture Series****Friday, May 7th, 2pm**

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

**The 1960's****Art Gottlieb, Historian****Tuesday, May 11, 10am***Sponsored by Darien Senior Center*

So far, the 2020's seem a tumultuous time but for those of us who can remember, there was another decade of progress and unrest that changed America forever. The 1960's were extraordinary in this regard, a time filled with both promise and tragedy, with possibilities unlimited. This program will recount the events that made the 1960's the most impactful and transformative decade of the second half of the 20<sup>th</sup> Century.

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

**Conserving the American Chestnut Tree****Sandra Anagnostakis, Department of Plant Pathology and Ecology at The Connecticut Agricultural Experiment Station****Hosted by Bartlett Arboretum****Tuesday, May 11th, 7pm**

The American Chestnut tree used to comprise approximately one quarter of the forest canopy in the eastern United States. Then in the early 1900's, chestnut blight decimated the nearly four billion American Chestnuts. The wildlife value and economic value of these trees was unparalleled. Today, scientists and supporters are working to restore the American Chestnut tree to its former glory.

Free, but must register directly on their site:

<http://www.bartlettarboretum.org/events-concerts/2021/5/11/conserving-the-american-chestnut-panel-discussion-webinar>

**Genealogy Basics****Bryan Sullivan, Charter Oak Genealogy****Wednesday, May 12 at 1pm***Sponsored by Darien Senior Center*

Tracing an ancestor back to a country outside of the United States is a goal for many researching their family history. To find an ancestor's records, you will need more than just a country. Bryan Sullivan, Charter Oak Genealogy will help us discover the US records that can provide an ancestor's point of origin. We'll touch on the best known resources – passenger records and naturalization paperwork – before moving to records you may not have considered.

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

**Master Gardener Program**

Presented by UConn Extension

Thursday, May 13th, 2pm

*Sponsored by West Hartford Senior Center*

You don't need a big space to grow a garden. Containers, large or small, can be home to flowers, veggies, fruits and more. We'll look at how to grow a container garden, and talk about plants that work well. Enjoy hearing about how you can grow your own container gardens in your own home.

<https://uconn-cmr.webex.com/uconn-cmr/j.php?MTID=mf34e5fa8d75822ee2a43be548bee15ce>

**Get a Little Batty: Mammals and More**

Connecticut Beardsley Zoo

May 18th, 1pm

Are you interested in learning more about bats? How about other mammals? Join this presentation and hear from one of the knowledgeable animal ambassadors from the Beardsley Zoo. There will be time to ask questions too!

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

**Racing the Seas**

Jay Kiley, Synergy Homecare

Wednesday, May 19th, 1pm

Program about sailing yachts with Jay Kiley.

<https://us02web.zoom.us/j/83235256049?pwd=cW9FMfMEY5UmNhbGtxbDkxZiVDTjBKUT09>

Meeting ID: 832 3525 6049

Passcode: 066589

**Muir Woods**

Ken Lavin, Historian/Presenter

Friday, May 21st, 11am

Muir Woods was saved from the logger's axe by the selfless efforts of generations past, but today California's state tree faces challenges from a changing climate. We'll share stories of the cultural and natural history of Muir Woods and view some of the fascinating flora and fauna that call the redwood forest home in this presentation.

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

**Alice Paul, Suffragette**

Mark Albertson, Historian

Friday, May 21st, 1pm

*Sponsored by the Bigelow Center*

A vocal leader of the twentieth century women's suffrage movement, Alice Paul advocated for and helped secure passage of the 19<sup>th</sup> Amendment to the US Constitution, granting women the right to vote. Paul next authored the Equal Rights Amendment in 1923, which has yet to be adopted.

<https://zoom.us/j/94373159585?pwd=TStTc1BnbVozNGc2OXF5cjRhbk0UT09>

Meeting ID: 943 7315 9585

Passcode: Albertson

**Gary Cooper**

Mark Albertson, Historian

Friday, May 28th, 11am

Gary Cooper was an American actor known for his natural, authentic, and understated acting style. He won the Academy Award for Best Actor twice and had a further three nominations, as well as receiving an Academy Honorary Award for his career achievements in 1961.

<https://us02web.zoom.us/j/89105682061>

Meeting ID: 891 0568 2061

**A Look at Thailand & Singapore**

Jared Day, Ph.D, Education Consultant

Tuesday, June 1st and June 22nd, 11am

These lectures will examine two of Southeast Asia's most vibrant up-and-coming countries, Thailand and Singapore. Thailand, with its mix of ancient Buddhist culture, natural beauty, and Western contact, has become one of the most sought-after tourist destinations. Singapore has a much shorter history – but one that places it at the economic crossroads of the world, emerging as one of the cleanest and most modern cities anywhere.

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

## **The Naval War in the Pacific Series**

### **The Battle of Midway Island**

**William Preinitz, Historian**

**Wednesday, June 2nd, 2pm**

Rising from the wreckage of the Pearl Harbor attack the US bided it's time while launching a series of small raids to train its aircraft carrier forces. Its first significant operation of the war was the Doolittle Raid on Tokyo. Shortly thereafter the USN won a qualified victory over superior IJN forces at the Battle of the Coral Sea. To compensate for these setbacks the IJN would attempt to force the USN to meet it again while it still held naval superiority in the Pacific. What ensued was one of the most catastrophic defeats for the IJN, the "Miracle at Midway".

<https://us02web.zoom.us/j/85789857144>

Meeting ID: 857 8985 7144

## **The Age of Stonehenge Series #1**

### **Introduction to the Neolithic Revolution**

**William Preinitz, Historian**

**Wednesday, June 16th, 2pm**

Between 10,500 BCE and 7,000 BCE a series of events transpired that would forever change the way we would lead our lives. The first was the transplantation and selective management of wild grass plants to increase their seed production. The second were efforts to produce manageable members of goat, sheep, cattle, and pig groups domesticating these animals. The third was basket weaving that led directly to pottery. The use of pottery kilns created accidental examples of metal smelting. By 3,000 BCE all the foundation blocks of the modern world had been laid.

<https://us02web.zoom.us/j/85789857144>

Meeting ID: 857 8985 7144

## **The Age of Stonehenge Series #2**

### **Overview of the Greater Stonehenge Complex**

**William Preinitz, Historian**

**Wednesday, June 23rd, 2pm**

Often pictured in solitary splendor, Stonehenge is in fact one in a series of megalithic sites that form a much larger complex. The first human construction began over 5,000 years prior to the initial development of the Stonehenge site. Learn about the structure, construction techniques, people, geography, materials, plants, animals, industry and agriculture of the Late Neolithic period. Here we will examine the construction, use, and abandonment of this iconic structure within the context of its world, 13,000 BCE to 2,700 BCE.

<https://us02web.zoom.us/j/85789857144>

Meeting ID: 857 8985 7144

## **Judy Garland**

**Mark Albertson, Historian**

**Friday, June 25th, 1pm**

Judy Garland was an American actress, singer, vaudevillian, and dancer. With a career spanning 45 years, she attained international stardom as an actress in both musical and dramatic roles, as a recording artist, and on the concert stage. Renowned for her versatility, she received a Golden Globe Award, an Academy Juvenile Award and a Special Tony Award.

<https://us02web.zoom.us/j/88678585187>

Meeting ID: 886 7858 5187

## **The Age of Stonehenge Series #3**

### **Archeology in the Laboratory - Solving the Beaker People Mystery!**

**William Preinitz, Historian**

**Wednesday, June 30rd, 2pm**

Around 2,400 BCE there occurred one of the largest population replacements in history. The suspects were known by their early European sites and a pottery style called the Bell Beaker series. No one knew how to unravel the mystery of the elusive Beaker Peoples. Then a team of archeologists discovered a huge garbage dump of pig remains. Suddenly the Beaker Culture was revealed! Hear the story of science and ingenuity in a triumph of laboratory archeology.

<https://us02web.zoom.us/j/85789857144>

Meeting ID: 857 8985 7144

**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.*

Thank you to the Friends of the Weston Senior Activities Center, Weston Arts, Weston Fire and EMS and all of the generous donors and sponsors who helped us reach our goal for another great summer schedule.

**We are using three great caterers this summer, Calise's Market, Village Market, Lombardi's Trattoria. We hope you will enjoy them!**

The first three weeks' menus are posted!

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

**May 26th: Norfield Church**

Catered by: Calise's Deli and Market, Chicken Piccata, Pasta, Green Salad, Dessert

Entertainment: Johnny P, Vocals, Guitarist

**June 2nd: Norfield Church**

Catered by: Village Market, Picca Pacchi (pasta w/tomatoes and grilled chicken, served cold), Green Salad, Crusty Bread.

Dessert: Special treats, sponsored by Meadow Ridge

Entertainment: Bob Cooper, Pianist

**June 9th: Norfield Church**

Catered by: Lombardi's Trattoria, Choice of Chicken Parm or Eggplant Parm w/Pasta, Green Salad, Dessert

Dessert: Skips Good Humor Ice Cream Truck: 12pm-1pm

Entertainment: Warren Bloom, Guitarist

**June 16th: Norfield Church**

**Sponsored by Weston Fire Department**

Catered by: Calise's Deli and Market

Entertainment: Chris Coogan, Vocalist, Pianist

**June 23rd: Senior Center**

Catered by: Village Market

Entertainment: James Naughton Interview with Suzanne Sheridan

**June 30th: Senior Center**

Catered by: Lombardi's Trattoria

Dessert: Special treat sponsored by Cambridge Health

Entertainment: Suzanne Sheridan, Vocalist, Guitarist

**July 7th: Senior Center**

Catered by: Calise's Deli and Market

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

**July 14th: Senior Center**

Catered by: Village Market

Entertainment: Bruce Angeli, Guitarist

**July 21st: Senior Center**

**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: Senior Center**

Catered by: Calise's Deli and Market

Dessert: Special treats, sponsored by Meadow Ridge

Entertainment: Owen Bernheim, Guitarist, WHS Student

**August 4th: Senior Center**

Catered by: Lombardi's Trattoria

Entertainment: Karl Schulz, Pianist, WHS Student

### Drawing with Chris Goldbach

May 3, 17, 24 (continued) (Zoom)

June 7, 4, 21, 28 \$16 for series of 4 classes. (Zoom)

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 May 18th and June 15th, 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, May 3rd and June 7th, 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=WVB4S2xORTBYbE5yM2JZVlNKWWVtQT09)

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

Meeting ID: 821 9526 4537

### Colored Pencil Techniques with Lisa Arnold

Thursdays in May 6, 13, 20, 27, 2pm (Zoom)

\$15.00 for series of 4 classes.

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.

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

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

### Paint en Plein Air with Karen Siegal

Flowers and Fruits en Plein Air

Wednesday, May 19<sup>th</sup>, 10am-12pm

Weston Senior Center Patio (outdoor only)

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 it's glory. All levels welcome. Space is limited. To register: call (203) 222-2608 \$10 Includes all supplies.



### Botanical Drawing Class with Dick Rauh

New Series Begins Friday, April 30th-June 4th, 10am (Zoom)



Class is full, waitlist only.



### Bartlett Arboretum Spring Outdoor Tour

Wednesday, May 12th, 11am Tour (meet there)

151 Brookdale Road, Stamford

Meet Linda for an 11am tour of the blooming spring gardens and beautiful grounds. Bring a bagged lunch and something to drink if you would like to stay for a picnic following the tour. Bathrooms will be available. Free, but sign-up is required.

### Make Your Own Herb Garden with Linda

Thursday, June 24th, 11am-12pm

Weston Senior Center Patio (outdoor class, pizza to follow)

It's a perfect time to plant your herbs in your own pot. Linda will tell you how to plant the herbs, but please bring your cooking ideas to share. What do you use in your kitchen? Space is limited, sign-up required. \$5 includes herb plants, soil (and pizza), but please bring *your own pot to plant them in*.

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

### Sip and Paint

Tuesday, May 25th, 11am (Zoom)

Autumn Chase, Sheridan Caregivers

Sip coffee or tea as you paint a picture with Autumn.

The canvases will have a rough sketch of the picture you will be painting and you can pick up your canvas at the Weston Senior Center on Friday, May 21st from 10:00-12:00. **You need to register by Friday, May 14th** so we know how many canvases are needed. Space is limited. \$5 for all supplies or free if you use your own acrylic paints and brushes. This is the image that you will be painting.



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



## Weston Department of Social Services

Allison Lisbon, MSW, LCSW, Director of Social Services

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

203.222.2663

Rose Cruz, Assistant

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

203.222.2556

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 list?

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

### Weston Warm Up Fund

For a generation, the Weston Warm Up Fund has assisted Weston's low-income households stay warm during the winter months.

**Our mission is to assist low-income Weston residents in paying for:**

- The oil, gas or electricity energy needed to heat their homes
- Critically needed repairs or replacement of heating equipment
- Home improvements to increase energy efficiency

To get more information or apply for the Weston Warm-Up Fund (deadline of May 1, 2021) please call WSS at 203-222-2663 or email [rcruz@weston.ct.gov](mailto:rcruz@weston.ct.gov)

## Weston Town Hall

<https://www.westonct.gov/>

**Community Alert System and E-Notifications. Learn more about Everbridge and how to sign up:**

<https://www.westonct.gov/our-community/community-alert-system-and-e-notifications>

### COVID-19 Updates

<https://www.westonct.gov/Home/Components/News/News/232/15>

### Elderly Tax Relief through May 15th

<https://www.westonct.gov/Home/Components/News/News/198/15>

### Westport Weston Health District: Health and Vaccine Information

<http://wwhd.org/>

### Hazardous Waste Day May 8th, In Newtown

<https://www.westonct.gov/Home/Components/Calendar/Event/1089/196>. **\*This is a multi town event. See details for what can be dropped off.**

## MEDICARE INFORMATION 2021

### Medicare and You

New to Weston and need changes to your Medicare? If you are from another state, please call. We can set up half hour appointments by phone, or in person, available from 10am – 12pm twice a month on the first and third Mondays of the month.

MAKE AN APPOINTMENT BY THE PREVIOUS THURSDAY AT THE WESTON SENIOR CENTER (203) 222 - 2608. Never a fee!

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

## Weston Public Library

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

### Cut the Cord: How to Tell Your Cable Company to Take a Hike

**May 15th, 3pm**

The Weston Public Library presents James Gifford for a presentation on alternatives to cable.

Tell your cable company to take a hike (mostly) and get TV, movies and phone service for a fraction of the cost.

Gifford explains the process, options and advantages of replacing cable television and bundled services with simpler, lower-cost options that are completely under the control of the consumer. Only modest technical knowledge is needed and the options are simply presented for do-it-yourselfers.

James Gifford is a writer, editor and publisher focusing on consumer issues with 30 years experience in technology and telecommunications. A former Connecticut resident now residing in exotic and somewhat dusty Denver, Colorado.

To register, go to: [www.westonpubliclibrary.org](http://www.westonpubliclibrary.org), and you will receive the Zoom link the day prior to the program.

### Classics Book Group: Gaskell's North and South with Sharon Sobel. UCONN Professor

**June 11th, 10:30am via Zoom**

Norwalk Community College and UCONN professor Sharon Sobel returns in April for a virtual discussion of Elizabeth Gaskell's North and South. Sharon's unique presentations provide historical and cultural contexts in addition to a discussion of the work.

### Additional Book Groups

May 13th at 10:30am: *Normal People* by Sally Rooney

May 19th at 7pm: *Crossing to Safety* by Wallace Stegner

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

Book Groups meet via Zoom. Sponsored by the Friends of the Weston Library.

### Support Groups In and Out of Town

#### Caregivers Support Group

Facilitated by Laura Cleary, LMSW

Director, Weston Youth Services

May 18th, 2pm, Virtual, Speaker Meeting

June 15th, 2pm, Senior Center, Open Discussion

Meets third Tuesday of each month from 2pm-3pm. Alternating speaker meetings and open discussion. These groups are supportive, friendly, and confidential. The group has been meeting virtually but will move to in-person in June.

To register, email: Laura Cleary, [clearly@westonct.gov](mailto:clearly@westonct.gov) or call (203) 222-2585.

#### Grief Through the Eyes of a Veteran

Hosted by Sheila Russo, LCSW, The Visiting Nurses

Tuesdays, May 4th, 11th, 18th, 7pm-8:30pm

Our Veterans have mourned the loss of fellow veterans, lives, limbs, as well as the loss of time. In honor of our Veterans this Memorial Day 2021, we are offering a three-part series with Sheils Russo, LCSW on grief & loss from a Veteran's perspective, including how grief is experienced differently for a Veteran. All Veterans are welcome, as are those who are connected to a Veteran who would benefit from this conversation.

To register, email: [sshaughnessy@visitingnurse.net](mailto:sshaughnessy@visitingnurse.net) or call 203-834-6341, extension 316.

#### Parkinson's Support Group

Facilitated by Maureen Matuszewski

Wednesday, May 26th, June 23rd, 10:15am-11am

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).

Hosted by Westport Center for Senior Activities

#### Early Stage Dementia

Support Group/Open Forum & Discussion

Facilitated by Memory Care Professionals at Bridges of Epoch

Wednesday, May 19th and June 30th, 4:30pm

A dementia diagnosis can be overwhelming. Join them for a guided conversation and connect with others who truly understand the challenges and emotions you may be going through. Bridges of Epoch memory care professionals provide information about the disease, practical tips and advice.

Register directly on their website:

<https://www.bridgesbyepochmemorycare.com/early-stage-support-group/>

#### Bingo w/Carla

Tuesday, May 18th, 1pm (note the new time)

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

Meeting ID: 834 8129 2576

One tap mobile

+19292056099,,83481292576# US (New York)

Bingo Baker: <https://bingobaker.com/#61863ed7e4856d09>

### Spring Tea Party at Lachat A Special Event for our Senior Center Tuesday, June 1st, 2pm Sign-up Required (203) 222-2608.



#### SPRING TEA AT THE FARM

Lachat Town Farm and the Weston Senior Center extend a special invitation to members of the senior community for an Afternoon Tea Party on June 1st at 2PM

Tea sandwiches, scones and desserts provided by Gruel Britannia

Kindly RSVP by May 28 to Wendy Petty  
[wpetty@westonct.gov](mailto:wpetty@westonct.gov)  
(203) 222-2608



### Weston Garden Club Plant Sale Saturday, May 15th

**PLANT SALE**  
WESTON GARDEN CLUB  
WESTON, CONNECTICUT  
SATURDAY MAY 15  
10AM - 2PM  
THE ONION BARN  
*Benefitting the Garden Club & Pollinator Pathway*

### Weston EMS

Check out their online fundraiser and support Weston Weston's Emergency Medical Services.  
May 1st - May 15th.

**WESTON EMS**  
**RAFFLE FUNDRAISER**  
May 1-May 15  
Enter ONLINE for your chance to WIN  
\* WestonEMS.com \*  
Text WestonEMS to 41444

[www.westonems.com/raffle.php](http://www.westonems.com/raffle.php)

EMS will be coming to senior center on June 23rd to offer blood pressure checks.



**The following classes will be offered online via Zoom.**

**Qi Gong with Bill: Mondays at 11am via Zoom. May/June, 8 classes, \$32.**

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. May/June, 9 classes, \$36.**

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. May series, 3 classes, \$12. (NO CLASS MAY 26-JULY 7)**

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 May/June, 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 via Zoom. May/June, 8 classes, \$32.**

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.**

*Space is limited and all DPH and CDC guidelines will be followed; masks required.*

**Chair Aerobics with Ruth: Mondays at 10am starting June 14th.**

**Free, bring own hand weights.**

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.

Space is limited, **must sign up by the Friday before class.** Bring your own towel and hand weights (1 or 2pounds).

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

**Tai Chi with Mari: Wednesdays at 10am starting June 2nd. Space is limited.**

**4 classes, \$16. (no class on June 30)**

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

**Strength & Fitness with Sandy: Tuesdays at 11am Starting June 1st.**

**Sign up for series 5 classes, \$20. Bring own hand weights.**

Utilizing balls, stretch bands and weights while sitting and standing, you will stretch and strengthen all muscle groups. Emphasis is on flexibility and balance. To register, email Wendy: [wpetty@westonct.gov](mailto:wpetty@westonct.gov).

**The following activities will be offered outdoors.**

**Outdoor Tai Chi with Bill**

**Thursdays once a month, starting May 13th, 10:30am**

We will be picking a private, shady location outdoors in Weston. Please let us know if you are interested in signing up for this class outside. No charge for the first one.

Try it and see if you like it. To register, email Wendy: [wpetty@westonct.gov](mailto:wpetty@westonct.gov).



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**Walking Club**

Tuesdays and Thursdays at 11am.

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**

## Pickleball Is Back

Indoor pickleball is back, by reservation only. Mondays, Thursdays, and Fridays, 11am-1pm

Starting June 11th.



## Medical Corner

### Innovations in Brain Imaging

**Dr. Todd Miller**

**Tuesday, May 25th 1:30pm**

*Sponsored by Darien Senior Center*

Dr. Todd Miller, MD, is a board-certified neuroradiologist who specializes in the diagnosis and minimally invasive treatment of conditions that affect the brain and spine. Dr. Miller will discuss the latest innovations in brain imaging and mapping.

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

### Eye Health and What to Know about Cataracts

**Dr. Barbara Manion, OD, Westport Eyecare**

**Date to be determined. This has been postponed.**

June is cataract awareness month, so this is a perfect time to hear from an expert. Join Optometrist Dr. Manion, a fellow Westonite, for an informative presentation on how to take care of your eyes. She will touch on general eye health, discuss what cataracts are and what you can do about them. There will be time at the end of the presentation to ask questions.

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

## New and Continued Series via Zoom

### Introduction to Mindfulness

**With Hilary Misiano**

**Thursdays in March, 9am-9:30am**

Join Hilary Misiano, a certified "Mindful Schools" Instructor, for her on-line classes in March. She will introduce you to secular mindfulness, explain how the brain and body benefit from it, and teach you some practical steps for exercising it. This series is open to new students.

<https://us02web.zoom.us/j/84307009558?pwd=RXNDTjIWBbTNkZ1VXaUFRlZ1hbkJhZz09>

Meeting ID: 843 0700 9558

Passcode: 670737

### Downsized Gourmet

**Susan and Paul Doyle, Oasis Senior Advisors**

**Mondays, May 24th and June 21st, 12pm**

It can be hard to cook for one or two. Susan and Paul bring you a cooking demo via Zoom to solve the problem of how to enjoy cooking on a smaller scale during and after the pandemic.

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

Meeting ID: 889 1355 2335

### French Lessons (Level Beginner to Intermediate)

**With Sylvie Lobenz**

**Thursdays May 6, 13, 20, 27, June 3, 10, 17, 24, 3pm-4pm**

During this course Sylvie your professor, will take you visiting places such as visiting "le marche" in the south of France, 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 \$40.

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



# May 2021

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
3 9:30am Commission on Aging Meeting  11am Qigong  1pm Drawing w/Chris  2pm Glass Hour Tour  3pm Tips and Tricks w/Chris	4 9am Backgamm./patio  11am Walking Club  1pm Pilates  7pm Grief and Loss Veterans, w/Visiting Nurse and Hospice	5 10am Plant CSI  11:30am Feldenkrais	6 9am Mindfulness  11am Strength & Fitness  2pm Colored Pencils w/Lisa  3pm French Lessons	7 10am Yoga  10am Drawing w/Dick  1pm Three Boxes of Republic w/Mark Albertson  2pm Ulysses Grant w/J. Day
10 11am Qigong  No drawing class today	11 9am Backgammon/patio  10am 1960's w/Art Gottlieb  11am Walking Club  1pm Pilates  7pm Grief and Loss Veterans, w/Visiting Nurse and Hospice  7pm Conserving the American Chestnut Tree w/Bartlett Arboretum	12 11am Bartlett Arboretum, Spring Tour  11:30am Feldenkrais  1pm Genealogy	13 9am Mindfulness  10:30am Outdoor Tai Chi w/Bill  11am Walking Club  11am Strength & Fitness  2pm Colored Pencils w/Lisa  2pm Master Gardener  3pm French Lessons	14 10am Yoga  10am Drawing w/Dick  <i>Check out Weston Garden Club's plant sale tomorrow at the Onion Barn.</i>
17 11am Qigong  1pm Drawing w/Chris	18 9am Backgamm./patio  11am Walking Club  1pm Pilates  1pm Art Chat w/Chris  1pm Bingo w/Carla  1pm Beardsley Zoo Webinar on Mammals  2pm Caregivers Support  7pm Grief and Loss Veterans, w/Visiting Nurse and Hospice	19 10am-12pm Watercolor Workshop with Karen Outdoor space limited  11:30am Feldenkrais  1pm Racing the Seas w/Jay  4:30pm Early Stage Dementia Support Gr.	20 9am Mindfulness  11am Walking Club  11am Strength & Fitness today  2pm Colored Pencils w/Lisa  3pm French Lessons	21 10am Yoga  10am Drawing w/Dick  11am Muir Woods w/Ken Levin  1pm Alice Paul w/Mark Albertson
24 11am Qigong  12pm Downsized Gourmet  1pm Drawing w/Chris	25 9am Backgamm./patio  11am Walking Club  11am Sip and Paint  1pm Pilates  1:30pm Innovations Brain Imaging	26 10:15 am Parkinson's Support Group  11:30 Kick Off Lunch With Johnny P Calise's Deli Catering At Norfield	27 9am Mindfulness  11am Walking Club  11am Strength & Fitness  2pm Colored Pencils w/Lisa  3pm French Lessons	28 10am Yoga  10am Drawing w/Dick  11am Gary Cooper w/Mark Albertson
31 Senior Center Closed				



# June 2021

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
	1 9am Backgammon 11am Walking Club 11am Strength & Fitness Senior Center 11am Thailand w/Jared Day 1pm Pilates 2pm Afternoon Tea at Lachat Farm	2 10am Tai Chi w/Mari Senior Center 11:30am Curbside Lunch at Norfield Catered by Village Market 2pm Battle of Midway w/Bill Preinitz	3 9am Mindfulness 11am Strength & Fitness 11am Brain Health and Wellness Tips/Bridges of Epoch 3pm French Lessons	4 10am Yoga 10am Drawing w/Dick
 7 11am Qigong 1pn Drawing w/Chris 3pm Tips and Tricks w/Chris	8 9am Backgammon 11am Walking Club No Strength & Fitness 1pm Pilates	9 10am Tai Chi w/Mari Senior Center 11:30am Curbside Lunch at Norfield Catered by Lombardis 1pm Bingo w/Carla	10 9am Mindfulness 11am Walking Club 11am Strength & Fitness 3pm French Lessons	11 10am Yoga 11am-1pm Pickleball Reserve Court
14 10am Chair Aerobics Senior Center 11am-1pm Pickleball Reserve Court 11am Strength & Fitness Make up class 11am Qigong 1pm Drawing w/Chris	15 9am Backgammon 11am Walking Club 11am Strength & Fitness At Senior Center 1pm Pilates 1pm Art Chat with Chris 2pm Caregivers Support	16 10am Tai Chi w/Mari Senior Center 11:30am Curbside Lunch at Norfield Catered by Calises 2pm Stonehenge, Part 1 w/Bill Preinitz	17 10am Paint en Plein Air w/Karen 11am Walking Club 11am Strength & Fitness 11am-1pm Pickleball Reserve Court 3pm French Lessons	18 10am Yoga (Sub today) 11am Muir Woods 11am-1pm Pickleball Reserve Court
21 10am Chair Aerobics Senior Center 11am Qigong 11am-1pm Pickleball Reserve Court 12pm Downsized Gourmet 1pm Drawing w/Chris	22 9am Backgammon 11am Walking Club 11am Strength & Fitness At Senior Center 11m Singapore w/Jared Day 1pm Pilates	23 10am Tai Chi w/Mari Senior Center 10:15 am Parkinson's Support Group 11:30 Curbside Lunch Senior Center Catered by Village Market 2pm Stonehenge, Part 2	24 9am Mindfulness 11am Herb Garden Class 11am Strength & Fitness 11am-1pm Pickleball Reserve Court 3pm French Lessons	25 10am Yoga (Sub today) 11am-1pm Pickleball Reserve Court 1pm Judy Garland w/Mark Albertson
28 10am Chair Aerobics Senior Center 11am Qigong 11am-1pm Pickleball Reserve Court 1pm Drawing w/Chris	29 9am Backgammon 11am Walking Club 11am Strength & Fitness At Senior Center 1pm Pilates	30 No Tai Chi Today 11:30 Curbside Lunch Senior Center Catered by Lombardi's 2pm Stonehenge, Part 3 w/Bill Preintz 4:30pm Dementia Support		