



# 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.



## November/December 2021

Greetings,

We hope this newsletter finds you doing well. As we approach the holidays, we would like to take this opportunity to thank you for your participation in so many of our in-house classes and those by Zoom. We also thank you for your caring phone calls to our Senior Center, your emails and cards to each other, and your smiling faces at curbside lunches. We know it's been a difficult time and we are grateful for your continued support. We are looking forward to brighter days ahead.

As you know, the CDC has approved the COVID-19 booster vaccines. We will continue to keep you posted on new information as it comes to us. Please always check the Westport Weston Health District's website ([wwhd.org](http://wwhd.org)) for up-to-date information.

Since winter weather is coming, we would like to remind you about our closure policy. We follow the Weston Public Schools policies on delays, early dismissals and closings. We will post closures on our website ([westonseniorcenter.info](http://westonseniorcenter.info)), send an email to those on our list, and post information on Channel 12 news.

We are so happy to welcome newcomers to our Center and look forward to seeing you soon. As always, please let us know if we can help with anything.

With gratitude,

Wendy, Carla, Linda, Angela, and Roy (Dial a Ride)

## Weston Dial-A-Ride

The service operates in Weston, Westport, Norwalk, Wilton and parts of Georgetown. Medical appointments will be a priority; however, Roy can take you to other appointments, to run errands, such as to a grocery store, as well as bring you to the Senior Center, etc.

The service is free and available to Weston seniors and residents with disabilities. Dial-A-Ride operates Monday through Friday from 9:00am to 4:30pm. Appointments should be made 24 hours in advance with the latest appointment at 3:30pm. Call Roy directly at (203) 222-2576.

## Donations to the Senior Center

### In Memory of Karen S. Miles

Rita Hodes  
Beth Lubliner  
Meta Schroeter



*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.*

**Italy's Third Golden Age: Film, Fashion, Food & Wine****Learning in Retirement****Monday, November 8th, 10am (Zoom)**

Italy is the only country to give the world not just one but three Golden Ages! Lecturer and award-winning author, Carla Gambescia will help us discover how Italy transformed itself from the face of *Il Duce* to *La Dolce Vita* and how "Brand Italy" came to conquer the world through passion and excellence in the realms of film, fashion and design, gastronomy and viticulture. Today Italy is the world's leading Life-style Superpower.

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

NOTE: Registration for this class will close at midnight November 4

**The Microscopic Ocean: What Is Powering Our Oceans?****Jeffrey Morgan/OPAK Executive Director****Tuesday, November 9th, 1pm (Zoom)**

Take a dive beneath the ocean waves with Ocean Protection Advocacy Kids (OPAK), a nonprofit educational organization specializing in marine science, art and advocacy education. OPAK's Executive Director, Jeffrey Morgan, will take us on a journey through the microscopic ocean and how it is powering our planet. He will discuss plankton, their role in the global food web, and what happens if we turn off some of the ocean's largest biological systems. There will be time for questions at the end of the talk. You can learn more about OPAK and their programs at [www.opakedu.org](http://www.opakedu.org)

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

**Invasive Plants****Jackie Algon, Master Gardener****Friday, November 19th, 1pm (Zoom)**

For many years, bringing exotic plants into our gardens was considered the 'in' thing to do, and in some cases, they still are sold in nurseries. Sadly, some of these elegant plants escaped the garden and took root in other locations, and over time, most of these plants have become known as invasive species. What are invasive species and what's wrong with them? How do we identify them and how do we eradicate them? If not invasive, then what to plant instead. In this presentation, we'll address these questions and get familiar with some of the most problematic of the invasive in our area.

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

**The Downsized Gourmet virtual Cooking Program! Cooking for One or Two****Susan and Paul Doyle, Oasis Senior Advisors****Monday, November 15th, 3pm (Zoom)**

It can be hard to cook for one or two. Join Susan and Paul Doyle of Oasis Senior Advisors for new cooking ideas.

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

Meeting ID: 889 1355 2335

**Tea time and its Benefits****Visiting Nurses****Monday, November 22nd, 11am (in-house)**

Learn the health benefits of tea and explore how herbal teas have been used for centuries as natural remedies for a variety of ailments.

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

**The History of Christmas****Mark Albertson, Historian****Friday, December 10th, 1pm (in-house)**

What began as a Pagan observance will be appropriated by Christians for the birth of Christ. This despite the fact that December 25 has truly yet to be proven to the actual day of the birth of Jesus. But in Pagan observance, December 25 was seen as one of the shortest days of the year, and as such the promise of warmer weather and longer hours of daylight for the planting and reaping of crops. But the observance also was known for drinking, merry-making, and other forms of celebrating that were hardly religious; which is why Puritans, in 17th century England, virtually outlawed Christmas celebrations for twenty years. But it is in the 19th century that Christmas becomes more of what it is today, with the effect of Charles Dickens and his *A Christmas Carol*, published in 1843, reinforcing the notions of gift-giving, helping those who are economically disadvantaged, the lonely or outsiders, . . . not necessarily reflections of a religious variety.

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

**Thanksgiving Pumpkin Pies**

**Tuesday, November 23rd, 12pm-2pm Pick Up at Senior Center**

Pick up a Pumpkin Pie at the Senior Center on Tuesday, November 23rd between 12p –2pm. Pies are limited to the first 50 people who sign up. This event is sponsored by RidgeCrest of MeadowRidge.

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

**Wreath Making With Linda**

**Thursday, December 2nd, 11am**

Bring your own undecorated wreath, we will supply all of the decorations, ribbons, and wire to create a beautiful holiday wreath. Pizza lunch included. \$5.00.

You can pick up a wreath at Stop and Shop, Caraluzzis, etc. If you need assistance, please let us know.

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

**Holiday Lunch and Ornament Exchange at the Old Post Tavern**

**Thursday, December 9th, 12pm**

Join us for another great holiday luncheon at the Old Post Tavern in Fairfield. Bring money for lunch and a wrapped ornament to exchange. Meet at Senior Center for the bus at 11:30am (or meet there).

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

**Holiday Lights with The Zuckermans**

**Wednesday, December 15th, 1pm (Zoom)**

Join the Zuckermans on another fabulous Holiday Lights Tour from the comfort of your home. Sign up for our curbside lunch that day and take it home so you are ready to tune in for some holiday spirit.

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



**Weston Monthly Caregiver Support**  
All caregivers in Weston and surrounding areas welcome

Monthly meeting every third Tuesday 1-2 pm  
at the Weston Senior Center

**Next meetings:**  
Tuesday, November 16th 1-2 pm  
Tuesday December 21st 1-2 pm

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For questions or to be added to the caregiver support  
group email list, contact Laura Cleary, LMSW  
[lcleary@westonct.gov](mailto:lcleary@westonct.gov) 203-222-2585

*You are not alone  
on this caregiving  
journey*

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Sponsored by  
Weston Social  
Services



**French Lessons**  
**(Beginners to Low Intermediate)**  
Sylvie Lobsenz, French Professor  
Thursdays, November 4, 18 & December 2, 9, 16, 3pm  
(Zoom) \$25 for series of 5 classes.

Whether you are pursuing language for travel, business, or reconnecting with your heritage, this class will expand your vocabulary.


Sylvie's class will practice conversational French and improve pronunciation within an informal, relaxed atmosphere. This course also has a lively social and cultural component.

Sylvie will take you visiting places and speaking the language spoken by the locals. Together, we will explore French culture, events, art, and traditions. This French Zoom class is fun, interesting and highly interactive and will focus on conversation.

Come join us every Thursday on Zoom.  
Class is limited to 8.

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

Questions about the class or your level?  
Sylvie Lobsenz 203-241-1522  
[www.literakid.com](http://www.literakid.com)



**Tuesday Movies at 1pm****Reservations are required, space is limited, masks required.****Call the Senior Center to sign up (203) 222-2608.****November 2nd: Son of the South, PG-13**

In this poignant true story set in Montgomery, Alabama, a Klansman's grandson must choose which side of history to be on during the Civil Rights Movement. Defying his family and white Southern norms, he fought against social injustice, repression and violence to change the world around him.

**November 9th: In the Heights, PG-13**

In the Heights centers on a variety of characters living in the neighborhood of Washington Heights, on the northern tip of Manhattan. At the center of the show is Usnavi, a bodega owner who looks after the aging Cuban lady next door, pines for the gorgeous girl working in the neighboring beauty salon and dreams of winning the lottery and escaping to the shores of his native Dominican Republic. Meanwhile, Nina, a childhood friend of Usnavi's, has returned to the neighborhood from her first year at college with surprising news for her parents, who have spent their life savings on building a better life for their daughter. Ultimately, Usnavi and the residents of the close-knit neighborhood get a dose of what it means to be home.

**November 16th: News of the World, PG-13**

Five years after the end of the Civil War, Captain Jefferson Kyle Kidd (Tom Hanks), a veteran of three wars, now moves from town to town as a non-fiction storyteller, sharing the news of presidents and queens, glorious feuds, devastating catastrophes, and gripping adventures from the far reaches of the globe. On the plains of Texas, he crosses paths with Johanna (Helena Zengel), a 10-year-old taken in by the Kiowa people six years earlier and raised as one of their own. Johanna, hostile to a world she's never experienced, is being returned to her biological aunt and uncle against her will. Kidd agrees to deliver the child where the law says she belongs. As they travel hundreds of miles into the unforgiving wilderness, the two will face tremendous challenges of both human and natural forces as they search for a place that either can call home.

**November 30th: Poms, PG-13**

Martha is an introverted woman who moves to a retirement community that has shuffleboard, golf, bowling and other activities. Hoping to be left alone, she meets Sheryl, a fun-loving neighbor who insists that they become best pals. After coming out of her shell, Martha and her new friend decide to form a cheerleading squad with their fellow residents. As the two women hold auditions, they soon learn that it's never too late to follow your dreams, even when the odds are stacked against you.

**December 7th: The Truffle Hunters, PG-13**

Deep in the forests of Northern Italy resides the prized white Alba truffle. Desired by the wealthiest patrons in the world, it remains a pungent but rarified mystery. It cannot be cultivated or found, even by the most resourceful of modern excavators. The only souls on Earth who know how to dig it up are a tiny circle of canines and their silver-haired human companions-Italian elders with walking sticks and devilish senses of humor-who only scour for the truffle at night so as not to leave any clues for others. Still, this small enclave of hunters induces a feverish buying market that spans the globe.

**December 14th: The Holiday, PG-13**

In London, Iris Simpkins writes a wedding column in a newspaper and nurtures an unrequited love for her colleague Jasper Bloom. Near Christmas, she is informed that Jasper is engaged to marry another colleague, and her life turns upside down. In Los Angeles, the movie-trailers maker Amanda Woods has just split with her unfaithful boyfriend Ethan and wants to forget him. Through a house exchange website, Amanda impulsively swaps her mansion for Iris' cottage in Surrey for the holidays. While in Surrey, Amanda meets Iris' brother and book editor Graham and they fall in love with each other. Meanwhile, Iris meets her new next door neighbor the ninety year old screenplay writer Arthur, who helps her retrieve her self-esteem, and the film composer Miles, with whom she falls in love.

**December 21st: Respect, PG-13**

Based on the life and times of Aretha Franklin, the woman who would come to be known all over the world as the undisputed Queen of Soul, this story follows her beginnings back to when she'd first come onto the music scene as a singer in the choir at her father's church when she was a young girl growing up in Detroit. Following many difficulties in her adult life, due to bad marriages and other unwise choices, she still managed to keep contributing her natural talent to the music world, becoming one of the art's most recognizable voices, and producing songs that would be known and enjoyed by many generations.

Orders must be in by the Monday of that week's lunch (\$5 each) or sign up for the whole series and pay \$30. **Pick up between 11:30am-12pm.**

**Checks are payable to Weston Senior Center.**

**November 3rd**

*Curbside Lunch to Go—Lombardi's  
Chicken Parm or Eggplant Parm, pasta, salad  
Served warm*

**November 10th**

*Curbside Lunch to Go—Village Market  
Lasagna (meat), salad, brownie  
Served cold*

**November 17th**

*Thanksgiving Lunch—Calise's Deli and Market  
Turkey, stuffing, mashed potatoes, cranberry, vegetable, dessert  
Norfield Parish Hall is open to eat inside if you prefer, otherwise drive through. Space is limited.  
Served warm*

**December 1st—No Lunch Today**

**December 8th**

*Curbside Lunch To Go—Village Market  
Shepherd's Pie, salad, cookie  
Served cold*

**December 15th**

*Curbside Lunch to Go—Urban Street Pizza  
Spaghetti with meatballs and garlic bread, cookies  
Served warm*

**December 22nd**

*Holiday Lunch—Calise's Deli and Market  
Norfield's Parish Hall is open to eat inside if you prefer, otherwise drive through. Space is limited.  
Beef Stroganoff, egg noodles, salad, dessert  
Served warm*

**Games and More**



Looking for new players! For more information, call the Senior Center (203) 222-2608.  
Mondays: Chess at 1pm (In-House)  
Tuesdays: Backgammon at 9am / Mahjong at 10am  
Wednesdays: Rummikub at 1pm  
Thursdays: Mahjong at 10am  
Fridays: Canasta at 10am



**Holiday Bingo!**



Wednesday, December 1st, 11am

To register, email or call Linda: [lgilmore@westonct.gov](mailto:lgilmore@westonct.gov). (203) 222-2608  
Great prizes!

**Brain Games**

with Daniellie Ramos, National Healthcare of CT  
Friday, December 3rd, 1pm (In-House)  
Free, sign-up is required.

Danielle is back! Join her for another exciting round of brain games, brain teasers and fun challenges. Fun snacks to take home with you.  
Space is limited, so sign up early!



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



### Drawing with Chris Goldbach

**Mondays, November 1, 8, 15, 29 & December 6, 13, 20  
1pm-2pm (Zoom) \$28 for series of 7.**

\$28 for series of six classes. Sign-up required.

Discover how to look and then draw what you see.

Supplies needed: pencil, eraser, drawing paper and sharpener.

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

### Art Chat with Chris Goldbach

**Tuesday, November 16th, 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.

[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

Sponsored by the Bigelow Center.



### Tips and Tricks with Chris Goldbach

**Monday, November 1st, December 6th, 3pm (Zoom)**

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.

[https://us02web.zoom.us/j/82195264537?](https://us02web.zoom.us/j/82195264537?pwd=WVB4S2xORTBYbE5yM2JZVINKWWVtQT09)

[pwd=WVB4S2xORTBYbE5yM2JZVINKWWVtQT09](https://us02web.zoom.us/j/82195264537?pwd=WVB4S2xORTBYbE5yM2JZVINKWWVtQT09)

Meeting ID: 821 9526 4537

### Painting Realism With Cindy Wagner

**Last class for current series is November 9th (In-House)**

***New Series begins Tuesdays, November 16th—December 21st***

***10am-12pm***

***\$24 for series of 6 classes***

Bring own supplies (a supply list will be provided.)

This course will help students compose a well designed painting. It teach accurate drawing with paint, will help students see and interpret value and color relationships, and give students an organized method to mix the correct color and value resulting in three dimensional forms and paintings with atmosphere. All levels of painting skills welcome. Students may work from a photograph of a landscape, or portrait. Or students may set up their own still life and work from life. Oil paint or acrylic paint may be used.



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

### Watercolor with Lisa Arnold

**Thursdays, October 21, 28, November 5, 12, 2pm (Zoom)  
\$16 for series of four classes. Space is limited.**

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 Pelikan with the white top.
- Drawing pencil, water, paper towels

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

### Botanical Drawing Class with Dick Rauh

**Fridays, October 22nd-November 19th (Current Series)**

***New Series December 3, 10, 17, 10am-12pm (Zoom)  
(\$12 for December Series)***

This class is not for beginning drawers. Each week Dick sends a new subject, fruits, flowers, botanicals to draw.

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



*The next series 2022 begins January 21st.*

### Holiday Lights with The Zuckermans

**Wednesday, December 15th, 1pm (Zoom)**

Join the Zuckermans on another fabulous Holiday Lights Tour from the comfort of your home. Sign up for our curbside lunch and grab and go so you are ready to tune in for some holiday spirit.

This is a new presentation, all new lights and beautiful window displays.



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

**MEDICARE INFORMATION**

**Medicare Open Enrollment October 15–December 7**

The annual open enrollment period for Medicare Part D and Advantage Plans for 2022 coverage is **October 15, 2021 through December 7, 2021**. It is a good idea to review your coverage yearly at this time with a CHOICES counselor to be sure that you are getting the coverage you want at the most reasonable cost. Changes in coverage can be made without penalty during Open Enrollment. There are lots of changes for 2022 this year!!

For those on original Medicare, there are 21 plans being offered for 2022 Medicare Part D. There are new insurance plans to Connecticut, changed formularies, and premium changes. One program has a premium of \$7.40 per month. Is it right for you? Note that Express Scripts is no longer offering any plans in CT. Those using Express Scripts have been reassigned to other companies BUT is the assigned program right for you currently? some companies have arbitrarily put clients into the next most expensive tier for 2022. You can make an appointment through the Weston Senior Center or you may call SWCAA (Southwest Connecticut Agency on Aging) directly to speak with a CHOICES counselor. At your appointment prescription medications including precise name (properly spelled), dosage and frequency of use will be reviewed on the Medicare.gov website and the Medicare D insurance plans will be presented to you in order of price effectiveness. Some seniors change Medicare D suppliers yearly to meet their current medication requirements and to get the best prices offered.

In Weston during this Open Enrollment period there will be half hour appointments available either by telephone or in person. BUT FIRST YOU MUST PROVIDE INFORMATION AS REQUESTED PRIOR TO RECEIVING AN APPOINTMENT. THE INFORMATION WILL BE SEEN AND REVIEWED BY A CHOICES COUNSELOR ONLY. ROUGHLY THERE WILL BE A TWO WEEK LAG TIME BEFORE APPOINTMENTS ARE MADE, SCHEDULED THROUGH THE WESTON SENIOR CENTER at (203) 222-2608. NO WALK-INS. See questions which must be answered and returned to the enter either by mail or drop-off. If times or dates are not convenient for you simply contact a SWCAA CHOICES counselor at 1(800) 994 - 9422. One person per half hour. Couples must make two appointments.

CHOICES presents objective information for you to consider when making decisions about Medicare issues. **Advantage plan advertising has been very active. If you are considering a change of Medicare provider especially to an Advantage program be sure your doctors, labs for blood work and the hospital of your choice accept that EXACT particular insurance plan.** Do not trust lists that have been made to meet a printing deadline of four or five months ago. Lists can change at any time. Telephone the doctors, labs & hospitals to be sure they accept the exact particular insurance that you are considering before you enroll. Remember any Medicare resource can drop out of any plan any time during the year.

Meta Schroeter      Rose Cruz  
CHOICES Counselor    CHOICES Counselor

**Open Enrollment Information Needed Before An Appointment Can Be Made**

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

Appointment choice for either an in-person review with paper print outs or a telephone review of plans Medicare current coverage Plan; Original (A,B & D) or Advantage HMO/PPO/PPFS Plan (C) list name of plan.

If Original Medicare, then state name of current Part D plan. (See back of 2021 Medicare and You booklet) or name of Part D plan/insurance company and monthly premium.

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

Indicate your choice of either preferred drug store -- name and town or mail order; list Medicare questions which you would like to discuss, and place the information in a sealed envelope, send to this address:

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

On the back of the envelope write "OPEN ENROLLMENT". You may mail the envelope or drop it off at the Weston Senior Center between 9:00am - 3:00pm, Monday - Friday. Someone will take your sealed envelope.

**Weston Department of Social Services**

Allison Lisbon, MSW, LCSW, Director of Social Services  
[alisbon@westonct.gov](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

**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.

**See Caregivers Support Group information on page 3.**

## Exercise Via Zoom, In-House & Outside

### **Chair Aerobics with Ruth: Mondays and Fridays at 11am (in-house), free.**

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.

**Qi Gong with Bill: Mondays at 11am (Zoom) 8 classes, \$32 series.** 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.

### **Pickleball Drop In Play: Mondays and Thursdays at 11am (in-house)**

Drop in and play on Mondays and Thursdays, or reserve the court throughout the week.

**Pilates with Karen: Mondays at 1pm (Zoom) 8 classes, \$32 series.** 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.

### **Tap Dancing with Sandy: Tuesdays at 10am (in-house) 8 classes, \$32 series.**

This class is for beginners to Intermediate. Basic steps and great fun!

**Strength & Fitness with Sandy: Tuesdays at 11am (in-house) 8 classes, \$32 series.** 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).

**Feldenkrais with LeAnn: Tuesdays at 11am (Zoom) 8 classes, \$32 series.** Leann Starovas is new to us and teaches from Washington State. 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 10am (Zoom) 5 classes, \$20 series.** Utilizing balls, stretch bands and weights while sitting and standing, you will stretch and strengthen all muscle groups. Emphasis is on flexibility and balance.

**Dance with Sandy: Thursdays at 11am (in-house) 5 classes, \$20 series.** Dance class with Sandy is back. This is a great cardio class for all levels. Learn new dance steps, listen to music and have fun.

### **Gentle Yoga with Gloria: Fridays at 10am (Zoom) 6 classes, \$24 series.**

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!

### **Walking Club with Linda: Tuesdays and Thursdays at 10am (outside)**

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).

### **Pop Up Hiking with Ray Rauth (Outside)**

If you are interested in being added to Ray's list for pop-up hikes, please email [rayrauth@optonline.net](mailto:rayrauth@optonline.net).

### **Treadmill at the Senior Center: By Appointment (In-House)**

We have a new treadmill available to use by appointment.

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

*Checks can be drop off or mailed to*

**Weston Senior Center, PO Box 1007, Weston, CT 06883**







# November 2021

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
1 9:30am Commission 11am Qigong 11am Pickleball 11am Chair Aerobics 1pm Drawing w/Chris 1pm Pilates 1pm Chess 3pm Tips and Tricks	2 <b>Voting Day</b> 9am Backgammon 10am Walking Club 10am Mahjong 10am Painting Realism 11am Strength & Fitness 11am Feldenkrais 1pm Movie: <i>Son of the South</i>	3 11:30am Curbside Lunch – Norfield 1pm Rummikub 1pm Pickleball	4 10am Walking Club 10am Mahjong 10am Strength & Fitness 11am Dance 11am Pickleball 2pm Watercolor w/Lisa 3pm French	5 10am Yoga w/Gloria 10am Canasta 10am Drawing w/Dick 11am Chair Aerobics
8 10am Italy's 3rd Golden 11am Qigong 11am Pickleball 11am Chair Aerobics 1pm Drawing w/Chris 1pm Pilates 1pm Chess	9 9am Backgammon 10am Mahjong 10am Painting Realism 11am Strength & Fitness 11am Feldenkrais 1pm Microscopic Oceans 1pm Movie: <i>In the Heights</i>	10 11:30am Curbside Lunch – Norfield 1pm Rummikub 1pm Pickleball	11 <b>Senior Center Closed</b>  11am Veteran's Day Ceremony at the Town Green	12 10am Yoga w/Gloria 10am Canasta 10am Drawing w/Dick 11am Pickleball 11am Chair Aerobics
15 11am Qigong 11am Pickleball 11am Chair Aerobics 1pm Drawing w/Chris 1pm Pilates 1pm Chess 3pm Downsized Gourmet	16 10am Walking Club 10am Tap Dancing 10am Painting Realism 11am Strength & Fitness 11am Feldenkrais 1pm Movie: <i>News World</i> 1pm Art Chat w/Chris 1pm Caregivers Support	17 11:30am Curbside Lunch – Norfield 1pm Rummikub 1pm Pickleball	18 10am Walking Club 10am Mahjong 10am Strength & Fitness 11am Dance 11am Pickleball 2pm Watercolor w/Lisa 3pm French	19 10am Yoga w/Gloria 10am Canasta 10am Drawing w/Dick 11am Pickleball 11am Chair Aerobics 1pm Invasive Plants w/Jackie Algon
22 11am Qigong 11am Pickleball 11am Tea Time 11am Chair Aerobics 1pm Drawing w/Chris 1pm Pilates 1pm Chess	23 9am Backgammon 10am Walking Club 10am Painting Realism 11am Feldenkrais 12pm-2pm Pie Pick Up at the Senior Center	24 <b>Senior Center Closed</b>	25 <b>Senior Center Closed</b> 	26 <b>Senior Center Closed</b>
29 11am Qigong 11am Pickleball 11am Chair Aerobics 1pm Drawing w/Chris 1pm Pilates 1pm Chess	30 10am Walking Club 10am Mahjong 10am Tap Dancing 10am Painting Realism 11am Strength & Fitness 11am Feldenkrais 1pm Movie: <i>Poms</i>	<p style="text-align: center;">Happy Hanukkah</p> 		



# December 2021

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
		1 No Lunch Today 11am Holiday Bingo 1pm Pickleball	2 10am Mahjong 10am Walking Club 10am Strength & Fitness 11am Dance 11am Wreath Making w/Linda 11am Pickleball 3pm French	3 10am Yoga w/Supriya 10am Canasta 10am Drawing w/Dick 11am Chair Aerobics 11am-1pm Pickleball 1pm Brain Games w/Danielle
6 9:30am Commission Mtg. 11am Qigong w/Bill 11am Pickleball 11am Chair Aerobics 1pn Drawing w/Chris 1pm Pilates 1pm Chess 3pm Tips and Tricks w/Chris	7 9am Backgammon 10am Walking Club 10am Tap Dancing 10am Painting Realism 11am Strength & Fitness 11am Feldenkrais 1pm Movie: <i>The Truffle Hunter</i>	8 11:30am Curbside Lunch at Norfield 1pm Rummikub 1pm Pickleball	9 10am Walking Club 10am Mahjong 10am Strength & Fitness 11am Dance 11am Pickleball 12pm Old Field Tavern/Ornament Exchange 3pm French	10 10am Yoga w/Supriya 10am Canasta 10am Drawing w/Dick 11am-1pm Pickleball 11am Chair Aerobics 1pm History of Christmas w/Mark Albertson In-House
13 11am Qigong w/Bill 11am Pickleball 11am Chair Aerobics 1pn Drawing w/Chris 1pm Pilates 1pm Chess	14 9am Backgammon 10am Tap Dancing 10am Painting Realism 11am Strength & Fitness 11am Feldenkrais 1pm Movie: <i>The Holiday</i>	15 11:30am Curbside Lunch at Norfield 1pm Holiday Lights with The Zuckermans (Zoom) 1pm Rummikub 1pm Pickleball	16 10am Walking Club 10am Mahjong 10am Strength & Fitness 11am Dance 11am Pickleball 3pm French	17 10am Yoga w/Gloria 10am Canasta 10am Drawing w/Dick 11am-1pm Pickleball 11am Chair Aerobics
20 11am Qigong w/Bill 11am Pickleball 11am Chair Aerobics 1pm Drawing w/Chris 1pm Pilates 1pm Chess	21 9am Backgammon 10am Walking Club 10am Tap 10am Painting Realism 11am Strength & Fitness 11am Feldenkrais 1pm Movie: <i>Respect</i> 1pm Caregivers Support	22 11:30am Curbside Lunch at Norfield Holiday Lunch	23 Senior Center Closed	24 Senior Center Closed 
27 Senior Center Closed	28 Senior Center Closed	29 Senior Center Closed	30 Senior Center Closed	31 Senior Center Closed