



WESTON SENIOR ACTIVITIES CENTER

203-222-2608
9 School Road
Weston, CT 06883

Monday-Friday - 9:00 am to 3:00 pm

www.westonseniorcenter.info

Weston Senior Services and Resources

Weston Senior Center
9 School Road
www.westonseniorcenter.info
203-222-2608

Mailing Address:
P.O. Box 1007
Weston, CT 06883

Center Staff:
Director: Wendy Petty
Program Coordinator:
Carla Jegen
Asst. Program Coordinators:
Linda Gilmore
Angela Connaughton

Dial-a-Ride
203-222-2576
Driver: Roy Marsh
(24-hour notice required)

Dept. of Social Services
203-222-2663
Director: Allison Lisbon
Assistant: Rose Cruz

Weston Town Hall
www.westonct.gov
203-222-2500 Main
203-222-2656

Commission on Aging
Bruce Lorentzen, Chair
Terry Castellano
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.



September/October 2021

Greetings,

What a summer we had...it just seemed to fly by. Despite the heat, we hope you have been enjoying the beautiful outdoors and soaking up the light.

We had the pleasure of ten weeks of curbside lunches and were able to share over 1,200 meals this summer. We enjoyed every minute of the comradery, entertainment, great food, and fun. We would like to thank everyone who made this summer program a success, including Norfield Congregational Church, Calise's Deli, Lombardi's Trattoria, Village Market, Weston Fire Department, and Karl Schulz, who helped organize the musicians. Also our great volunteers and, especially, those whose donations made another season possible. Rozanne Gates has been working on a video to share that captures the festivities. Stay tuned!

While summer is coming to an end, we look forward to the beautiful fall; it never disappoints. We have some great new classes and presentations scheduled, so please join us. We are welcoming two new exercise instructors as well as two new art teachers who will be with us in-house. We also heard a desire to keep many of our classes online, which we will gladly continue. There are also several classes scheduled for outside, including art classes, exercise classes, presentations, backgammon on the patio, curbside lunches each week, walking club, pop up hikes, and more.

We will continue to be flexible with our schedule throughout the fall as we need to follow guidelines coming from the CDC and health department. The Westport Weston Health District is planning clinics for the COVID-19 booster vaccine this fall. We also have a flu shot clinic scheduled on Thursday, October 7th.

Please be sure to come to the Weston Flea on Saturday, September 18th, which will be held outside at the Weston High School parking lot from 9am-2pm. There will be lots of great things to buy and another wonderful way to spend a Saturday! Hope to see you there.

As always, Roy is available to drive you to your medical and other appointments in Westport, Norwalk, Wilton and Georgetown. Make sure to call him at least 24 hours ahead to schedule your ride: (203) 222-2700.

Finally, we are sorry to report that Carla is leaving us on Friday, October 22nd. We will honor Carla at the pizza lunch on Wednesday, October 13 with a special dessert and time for reminiscing.

As always, we are here if you need anything and are happy to help.

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.

Pollinator Pathway**Jackie Algon, Master Gardener****Friday, September 10th, 11am (Zoom)**

The Pollinator Pathway started in 2017 in Wilton, CT when representatives from four conservation-oriented groups recognized the importance of land stewardship as a mechanism for patching the 'gaps' in our landscapes caused by urban and suburbanization. Working together and with volunteers throughout the Town, we began to enable our insects, birds and other wildlife to forage successfully for the foods, nectar and the habitat they require to complete their life-cycles safely. Since that time, the concepts have spread to more than 230 towns and 10 different states.

To Register, email Carla: cjegen@westonct.gov.**Eye Care****Dr. Voldman, Westport, Eye Physicians & Surgeons****Monday, September 20th, 12pm (Zoom)**

Dr. Voldman will be discussing the symptoms of cataracts, including when is the "right time" to have surgery, what surgery involves, as well as the latest technology in intraocular lenses and lasers. He will also be available for a question and answer session.

To register, email Linda: lgilmore@westonct.gov.**Fall Prevention/Balance Screening****Josh Joshua Jordan PT DPT CSCS, Certified Strength and Conditioning Specialist****Vestibular and Balance Rehabilitation of Zion PT****Tuesday, September 21st, 12:30pm, (Outside Senior Center Patio)**

This presentation will cover balance screening, fall prevention, as well as information about vertigo, dizziness, and how vestibular physical therapy can help. He will also address any other questions that may come up. Individual balance screening will be offered for those who are interested ; this would need to be done one at a time, so please let us know if you would like to sign up.

To register, email Wendy: wpetty@westonct.gov.**The Microscopic Ocean: What Is Powering Our Oceans?****Jeffrey Morgan/OPAK Executive Director****Thursday, September 23rd, 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

To Register, email Carla: cjegen@westonct.gov.**Superfoods****Visiting Nurses****Monday, September 27th, 11am (In-House Weston Senior Activities Center)**

Explore the most nutrient dense foods and how they can benefit overall health.

There has been a lot of talk about diet and nutrition with a focus on the most nutrient dense foods to benefit overall health and wellbeing.

What you put in your body is often the best "medicine" for an overall healthier you.

To Register, email Carla: cjegen@westonct.gov.**Georgia O'Keefe****Lisa Arnold, Educator****Thursday, October 14th, 1:15pm (Zoom)**

Georgia Totto O'Keeffe was an American artist. She was known for her paintings 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.**Abbott & Costello****Mark Albertson, Historian****Friday, October 15th, 1pm (Zoom)**

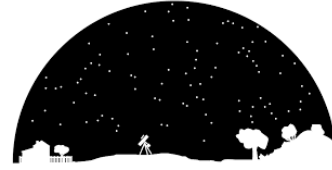
Abbott and Costello were an American comedy duo composed of comedians Bud Abbott and Lou Costello, whose work with radio, film, and television made them the most popular comedy team of the 1940s and early 1950s, and the highest-paid entertainers in the world during World War II.

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

Astronomy Lectures

With William Preinitz, Historian

All Lectures will be given by Zoom on Wednesdays 1pm-3pm



9/15: The Scale of the Universe

Starting with the human scale of 1 meter, we will journey through the universe. Each of our steps will increase the scale of our perception by one order of magnitude. As we increase our steps we will leave the Earth, advance through the Solar System, through the Milky Way galaxy, past our own Local Group of galaxies, into the first Galactic Cluster, Super Clusters and onward to the limits of the observable universe.

9/22: A Brief History of Astronomy – Part 1

This presentation reviews the history of astronomy from antiquity to the beginning of the 18th Century. The lecture examines four periods of astronomical development: The Ancients, the Classical Age, the Medieval thinkers, and the Enlightenment. The focus of the lecture is a survey of key theories and discoveries.

9/29: The Big Bang

The Big Bang created the universe.

This is the currently scientifically robust theory that embraces all of the known data from all branches of observational and theoretical astronomy. It has also been supported and elaborated upon by continued advances in experimental and theoretical quantum physics! As we now envision it the Big Bang started with the tiniest, but most powerful explosion of all time.

10/6: A Brief History of Astronomy – Part 2

This presentation reviews the history of astronomy from the beginning of the late 18th Century to the current day. It focuses on topics beyond the scope of our Solar System with a concentration on special stellar types, higher scales of distance to include galaxies, and relativity.

10/13: The Life Histories of Stars

Stars have lives. They are born, they live, mature, and die, sometimes in VERY impressive ways. This is called the science of stellar evolution. Our star, Sol, the Sun, is a rather common “G” class yellow star that was born 4.6 billion years ago. It is very stable as to luminosity and structure and should have an uneventful 5.4 billion years of life ahead of it

10/20: A Travelers Guide to the Solar System

Our solar system was formed almost 4.6 billion years ago. It began with the collapse of a large interstellar cloud, probably the remnant of a supernova. As this cloud gravitationally collapsed it created a mechanism of angular momentum that compressed most of its solid material into a solar disc. From this disc our eight planets slowly aggregated as their gravitational fields grew and overpowered that of the distant Sun to attract this nearby material.

10/27: The Evolution of Our Solar System

Almost 3,000 other planetary systems have been detected since 2004 circling a wide variety of stars. Yet, to date, none, not even one, bears the slightest resemblance to our own Solar System. We are finding out many interesting and exciting characteristics of these other solar systems. What we do not find are the number of their planets in their systems are either much less or much greater than ours.

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

These lectures are extensively researched and include many visual images. The series can be viewed individually but if you can sign up for them all, the bigger picture will be interconnected. Enjoy one or all. Always time for Q&A at the end.

French Lessons (Beginners to Intermediate)

Sylvie Lobsenz, French Professor

Thursdays, October 7th – October 28th, 3pm (Zoom) \$20 for series.



Her programs are unique, innovative and completely different from any learning program you have experimented before. During this course, you will visit places such as “le marché” in the South of France. You will speak the language spoken by the locals and explore French architecture, cultural events, art, literature, cuisine and many traditions. The classes are fun, interesting and highly interactive and focus on conversation. **To register, email Linda: lgilmore@westonct.gov.**

**Tuesday Movies at 1pm Reservations are required, space is limited, masks required.
Call the Senior Center to sign up (203) 222-2608.**

September 7: A Street Cat Named Bob- NR

The true feel-good story of how James Bowen, a busker and recovering drug addict, has his life transformed when he meets a stray ginger cat. This movie is based on the international best-selling book.

September 14: The Light Between the Oceans-PG-13

Tom, a war weary man takes a job as a lighthouse keeper on an island for the solitude. He meets a beautiful young woman, Isabelle and they eventually marry; one day they see a small dingy with an infant and man inside floating in the ocean. They rush to rescue them only to find the man is dead. They struggle over the decision to report it and whether to keep the baby. Heartbroken because she had already had miscarriages twice, Isabelle persuades Tom not to tell anyone about this and leave the girl to herself as if it were their child. He buries the man on the island, and the couple names the girl Lucy. He succumbs to her persuasion just to make her happy. It's only years later that they discover that the child still has a mother looking for her.

September 21: Maudie-PG-13

1930's rural Nova Scotia. Maud Dowley, who suffers from rheumatoid arthritis, smokes heavily to deal with the pain. Because of her unusual gait from the arthritis, she is often mistaken as a stupid, incapable woman, that perception which does make her feel stupid and incapable. That view is held by her surviving family, her brother Charlie and her Aunt Ida with whom she lives. After an action by Charlie, Maud decides to seek some independence and is the only applicant for a posted job as housekeeper for brusque Everett Lewis, a poor fish seller. Despite not wanting to hire a cripple which only adds to their antagonism, Maud negotiates to get the job for room and board. Their antagonistic relationship ends up including Everett exacting beatings on Maud whenever she doesn't do what he wants.

September 28: Rebel in the Rye-PG-13

The life of celebrated but reclusive author, J.D. Salinger, who gained worldwide fame with the publication of his novel, "The Catcher in the Rye".

October 5: Brad's Status-R

Brad Sloan (Ben Stiller) runs his own non-profit organization, and lives a comfortable life with his loving wife and son, but cannot help contemplating how his old friends Craig Fisher (Michael Sheen), Billy Wearsler (Jemaine Clement), Jason Hatfield (Luke Wilson), and Nick Pascale (Mike White) are rich and accomplished. Craig works in the White House and published a best-selling book; Jason owns a hedge fund firm; Billy sold a company he founded, moved to Maui, and retired; and Nick is a Hollywood director. Brad's wife, Melanie (Jenna Fischer), tries to comfort Brad, telling him that they do not need to compare themselves with the wealthiest 1%.

October 12: Tea with Mussolini-PG

In 1935 a group of elderly British women, whom the Italians have named the Scorpioni, have chosen Italy, specifically Florence, as a place to live to blend their proper British sensibilities with their love of Italian art and culture. One of those Scorpioni, Mary Walsh (Dame Joan Plowright), works as the English secretary for Paolo Innocente (Massimo Ghini), who, in part because of his own wife's adamant refusal, largely neglects his illegitimate adolescent son, Luca (Baird Wallace), despite Paolo's want for Luca to grow up to be a proper young man, much like the English. Luca has lived in an orphanage since his dressmaker mother's death, death a concept that Luca does not yet understand.

October 19: Marley and Me-PG

After their wedding, newspaper writers John and Jennifer Grogan move to Florida. In an attempt to stall Jennifer's "biological clock", John gives her a puppy. While the puppy Marley grows into a 100 pound dog, he loses none of his puppy energy or rambunctiousness. Meanwhile, Marley gains no self-discipline. Marley's antics give John rich material for his newspaper column. As the Grogans mature and have children of their own, Marley continues to test everyone's patience by acting like the world's most impulsive dog.

October 26: The Seagull-PG-13

Aging actress Irina Arkadina (Annette Bening) pays summer visits to her brother Pjotr Sorin (Brian Dennehy) and her son Konstantin Treplyov (Billy Howle) on a country estate. On one occasion, she brings Boris Trigorin (Corey Stoll), a successful novelist, with her. Nina Zarechnaya (Saoirse Ronan), a free and innocent girl on a neighboring estate, falls in love with Boris.

All lunches will be held at Norfield Congregational Church. These are drive-through, but if you would like to bring a chair you are welcome to stay. **Each lunch is \$5.00.** Please pay for the series if possible or select your individual dates, and pay as you go. We are always flexible on changes and additions. Orders/choices must be in by the Monday of that week's lunch.

Checks payable to Weston Senior Center.



September 8th: Grilled Hamburgers, Village Market's Fruit Salad and Cole Slaw, Chips

*September 15th: Catered by Lombardi's Trattoria: Chicken or Eggplant Parmesan, Pasta, Garden Salad
Special dessert sponsored by Bridges of Epoch*

September 22nd: Catered by Calise's: Chicken Stir Fry with Vegetables and Rice

September 29th: Catered by Village Market: Pichi Pacchi Pasta with Chicken and Tomatoes, Salad, Brownies

October 6: Catering by Lombardi's— Meatball Grinders, Garden Salad

*October 13: Catered by Lombardi's— Pizzas and Garden Salad. Choice of cheese, pepperoni, or veggie pizza.
Special dessert.*

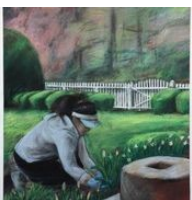
October 20th: Catered by Village Market—Chicken Piccata, Pasta, Salad: these will be served cold, ready for you to heat up at home.

October 27th Catered by Calise's Deli— Chicken Pot Pies—these will be served cold, ready for you to heat up at home. Halloween Lunch, wear a costume, prizes given out!

Artist Exhibit

John M. Warriner

John Warriner works in a realistic tradition, inspired by American artists and illustrators of the early and mid 20th Century. Warriner's drawing and painting depict people and places important to him. Daily activities, such as walking the dog, cooking maple syrup, or catching a fish are moments in time preserved in his paintings. The ordinary activities of life are celebrated and captured in his work. A classically trained artist, Warriner uses traditional painting and drawing techniques that would be familiar to artists from the last two centuries. In addition to his fine arts career, Warriner worked in New York City as an advertising art director and illustrator for 25 years, and is a retired Connecticut certified art teacher.



Join us for an artist reception on Friday, September 24th at 4pm.
If you can't make the reception, stop by the Center and see John's work through October.
Pick up an individually pre-prepared refreshment plate!
Please RSVP, email Wendy: wpetty@westonct.gov or phone (203) 222-2608.

Drawing with Chris Goldbach

**Mondays, September 13-October 25 (No class 10/11)
1pm-2pm (Zoom)**

\$24 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.

Art Chat with Chris Goldbach

Tuesday, September 21st and October 19th, 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, October 4th, 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=WVB4S2xORTBYbE5yM2JZVlNkWWVtQT09)

[pwd=WVB4S2xORTBYbE5yM2JZVlNkWWVtQT09](https://us02web.zoom.us/j/82195264537?pwd=WVB4S2xORTBYbE5yM2JZVlNkWWVtQT09)

Meeting ID: 821 9526 4537

Painting Realism With Cindy Wagner

Tuesday, October 5th—November 9th (In-House)

10am-12pm, space limited to 6.

\$24 for series of six classes.

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

This course will help students compose a well designed painting. Will teach accurate drawing with paint. Will help students see and interpret value and color relationships. Will 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.

Georgia O'Keefe with Lisa Arnold

Thursday, October 14th, 1:15pm (Zoom)

Free, sign-up required

Georgia Totto O'Keefe was an American artist. She was known for her paintings of enlarged flowers, New York skyscrapers, and New Mexico landscapes. O'Keefe has been recognized as the "Mother of American modernism".

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

Paint en Plein Air with Karen Siegal

Weston Senior Center Patio

September 17th and October 1st, 10am (outdoor)

\$10 Includes all supplies for each workshop, sign up for one or both.

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, email Wendy: wpetty@westonct.gov.

Botanical Drawing Class with Dick Rauh

October 22nd-November 19th

10am-12pm (Zoom)

\$20 for series of five classes. Space is limited.

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.

Paint Along with Agata Trio

Beginners Class—Everyone Welcome

Thursday, September 16th—October 21st (In-House)

10am-12pm at the Senior Center, space limited to 6.

\$24 for series of six classes. (Bring own supplies (a supply list will be provided.)

Working together, using acrylics and a 16 x 20 canvas, join Agata for a creative and colorful morning. Techniques with step by step instruction can be shared. This is open to every level, but a perfect class for beginners to learn new ways to create.

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

Colored Pencil with Lisa Arnold

October 21, 28, November 5, 12, 2pm (Zoom)

\$16 for series of four classes. Space is limited.

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.

Supply list:

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

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

Medicare Open Enrollment Appointments Medicare Changes and Medicare Part D Review

Open Enrollment (October 15 - December 7) allows the Medicare client to change prescription medication suppliers under Medicare Part D, to switch to/ from Original Medicare to/from Advantage Plans and other adjustments to Medicare which then take effect January 1, 2022. Weston Senior Center will be providing Open Enrollment half hour sessions, either by in-person appointments or by telephone. All who use this free of charge service must submit their information ahead of time via snail mail or drop off at the center. You will be CDC safe for in-person one-on-one appointments. Once your information is received, someone from the Center will call you to schedule your 30 minute appointment (couples will need a 60 minute one). For in person appointments, the conference area and furniture will be sanitized between clients. There will be Plexiglass dividers, masks will be required, and gloves will be available, and all social distancing protocols will be in place and mandatory. All information provided by you will be destroyed once you indicate that you have made your Medicare decisions.

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

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

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

Meta Schroeter Rose Cruz
CHOICES COUNSELOR CHOICES COUNSELOR

Weston Department of Social Services

Allison Lisbon, MSW, LCSW, Director of Social Services
alisbon@westonct.gov
203.222.2663
Laura Cleary, LMSW, Director of Youth Services
lcleary@westonct.gov
203.222.2585
Rose Cruz, Assistant
rcruz@westonct.gov
203.222.2556

For more information, visit the 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.

WESTON FLEA

COMMUNITY TAG SALE

TO BENEFIT THE FRIENDS OF WESTON SENIOR CENTER (SOIC3)

SATURDAY SEPTEMBER 18 | 9 A.M. - 2 P.M.
(RAIN: SEPTEMBER 19)

WESTON HIGH SCHOOL PARKING LOT

THE WESTON FLEA IS BACK! A TOWN-WIDE TAG SALE AND VINTAGE SHOP- GREAT OPPORTUNITY TO SHOP ITEMS- OLD & NEW! LOCAL VENDORS, MAKERS & MORE.

COME SHOP WITH YOUR NEIGHBORS, FAMILY AND FRIENDS AND POCKET A TREASURE!

ADMISSION: DONATION TO FRIENDS OF SENIOR CENTER (SUGGESTED DONATION: \$1/PERSON)

QUESTIONS REGARDING EVENT CALL
:203-222-2608
WWW.WESTONSENIORCENTER.INFO

Caregivers Support Group

With Laura Cleary, LMSW
Weston Director of Youth Services

September meeting: Tuesday, 9/21 at 1pm
October meeting: Tuesday, 10/19 at 1pm

For questions or to register, email Laura: lcleary@westonct.gov.

Flu Shot Clinic

Westport/Weston Health District

Thursday, October 7th, 12pm-2pm (by appointment)
(203) 222-2608 to reserve your spot.

Flu shots will be given at the Senior Center, by appointment. Forms can be filled out ahead of time. Please bring your Medicare/ Insurance cards with you.

Chair Aerobics with Ruth: Mondays and Fridays at 11am starting October 1st. (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) \$20 series. No class 9/6, 9/20 or 10/11

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) \$24 series of 6. No class 9/6 or 10/11

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, start date to be determined. (In-House)**Strength & Fitness with Sandy: Tuesdays at 11am. (In-House) \$32 series of 8.**

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.

Gentle Yoga with Leslie: Wednesdays at 10am. (In-House) \$28 series of 7.

Leslie Geller is new to us. Each week, with a different focus, we will move slowly through yoga poses to explore being present in our body and to map our connection to the world around us. My goal is for each student to build their own personal practice through a deeper understanding and trust of their body and breath. Please wear comfortable clothing and bring a yoga mat. If you have props you like to use, blanket, strap, bring these as well as your curiosity and your smile.

Feldenkrais with Leann: Tuesdays at 11am. (Zoom) \$32 series of 8.

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.

Qi Gong with Deby: Thursday at 9am. (In-House) \$16 for series of 4. Starts October 7th

Deby Goldenberg is new to us and also teaches at Lachat Farm.

Strength & Fitness with Sandy: Thursdays at 11am. (Zoom) \$36 series of 9.

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. (Zoom) \$36 series of 9.

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.

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.

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.





September 2021

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
		1	2	3
			10am Walking Club 11am Strength & Fitness 11am Pickleball	10am Yoga w/Gloria 10am Canasta
6	7	8	9	10
Senior Center Closed	9am Backgammon 10am Mahjong 11am Strength & Fitness 1pm Movie: <i>Street Cat Named Bob</i>	11:30am Curbside Lunch – Norfield <i>Grilled Burgers</i>	10am Walking Club 10am Mahjong 11am Strength & Fitness 11am Pickleball	10am Yoga w/Gloria 10am Canasta 11am Pollinator Pathway w/Jackie Algon
13	14	15	16	17
Commission on Aging 11am Qigong w/Bill 11am Pickleball 1pm Drawing w/Chris 1pm Chess 1pm Pilates	9am Backgammon 10am Walking Club 11am Strength & Fitness 11am Feldenkrais 1pm Movie: <i>The Light Between the Oceans</i>	10am Yoga w/Leslie 11:30am Curbside Lunch – Norfield 1pm Astronomy #1 Scale of the Universe w/Bill	10am Walking Club 10am Paint w/Agata 10am Mahjong 11am Strength & Fitness 11am Pickleball 1pm Central Park w/ Zuckerman's (Zoom)	10am Yoga w/Gloria 10am Canasta 10am Paint en Plein Air w/ Karen 11am Pickleball
20	21	22	23	24
No Qigong today 11am Pickleball 12pm Eye Health w/Dr. Voldman 1pm Drawing w/Chris 1pm Chess 1pm Pilates	10am Walking Club 11am Strength & Fitness 11am Feldenkrais 12:30pm Fall Prevention 1pm <i>Caregivers Support Gr</i> 1pm Movie: <i>Maudie</i> 1pm Art Chat w/Chris 1pm Art Chat w/Chris	10am Yoga w/Leslie 10:15 am Parkinson's Sup- port Group– Westport 11:30am Curbside Lunch – Norfield 1pm Astronomy #2 Brief History of Astrono- my Part 1 w/Bill	10am Walking Club 10am Paint w/Agata 11am Strength & Fitness 10am Mahjong 11am Pickleball 1pm The Microscopic Ocean w/OPAK (Zoom) 1pm Medicare Boot Camp w/Lisa Alhalbal, SWCCA	10am Yoga w/Gloria 10am Canasta 11am Pickleball 4pm Artist Reception John Warriner
27	28	29	30	
11am Qigong w/Bill 11am Pickleball 11am Superfoods w/VNH 1pm Drawing w/Chris 1pm Chess 1pm Pilates	9am Backgammon 10am Mahjong 11am Strength & Fitness 11am Feldenkrais 1pm Movie: <i>Rebel in the Rye</i>	10am Yoga w/Leslie 11:30am Curbside Lunch – Norfield 1pm Astronomy #3 Big Bang w/Bill	10am Walking Club 10am Paint w/Agata 10am Mahjong 11am Strength & Fitness 11am Pickleball	



October 2021

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
				1 10am Yoga w/Gloria 10am Canasta 10am Paint en Plein Air w/Karen 11am Chair Aerobics
4 11am Qigong w/Bill 11am Pickleball 11am Chair Aerobics 1pn Drawing w/Chris 1pm Chess 1pm Pilates 3pm Tips and Tricks w/Chris	5 9am Backgammon 10am Walking Club 10am Painting Realism 11am Strength & Fitness 11am Feldenkrais 1pm Movie: <i>Brad's Status</i>	6 10am Yoga w/Leslie 11:30am Curbside Lunch at Norfield 1pm Astronomy #4 Brief History of Astronomy Part 2 w/Bill	7 9am Qigong w/Deby 10am Walking Club 10am Paint w/Agata 10am Mahjong 11am Strength & Fitness 11am Pickleball 12pm Flu Shot Clinic	8 10am Yoga w/Gloria 10am Canasta 11am-1pm Pickleball 11am Chair Aerobics
11 Senior Center Closed	12 9am Backgammon 10am Painting Realism 11am Strength & Fitness 11am Feldenkrais 1pm Movie: <i>Tea with Mussolini</i> 1pm Art Chat w/Chris	13 10am Yoga w/Leslie 11:30am Curbside Lunch at Norfield 1pm Astronomy #5 Life History of Stars w/Bill <i>Blood Pressure Clinic</i>	14 9am Qigong w/Deby 10am Walking Club 10am Paint w/Agata 10am Mahjong 11am Strength & Fitness 11am Pickleball 1:15pm Georgia O'Keefe w/Lisa	15 10am Yoga w/Gloria 10am Canasta 11am-1pm Pickleball 11am Chair Aerobics 1pm Abbott & Costello w/Mark Albertson Zoom
18 11am Qigong w/Bill 11am Pickleball 11am Chair Aerobics 1pm Drawing w/Chris 1pm Chess 1pm Pilates	19 10am Walking Club 10am Painting Realism 11am Strength & Fitness 11am Feldenkrais 1pm Art Chat w/Chris 1pm Movie: <i>Marley and Me</i> 1pm Caregivers Support	20 10am Yoga w/Leslie 11:30am Curbside Lunch at Norfield 1pm Astronomy #6 Travelers Guide to the Solar System w/Bill	21 9am Qigong w/Deby 10am Walking Club 10am Mahjong 10am Paint w/Agata 11am Strength & Fitness 11am Pickleball 2pm Colored Pencil w/Lisa	22 10am Yoga w/Gloria 10am Canasta 10am Drawing w/Dick 11am-1pm Pickleball 11am Chair Aerobics
25 11am Qigong w/Bill 11am Pickleball 11am Chair Aerobics 11am Stroke Prevention w/VNH 1pm Pilates	26 9am Backgammon 10am Walking Club 10am Painting Realism 11am Strength & Fitness 11am Feldenkrais 1pm Movie: <i>The Seagull</i>	27 10am Yoga w/Leslie 11:30am Curbside Lunch at Norfield 1pm Astronomy #7 The Evolution of our Solar System w/Bill	28 9am Qigong w/Deby 10am Mahjong 10am Walking Club 11am Strength & Fitness 11am Pickleball 2pm Colored Pencil w/Lisa	29 10am Yoga w/Gloria 10am Canasta 10am Drawing w/Dick 11am Chair Aerobics