



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:
Linda Gilmore
Program Communications:
Carla Jegen
Asst: 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.



January/February 2022

Happy New Year!

As we head into the new year, it is a good time to remember what is most important to us, among them family, friends, health, and kindness toward one another. This will surely help 2022 be a great year.

Here at your Senior Center we will continue to offer programming both in-house and via Zoom and now have the ability to offer a hybrid model for those who are more comfortable at home. While our goal remains to bring most of our programs back in-house when we are able to, we know that many of you are joining from far and wide and thus continuing on this path of joint in-person and virtual programs is important to us.

As we get busier, our Dial-a-Ride program is more active as well. Therefore we have a new procedure in place for making reservations for appointments. Going forward, please call the Dial-a-Ride office phone two days in advance (except for emergency appointments). Leave a message with your name, phone number, and day and time you need the ride and for what purpose. Roy will call you back at the end of the day to confirm your ride and arrange your timeslot. Note that medical appointments remain a priority. The number to call is (203) 222-2576. Thank you!

Best wishes for a happy, healthy, and active new year from all of us at the Senior Center and we hope to see you in early 2022!

Wendy, Carla, Linda, Angela and Roy

Friends of the Weston Senior Activities Center

In February, we will participate in Fairfield County's "official" Giving Day for the second year in a row. We are thus so grateful to all who donated last year and hope that we can rely upon your support once again. Last year, we raised enough money to offer ten weeks of curbside lunches, offering over 1,000 meals and entertainment for our senior community to enjoy. We hope to do it again!

Speaking of funding, we are very excited to announce an upcoming art exhibit that will also be a fundraiser. Jane Wolf, a nationally recognized and award winning artist whose work is in many private collections, has graciously offered to donate many pieces of her stunning art to sell, with all of the proceeds to go to the Senior Center. Stay tuned for details on how you can view and purchase a piece for yourself. For a sneak peak, visit her website <https://JaneWrightWolf.com>. (All of the work will be priced without the usual 50% gallery commission.). Stay tuned!

Thank you for your continued support.
Happy New Year From The Friends!

**Donations to the Senior Center
in Memory of Karen Miles**
Karen Tatarka

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.

Winter Bird Feeding - What Birds Are Around and How To Attract Them!**Wild Birds Unlimited****Thursday, January 13th, 1pm – Hybrid, In-House and on Zoom**

Winter is a great time to enjoy the birds (and nature) in your backyard. Chris will discuss the different birds we expect to see during the winter months and how to make our yards attractive to them! He will also talk about owls, as winter is a great time to hear, and possibly see, owls.

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

Seniors Traveling in the Time of COVID—What You Need To Know**With Rozanne Gates and Suzanne Sheridan (sharing their trip to Portugal)****Wednesday, February 9th, 11am (Zoom)**

An honest conversation about the rules and regulations and particulars of traveling anywhere during the time of Covid. Having just traveled to Portugal and back, Rozanne Gates and Suzanne Sheridan want to share with you what they had to do to get on and off an airplane and into a foreign country. You will learn what documents and tests will be needed and the timeframe in which you will need to procure all the documentation for travel. It's not impossible but it is very involved, and you will feel safer and securer with the knowledge you will get from this class.

To register, email Wendy: wpetty@westonct.gov

Rocky Through Time**Rocky Ranger Danielle****Friday, February 11, 1pm (Zoom)**

What is the essence of a place? Is it what we can see? What we can hear? Is it solely about that place or also how a place makes us feel? Explore these topics with a Ranger and discover if cumulative changes in wildlife, wildfires and visitation have changed Rocky Mountain National Park over the past 100 years.

To register, email Wendy: wpetty@westonct.gov

Bartlett Arboretum Greenhouse Tour**Thursday, February 17th, 11am (meet 9:45am at the Senior Center if you are taking the bus)**

Our spectacular greenhouse is teeming with plant life even when the outside world is cold and snow covered. Come join us for a tour and learn about the exotic plants that call our greenhouse home. We will discover and discuss: orchids, scented geraniums, century plants, begonias, ferns, cacti, succulents, and more. We will wrap up the program with a propagation activity where guests can pot up a houseplant to take home. Come warm up during the cold season and feel like you're in a tropical location without ever leaving Stamford!

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

Con Artist Playbook**AARP virtual Program****Friday, February 18th, 10am (Zoom)**

Join us as we dive into the mind of the con artists who target our communities at the cost of so much. Learn how to protect you and your loved ones from ID Theft, Romance Scams, Imposter Scams, Gift Card Scams and more! This session is live and interactive allowing for a Q & A with the AARP Fraud Watch Network Team after the presentation. To register click on the link below and you will be brought to the AARP site.

Click on REGISTER and fill in the information and they will send you a zoom link.

<https://local.aarp.org/aarp-event/con-artist-playbook-by-aarp-ct-masonicare-2182022-10am-et-gxn87rtfsnp.html?usetown>

Wolves of North America**Wolf Conservation Center****Thursday, February 24th, 1pm (Zoom)**

Join the Wolf Conservation Center for a virtual webinar about "Wolves of North America"! Viewers will learn about wolf history, biology, behavior, and more, and will also learn about current recovery efforts for critically endangered red wolves and endangered Mexican gray wolves.

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

Learning in Retirement Presentations

Masada: Legend, Myth and Reality
 Wednesday, February 2nd, 10am (Zoom)
 Register by 1/27.

Exploring Art Through the American Immigration Experience
 Heather Ewing, Learning In Retirement Presenter
 Friday, February 4th, 10am (Zoom)
 Register by 1/30.

The History and Influence of Kelzmer Music
 Dr. Gilad Harel, Learning In Retirement Presenter
 Friday, February 11th, 10am (Zoom)
 Register by 2/7.
 Program Descriptions will be in the weekly bulletins.
To register for these programs, email Wendy:
wpetty@westonct.gov.

Travel Programs

Auckland Harbourside Live Walking Tour, New Zealand
Beeyond, Interactive Tours Around the World
Wednesday, January, 26th, 3:30pm (Zoom)

Welcome to the City of Sails Lonely Planet's top pick for best city in the world to travel to in 2022. So start planning your next trip now. Find out why as you join me for a walk along the Auckland waterfront. Starting downtown at Commercial Bay the walk will take you to the Ferry Building where they will explore the history, architecture, nature and discover the recent development and uniqueness of the area, while standing on a giant shelf. Following the Waitemata Harbour front to the Viaduct Harbour with it's lively restaurant scene and super yachts. Great views of the skyline and Sky Tower. Walking further, cross two drawbridges arriving in Wynyard Quarter with its fabulous architecture, lifestyle, fun, history and culture. This is a great introduction to Tāmaki Makaurau and their stories.

Seniors Traveling in the Time of COVID/
What You Need To Know
With Rozanne Gates and Suzanne Sheridan
(sharing their trip to Portugal)
Wednesday, February 9th, 11am (Zoom)

An honest conversation about the rules and regulations and particulars of traveling anywhere during the time of Covid. Having just traveled to Portugal and back, Rozanne Gates and Suzanne Sheridan want to share with you what they had to do to get on and off an airplane and into a foreign country. You will learn what documents and tests you will need and the timeframe in which you will need to procure all the documentation you will need to travel. It's not impossible but it is very involved, and you will feel safer and securer with the knowledge you will get from this class.

Rio Botanical Gardens, Presentation Style Tour, Brazil
Beeyond, Tours Around The World
Tuesday, February 15th, 3:30pm (Zoom)

Join them for a virtual tour in the Botanical Garden of Rio the Janeiro, the diversity of species, the history, the importance of the work they do there and, of course, the beauty.

The Botanical Garden occupies an area of 141 hectares, divided into two parts: the garden itself with 54 hectares and the part of Horto Florestal 87 hectares north of the garden that goes to the limits of the Nacional Parque de Tijuca. Have 6,200 species. The institution is also a house of monuments of historical and artistic value and the most complete library in the country specialized in botanicals.


French Lessons
(Beginners to Intermediate)

Sylvie Lobsenz, French Professor 
 Thursdays, January 6th-February 24th, 3pm (Zoom)
 \$80 for series of 8 classes

This unique course will take you on a virtual tour of France. Join us for a fun filled and interactive way to improve speaking the language of France. We will explore the culture, language and traditions each week. Together, we will be visiting traditional markets and historical places. You will be inspired by the traditional French life, encounter special situations as a tourist and acquire language skills that will teach you how to introduce yourself to locals, shop in traditional patisserie or order a traditional meal and so much more!

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

Crafts with Linda

Pine Cone Bird Feeder 
Wednesday, January 19th 11am
 Make a pinecone bird feeder using peanut butter and bird seeds. All supplies included!
 Pizza Lunch. \$5, sign-up is required.

Valentine's Floral Arranging
Thursday, February 10th, 11am
 Create your own Valentine floral arrangement! Bring clippers!
 All other supplies included! \$10.00

To register for either of these crafts,
 email Linda: lgilmore@westonct.gov.



Thank you Linda! A great day making wreaths.



Carmen



Carole

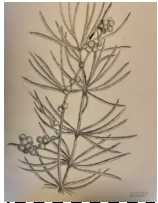


Chris



Julie

Botanical drawings
from students in
Dick Rauh's recent drawing
Class.
The next series begins January
21st!



Kathy



Kathy



Jo



Marlene



Meta



Chris



Carol



Nancy



Donna

Drawing with Chris Goldbach

Mondays, January 3, 10, 24, 31, February 7, 14

1pm-2pm (Zoom) \$24 for series of 6

\$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.

Art Chat with Chris Goldbach

Tuesday, February 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.

Co-Sponsored with the Bigelow Center

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

Tips and Tricks with Chris

Monday, February 7th, 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

Botanical Drawing Class with Dick Rauh

Fridays, January 21st—February 25th, 10am-12pm

\$24 for series of 6

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.

Colored Pencils with Lisa Arnold

Thursdays, January 6th-January 27th, 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 Wendy: wpetty@westonct.gov.

Tuesday Movies at 1pm

Reservations are required, space is limited, masks required.

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

January 4th: Cry Macho, PG-13

A onetime rodeo star and washed-up horse breeder, in 1978, takes a job from an ex-boss to bring the man's young son home and away from his alcoholic mum. Crossing rural Mexico on their back way to Texas, the unlikely pair faces an unexpectedly challenging journey, during which the world-weary horseman may find his own sense of redemption through teaching the boy what it means to be a good man.

January 11th: Dear Evan Hanson, PG-13

Evan Hansen is an anxious, isolated high-school student who's aching for understanding and belonging amid the chaos and cruelty of the social media age. He soon embarks on a journey of self-discovery when a letter he wrote for a writing exercise falls into the hands of a grieving couple whose son took his own life.

January 18th: The Girl Who Believes in Miracles, PG

When young Sara hears a preacher say faith can move mountains, she starts praying. Suddenly, people in her town are mysteriously healed -- but fame soon takes its toll.

January 25th: Land, PG-13

Edee is a middle-aged woman who has fled modern society to live off the grid in a tiny cabin on the side of a mountain in Wyoming. A city girl, she knows nothing about getting by without electricity, running water, indoor plumbing or finding something to eat every day. Alone and isolated, she struggles to cope until Miguel, a kindly stranger, comes by and offers to help her out.

February 1st: Yesterday, PG-13

Jack Malik is a struggling singer-songwriter in an English seaside town whose dreams of fame are rapidly fading, despite the fierce devotion and support of his childhood best friend, Ellie. After a freak bus accident during a mysterious global blackout, Jack wakes up to discover that The Beatles have never existed. Performing songs by the greatest band in history to a world that has never heard them, Jack becomes an overnight sensation with a little help from his agent.

February 8th: Emma, PG

Following the antics of a young woman, Emma Woodhouse, who lives in Georgian- and Regency-era England and occupies herself with matchmaking - in sometimes misguided, often meddling fashion - in the lives of her friends and family.

February 15th: Wild Mountain Thyme, PG-13

Headstrong farmer Rosemary Muldoon has her heart set on winning her neighbor Anthony Reilly's love. The problem is, Anthony seems to have inherited a family curse, and remains oblivious to his beautiful admirer. Stung by his father's plans to sell the family farm to his American nephew, Anthony is jolted into pursuing his dreams.

January 22nd: Spencer, R

The marriage between Princess Diana and Prince Charles has long since grown cold. Though rumors of affairs and a divorce abound, peace is ordained for the Christmas festivities at the queen's estate. There's eating and drinking, shooting and hunting. Diana knows the game, but this year, things will be profoundly different.

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

Chair Aerobics with Ruth: Dates to be determined (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, \$36 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.

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!

Treadmill at the Senior Center: By Appointment (in-House)

We have a new treadmill available to use by appointment.

**Play Chess! Learn Chess!
Mondays, 12pm-3pm**

Our small chess group is friendly and helpful. We are looking for a few interested players, whether experienced or beginner. We will work with the beginners to teach the rudiments of the game.

Join us!



Bingo!

**Wednesdays, January 12th and
February 2nd,
11am (In-House or Zoom)**

Join us for bingo with prizes.



**Learn Canasta! Play Canasta!
Fridays, 10am**

Our small canasta group is looking for more players! If you are interested in joining them, even if you are a beginner, let us know. We would love to have you join the group.



MEDICARE INFORMATION & DEFINITIONS

GOVERNMENT INFO "Medicare & You - 2022" is the yearly booklet on basic Medicare information. It lists all CT Medicare programs at the back including the 21 Medicare Part D drug plans for 2022 and the Medicare Advantage health plans under Medicare – C available in Fairfield County. (Part A is regular hospital coverage, Part B is doc & medical service coverage.) Note: Advantage Plans are considered private insurance that meet Medicare standards. Your health care needs are provided by the plan guidelines. For the computer savvy go on the web site: medicare.gov to gain information.

MEDIGAP INSURANCE This supplemental coverage to Original Medicare (only) is offered directly by private insurance companies under U.S. government rules. It can be bought/changed at any time of the year. There are many different letter plans. Each letter plan covers a combination of different situations – the hospital deductible, the 20% doc/medical service co-pay, skilled nursing service, etc. Premiums by letter plan vary by insurance company although basic coverage is the same. There are pre-existing restrictions for 3-6 months on most plans. A comparison chart of premiums by company & letter plan offered in CT is available. Just ask me for one. NOTE: PLAN F was retired in 2020 to anyone turning 65 in 2020 or after. Those that are already 65 by December 31, 2019 are and will be Plan F eligible for the future -- whether you currently have Plan F or not. Right now Plan F is the most comprehensive Medigap plan available to those eligible to continue with or to change into as long as you were 65 before 2020. Those who are 65 in 2020 or after should consider Plan G and certainly review other plans offered as well . A Medigap plan can be changed any time in the year. It is considered to be private insurance.

INITIAL ENROLLMENT : Starts 3 mos before 65th birthday, the birthday month and three mos after totaling 7 months. Part A is free. Part B has a premium.

SPECIAL ENROLLMENT PERIOD: if working at 65 covered by employer or spouse's employer. This SEP lasts 8 mos. Begins a month after coverage/employment ends whichever is first.

OPEN ENROLLMENT PERIOD: Oct 15 – Dec 7 is yearly Select/change to a more cost savings Medicare Part D plan that carries your prescribed drugs, or another required Medicare D prescription plan (if on Original Medicare). If desired, switch to an Advantage Plan from Original Medicare or from an Advantage Plan to Original Medicare. All coverage starts Jan 1.

MSP (MEDICARE SAVINGS PLAN): MSP is designed to help those with lower incomes with insurance premiums and drug costs if qualified. Please ask about this program if you need some extra help.

MEDICARE CARD: Starting April 2018 all Medicare Cards have a combination of numbers/letters. If you lose your card please contact me for information on how to replace it.

Medicare will NOT telephone to verify your current ID number. NEVER ever give personal information out over the telephone. Want to discuss Medicare issues? Half hour appointments are available on Wednesday mornings. Also appointments are available by phone during these pandemic times. Never a charge for these services. Make an appointment through the Senior Center at (203) 222-2608.

Meta Schroeter CHOICES Counselor

**Westport Weston Health District
COVID-19 Booster Clinics**

The health department is offering booster clinics on January 4, 14, 21, 28 and February 4, 9:30am-11:30am

Scheduled through VAMS.

<http://wwhd.org/>

Caregivers Support Group

With Laura Cleary, LMSW, Director of Weston Youth Services

Tuesdays, January 18th and February 15th, 1pm

Monthly meetings are held every third Tuesday, 1-2pm at the Weston Senior Center.

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

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

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.

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**Municipal Agent for the Elderly/Municipal Agent for Veterans**

Allison has over 25 years of experience working as a Licensed Clinical Social Worker. Her experience Includes working on the geriatric psychiatry unit at Mount Sinai Hospital in NYC and as hospice social worker in Fairfield County. Prior to working as the Director of Weston Social Services, she was a commissioner on Weston's Commission on aging. Allison received her Bachelor's Degree in Social Work at the University of New Hampshire and her Master's Degree in Social Work at Fordham University.

**Weston Public Library  
(203) 222-2665**

**Virtual Legacy Letter Writing Workshop: Sharing Your Values with Loved Ones  
January 10th, 7pm (Zoom)**

Did you know that the second week in January is Universal Letter Writing Week? When was the last time you put pen to paper to record your thoughts or reach out to a friend or family? Join Jay Sherwin of the *Life Reflections Project* for a free virtual workshop on Legacy Letters. Legacy Letters are a written document that allows you to share your life lessons, express your values and transmit your blessings to future generations. A legacy letter is not a formal legal document or a full-length memoir; it's a brief personal statement, typically just a few pages. Writing one is a rewarding experience that creates an enduring gift for your family, friends and loved ones. This workshop is designed to introduce the concept of legacy letters and to help you craft your own legacy letter. It includes discussion and a few brief writing exercises.

Please register at [www.westonpubliclibrary.org](http://www.westonpubliclibrary.org) and a Zoom link will be sent in advance of the program. Sponsored by the Friends of the Weston Public Library.

**Library After Dark: Trivia Night  
January 20th, 7pm**

Library After Dark returns in January with Trivia Night hosted by emcee Jason Revzon. Join as a team or as an individual and we'll assign you to a team for the evening. We'll revisit popular categories such as Weston History, current events, and more, all with a little humor and fun.

A movie will be available in the Conference Room for children 8+. Sponsored by Friends of the Weston Public Library.

Please register at [www.westonpubliclibrary.org](http://www.westonpubliclibrary.org).

**Virtual Artscapades: The Art of Post Revolution Mexico  
Tuesday, January 25th, 7pm (Zoom)**

The Friends of Weston Library welcome back ArtScapades Here's what you have to do...go to [westonpubliclibrary.org](http://westonpubliclibrary.org) and register through their calendar, and you will receive a link to join to watch *The Art of Post Revolution Mexico: From the Muralists to Frida*. Just before 7:00 p.m. on Tuesday, January 25th, make yourself comfortable, grab a drink, maybe even your dinner, and click on the link you were sent to join the Zoom presentation...then sit back and watch ArtScapades.

Please register at [www.westonpubliclibrary.org](http://www.westonpubliclibrary.org).

**A Message from Our First Selectwoman**

Greetings and Happy New Year!

It's been a time of change and challenges here in Weston in 2021 and this coming year is potentially one full of opportunities and progress.

We managed through another year of the pandemic and protected ourselves and others. To date most of us in Connecticut have been vaccinated making our state the one of the highest vaccination rates nationwide. We found opportunities to reconnect in our town after an incredible disruption to our lives. We have been able to carefully resume in person programming and also continue our online activities so that everyone can participate. We held several outdoor community activities this year, including an amazing arts festival this summer (featuring Weston resident Jose Feliciano), the Weston Flea, Explore Valley Forge, and Founders Day. In addition, we honored Korean War Veterans this October with Lt. Governor Susan Bysiewicz as well as all Veterans in November. Several Town facilities were upgraded this past year. We replaced about half of the library's roof (the other half did not need to be replaced), renovated the children's wing at the Library, and fished an EMS Office addition on top of Fire Station 1. We also completed partial renovations to our Police station, completed the Onion Barn irrigation project, made some minor renovations to Town Hall, and finalized the entryway to the senior center to make it ADA accessible. New plantings were also added to the Senior Center outside the building.

We are also thrilled for Weston residents in terms of what is happening at the Weston Shopping Center. The Planning and Zoning Commission finalized zoning changes that will encourage responsible development. In addition, the Lee family of Weston has opened the Weston Pharmacy, and the space that housed Peter's Market has undergone extensive renovations. I can't wait to see Lilly's Market open in early 2022! We are poised to complete in 2022 many projects supported with funding from private, state and federal grants. These projects include phase 1 of the sidewalk project, the completion of the Cavalry Road Bridge project, the design of the River Road bridge project, more road repaving, the construction of a new Dog Park, and the construction of a new Town Green. We also hope to begin construction of a new educational center at Lachat, mostly funded by The Daniel Offutt III Charitable Trust. We will also be renovating 2 bathrooms at the senior center.

I appreciate all of the wonderful work that Wendy and her team at the Senior Center do, especially how they have managed through the pandemic. In closing, I want to thank you for staying in Weston and your commitment to our community. An unprecedented number of new residents have moved to town, demonstrating what you have always known, Weston is a magical place to live.

**With gratitude, Sam Nestor**

**Weston Historical Society  
(203) 226-1804**

**Life in the 1920's-Exhibit Extended**

For more information on how to see the exhibit

please contact the Historical Society  
203-226-1804

[www.westonhistoricalsociety.org/](http://www.westonhistoricalsociety.org/)







# January 2022

| <b>Mon</b>                                                                                                                                                                       | <b>Tue</b>                                                                                                                                                                    | <b>Wed</b>                                                                                                                                            | <b>Thu</b>                                                                                                                                                                                    | <b>Fri</b>                                                                                                                                                                  |
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| <p>3</p> <p>9:30am Commission Mtg.</p> <p>11am Qigong</p> <p>11am Pickleball</p> <p>11am Chair Aerobics</p> <p>12pm Chess</p> <p>1pm Drawing w/Chris</p> <p>1pm Pilates</p>      | <p>4</p> <p>9am Backgammon</p> <p>10am Mahjong</p> <p>11am Strength &amp; Fitness</p> <p>11am Feldenkrais</p> <p>1pm Movie: <i>Cry Macho</i></p>                              | <p>5</p> <p>9am-11am Walk in the Gym</p> <p>1pm Movie: <i>Under The Tuscan Sun</i></p> <p>1pm Pickleball</p> <p>1pm Rummikub</p>                      | <p>6</p> <p>10am Mahjong</p> <p>10am Strength &amp; Fitness</p> <p>11am Dance</p> <p>11am Pickleball</p> <p>2pm Colored Pencils w/Lisa</p> <p>3pm French</p>                                  | <p>7</p> <p>10am Yoga w/Gloria</p> <p>10am Canasta</p> <p>11am Pickleball</p> <p>11am Chair Aerobics</p> <p>1pm Movie: <i>The Quiet Man</i></p>                             |
| <p>10</p> <p>11am Qigong</p> <p>11am Pickleball</p> <p>11am Chair Aerobics</p> <p>12pm Chess</p> <p>1pm Drawing w/Chris</p> <p>1pm Pilates</p> <p>7pm Virtual Legacy Writing</p> | <p>11</p> <p>10am Tap Dancing</p> <p>11am Strength &amp; Fitness</p> <p>11am Feldenkrais</p> <p>1pm Movie: <i>Dear Evan Hanson</i></p>                                        | <p>12</p> <p>9am-11am Walk in the Gym</p> <p>11am Bingo</p> <p>1pm Movie: <i>Something's Gotta Give</i></p> <p>1pm Pickleball</p> <p>1pm Rummikub</p> | <p>13</p> <p>10am Mahjong</p> <p>10am Strength &amp; Fitness</p> <p>11am Dance</p> <p>11am Pickleball</p> <p>1pm Wild Birds Unlimited</p> <p>2pm Colored Pencils w/Lisa</p> <p>3pm French</p> | <p>14</p> <p>10am Yoga w/Gloria</p> <p>10am Canasta</p> <p>11am Pickleball</p> <p>11am Chair Aerobics</p> <p>1pm Movie: <i>Manhattan Murder Mystery</i></p>                 |
| <p>17</p> <p><b>Senior Center Closed</b></p>                                                                                                                                     | <p>18</p> <p>9am Backgammon</p> <p>10am Painting Realism</p> <p>11am Feldenkrais</p> <p>1pm Caregivers Support</p> <p>1pm Movie: <i>The Girl Who Believed in Miracles</i></p> | <p>19</p> <p>9am-11am Walk in the Gym</p> <p>11am Pine Cone Feeder</p> <p>1pm Pickleball</p> <p>1pm Rummikub</p>                                      | <p>20</p> <p>10am Mahjong</p> <p>10am Strength &amp; Fitness</p> <p>11am Dance</p> <p>11am Pickleball</p> <p>2pm Colored Pencils w/Lisa</p> <p>3pm French</p> <p>7pm Library After Dark</p>   | <p>21</p> <p>10am Yoga w/Gloria</p> <p>10am Canasta</p> <p>10am Drawing w/Dick</p> <p>11am Pickleball</p> <p>11am Chair Aerobics</p> <p>1pm Movie: <i>Midnight Lace</i></p> |
| <p>24</p> <p>11am Qigong</p> <p>11am Pickleball</p> <p>11am Chair Aerobics</p> <p>12pm Chess</p> <p>1pm Drawing w/Chris</p> <p>1pm Pilates</p>                                   | <p>25</p> <p>10am Mahjong</p> <p>10am Tap Dancing</p> <p>11am Strength &amp; Fitness</p> <p>11am Feldenkrais</p> <p>1pm Movie: <i>Land</i></p> <p>7pm Virtual Artscades</p>   | <p>26</p> <p>11:30am Curbside Lunch—Norfield</p> <p>1pm Pickleball</p> <p>3:30pm Tour of New Zealand, Beeyonder Tour</p>                              | <p>27</p> <p>10am Mahjong</p> <p>10am Strength &amp; Fitness</p> <p>11am Dance</p> <p>11am Pickleball</p> <p>2pm Colored Pencils w/Lisa</p> <p>3pm French</p>                                 | <p>28</p> <p>10am Yoga w/Gloria</p> <p>10am Canasta</p> <p>10am Drawing w/Dick</p> <p>11am Pickleball</p> <p>1pm Movie: <i>Waking Ned Devine</i></p>                        |
| <p>31</p> <p>11am Qigong</p> <p>11am Pickleball</p> <p>11am Chair Aerobics</p> <p>12pm Chess</p> <p>1pm Drawing w/Chris</p> <p>1pm Pilates</p>                                   |                                                                                                                                                                               |                                                                                                                                                       |                                                                                                                                                                                               |                                                                                                                                                                             |



# February 2022

| <i>Mon</i>                                                                                                                                                                     | <i>Tue</i>                                                                                                                                                                                                              | <i>Wed</i>                                                                                                                                                                                            | <i>Thu</i>                                                                                                                                           | <i>Fri</i>                                                                                                                                                                                  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                | 1<br>10am Mahjong<br>10am Tap Dancing<br>11am Strength & Fitness<br>11am Feldenkrais<br>1pm Movie: <i>Yesterday</i>                                                                                                     | 2<br>9am-11am Walk in the Gym<br>11am Groundhog Bingo<br>1pm Masada: Legend, Myth and Reality<br>LIR Zoom<br>1pm Pickleball                                                                           | 3<br>10am Mahjong<br>10am Strength & Fitness<br>11am Dance<br>11am Pickleball<br>3pm French                                                          | 4<br>10am Yoga w/Gloria<br>10am Canasta<br>10am Drawing w/Dick<br>10am Exploring Art Through the American Immigration Experience<br>11am-1pm Pickleball                                     |
| 7<br>9:30am Commission Mtg.<br>11am Qigong w/Bill<br>11am Pickleball<br>11am Chair Aerobics<br>12pm Chess<br>1pn Drawing w/Chris<br>1pm Pilates<br>3pm Tips and Tricks w/Chris | 8<br>9am Backgammon<br>10am Mahjong<br>10am Tap Dancing<br>11am Strength & Fitness<br>11am Feldenkrais<br>1pm Movie: <i>Emma</i>                                                                                        | 9<br>9am-11am Walk in the Gym<br>11am Traveling During Covid and What you Need To Know<br>1pm Rummikub<br>1pm Pickleball                                                                              | 10<br>10am Mahjong<br>10am Strength & Fitness<br>11am Dance<br>11am Pickleball<br>11am Valentine's Floral Class<br>3pm French                        | 11<br>10am Yoga w/Gloria<br>10am Canasta<br>10am Drawing w/Dick<br>10am The History and Influence of Klezmer Music<br>11am Rocky Through Time<br>11am-1pm Pickleball<br>11am Chair Aerobics |
| 14<br>11am Qigong w/Bill<br>11am Pickleball<br>11am Chair Aerobics<br>12pm Chess<br>1pn Drawing w/Chris<br>1pm Pilates                                                         | 15<br>9am Backgammon<br>10am Tap Dancing<br>11am Strength & Fitness<br>11am Feldenkrais<br>1pm Movie: <i>Wild Mountain Thyme</i><br>1pm Art Chat<br>1pm Caregivers Support<br>3:30pm Rio Botanical Garden, Beeyond Tour | 16<br>9am-11am Walk in the Gym<br>10am Alfred Hitchcock: Behind the Curtain of Suspense – LIR Zoom<br>11:30am Curbside Lunch at Norfield<br>Menu: Calise's Pot Pies<br>1pm Rummikub<br>1pm Pickleball | 17<br>10am Mahjong<br>10am Strength & Fitness<br>11am Dance<br>11am Pickleball<br>9:45am Depart for Greenhouse Tour Bartlett Arboretum<br>3pm French | 18<br>10am Yoga w/Gloria<br>10am Canasta<br>10am Drawing w/Dick<br>10am AARP Con<br>11am-1pm Pickleball<br>11am Chair Aerobics<br>1pm Movie: <i>Arsenic and Old Lace</i>                    |
| 21<br><b>Senior Center Closed</b>                                                                                                                                              | 22<br>9am Backgammon<br>10am Tap<br>10am Mahjong<br>11am Strength & Fitness<br>11am Feldenkrais<br>1pm Movie: <i>Spencer</i>                                                                                            | 23<br>9am-11am Walk in the Gym<br>1pm Rummikub<br>1pm Pickleball                                                                                                                                      | 24<br>10am Mahjong<br>10am Strength & Fitness<br>11am Dance<br>11am Pickleball<br>1pm Wolf Conservation<br>3pm French                                | 25<br>10am Yoga w/Gloria<br>10am Canasta<br>10am Drawing w/Dick<br>11am-1pm Pickleball<br>11am Chair Aerobics<br>1pm Movie: <i>Erin Brockovich</i>                                          |
| 28<br>11am Qigong w/Bill<br>11am Pickleball<br>11am Chair Aerobics<br>1pm Drawing w/Chris                                                                                      |                                                                                                                                                                                                                         |                                                                                                                                                                                                       |                                                                                                                                                      |                                                                                                                                                                                             |