



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.



July/August 2022

Greetings,

We hope that you are having a great summer!

We have enjoyed seeing everyone at the summer curbside lunches and music. The next lunch will be on July 13th (skipping July 6th) and will be hosted by the Weston Fire Department at their second facility on Lyons Plain Road. This one is always a big hit, and features great grilled burgers! All of the other lunches will be at the Senior Center, so you can spread out and enjoy the back patio and other areas of the Center. Please remember to sign up for lunch by the Monday before. Our final curbside lunch for the summer season will be on August 3rd. (Our regular fall curbside lunches will resume in September.)

There are great outdoor trips coming up. For those who love nature, our trips to Weir Farms for a Garden Tour, or to Grace Farms for lunch and a scenic walk will be especially enjoyable. We are also going back to Port Jefferson and Captains Cove, two of our favorites from the past. Finally, we have a coach bus trip planned in September to see the Immersive Van Gogh Exhibit. Spaces are filling quickly!

For more great outdoor fun, Linda's walking group is growing and they would love to welcome you. And don't forget that our back patio is available if you would like to stop over to meet a friend or just sit in the shade and read a book.

Best,

Wendy, Carla, Linda, Angela and Roy



VENDORS WANTED

SELL YOUR OLD | NEW | HANDMADE ITEMS AND GOODS! LOCAL COMPANIES WANTED!

**SEPTEMBER
10, 2022**
(RAIN DATE: 9/11)

**9:00AM
2:00PM**

- \$25- 2 PARKING SPACES
- \$20- SENIOR RATE
- +\$50 REFUNDABLE DEPOSIT

WESTON HIGH SCHOOL
115 SCHOOL ROAD
WESTON, CT 06883

WESTON HIGH SCHOOL
VENDOR SET UP TIME:
7-9 A.M.

VENDORS SHOULD BRING THEIR OWN CHAIRS, TABLES, AND DISPLAYS 10 X 10 POPUP TENTS WELCOME.

SPACES SELL QUICKLY- CALL 203-222-2608 NOW!

WWW.WESTONSENIORCENTER.INFO
203-222-2608

We still have a few spaces left for the annual Weston Flea.

The dates are set for Saturday September 10th, with a rain date of September 11th. Don't wait if you plan on having a spot.

Call the Senior Center (203)222-2608 for information and to make a reservation.

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.

Astronomy Super Group Continuation Series**With Bill Preinitz, Explorations, LLC**<https://us02web.zoom.us/j/85625503143>

Meeting ID: 856 2550 3143

Presentation #10**Tuesday, July 5th, 1-3pm****Solutions Part 3 “If We Had World Enough, and Time” The Andrew Marvell Solution**

Fermi’s Paradox asks the question “Where are the aliens?” In the preceding lectures we looked at the Rare Earth and Great Filter issues. Through all of this we see emerging the looming constraints of Time and Distance. Duration of existence is the greatest fundamental constraint any civilization faces. As Andrew Marvel laments, delay is forever! Let’s now turn to the issue of time and distance as a regulatory element of the Paradox.

Presentation #11**Monday, July 11th, 1-3pm****The Strange Astronomy of Black Holes**

Black holes are some of the most enigmatic phenomena in the universe. Slowly, however, they are yielding their secrets. One new important observation is that at every galactic nexus there resides at least one super massive black hole, billions of times the size of their brethren. Take a moment to revisit a subject you thought you knew and find out if you missed anything!

Presentation #12**Monday, July 18th, 1-3pm****Solutions Part 4-The Great Silence Solutions**

Fermi’s Paradox (FP) asks, “With so many stars and planets out there where are the aliens”? In this presentation of the Fermi Paradox series, we examine a list of solutions that posit the answer to the Drake’s Equations’ last two terms. If aliens populate the Milky Way why don’t we hear them? We also examine the “Dark Forest” argument, an ingeniously simple Solution to the question!

Presentation #13**Monday, July 25th, 1-3pm****Visitors! The Story of Asteroids and Meteors**

Several hundred thousand tons of meteors enter our atmosphere on a DAILY basis. Individually most would easily fit in a coffee cup and subsequently burn up in the atmosphere. And then there are the spectacular exceptions... Fortunately, we have Jupiter and Saturn to act as titanic vacuum cleaners who capture or deflect many larger and rarer objects. One they missed was the 6-mile piece of rock that ended the Cretaceous period and opening the door for the emergence of mammals, including humanity!

Frida Kahlo**With Lisa Arnold****Monday, August 22nd, 2pm (Zoom)**

Mexican artist Frida Kahlo is remembered for her self-portraits, pain and passion, and bold, vibrant colors. She is celebrated in Mexico for her attention to Mexican and indigenous culture and by feminists for her depiction of the female experience and form.

To register, email Linda: lgilmore@westonct.gov

Trips

Tour of Weir Farm House and Gardens

Thursday, July 7th, 9:45am Tour

Meet at the Senior Center at 9:00am if you are taking the bus. Please indicate if you are meeting us there or taking the bus when signing up. We will have lunch following the tour at Toozy Patza of Wilton

The trip includes a tour of Weir House and Studios. Learn about the legacy of creativity started by America’s most beloved Impressionist, Julian Alden Weir, and the three generations of artists who called Weir Farm home. You will then go on the Artists' Garden tour and learn about Weir Farm's lovely historic gardens and the art inspired by them . After the tour, you will have time to view the new exhibits and artwork in the Visitor Center, do some sketching or painting in the landscape with art supplies provided by Weir Farm or explore the grounds and gardens until we depart around 11:30.

To register, email Linda Gilmore at lgilmore@westonct.gov

Lunch & Walk at Grace Farms

Thursday, July 21st, 12pm

Meet at the Senior Center at 12:00 if you are taking the bus. Please indicate if you are meeting us there or taking the bus at signup.

Located in New Canaan, Connecticut, Grace Farms was established with the idea that space communicates and can inspire people to collaborate for good. To realize this vision, Grace Farms Foundation set out to create a multipurpose building nestled into the existing habitat that would enable visitors to experience nature, encounter the arts, pursue justice, foster community, and explore faith. Approximately 77 of the 80 acres are being preserved in perpetuity as open meadows, woods, wetlands, and ponds. Prior to restoring native habitats, Grace Farms was once a patchwork of small rural properties. **Bring Money for Lunch. We plan to be back by 3pm.**

To register, email Linda Gilmore at lgilmore@westonct.gov

Experiences as a White House Butler

Alan DeValerio

Friday, August 19th, 10am (In-House)

In Mr DeValerio’s presentation he will talk about his own personal experiences as a White House Butler. He will give a behind the scenes look at a State Dinner and talk about some of the people that he worked with (i.e. Eugene Allen, subject of the movie The Butler).

To register, email Linda Gilmore at lgilmore@westonct.gov

Travel Programs (Zoom)

Koala Discovery Walk

Beeyonder, Interactive Tours Around the World

Tuesday, July 26th, 5:30-6:30pm

Come on a virtual tour looking for koalas in the wild with local guide and koala whisperer Wendy Bithell. Wendy will take you via zoom to wild koala habitat and will search for wild koalas. On the way, she will discuss their biology, habitat and their threats.

To register, email Wendy: wpetty@westonct.gov

Summer in Japan

Beeyonder, Interactive Tours Around the World

Tuesday, August 11th, 3:00-4:00pm

Summertime in Japan is a special season, there are so many delicious foods, historic traditions, and fun activities. This is a great opportunity to learn about all the unique and interesting things happening at this time of the year thanks to a local guide who will also share tips, advice, personal stories and so much more!

Tour Highlights:

- Our host will share how to enjoy summer in Japan like a Local
- Great fashion and beat the heat inventions
- All the yummy summer foods you will enjoy learning about!
- The cultural traditions of Obon season
- Fireworks and festivals
- Some great places across Japan to experience summer adventures.

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

Port Jefferson Ferry & Lunch

Wednesday August 10th, 9am

Meet At The Weston Senior Center at 9:00am to take the bus or meet us at the Ferry Dock for a 10:30am ferry.

We will be taking the ferry from Bridgeport, CT to Port Jefferson. When we arrive you will be on your own to have lunch, shop or just walk around town. Ferry tickets are \$25.00 for seniors and \$35.00 for under 60. Bring money for lunch or shopping. We plan to be back to Weston by 3:30pm.

To register, email Wendy: wpetty@westonct.gov



Captain’s Cove Lunch & Shopping

Thursday, August 25th, 12pm

Meet at the Senior Center at 11am if you are taking the bus. Please indicate if you are meeting us there or taking the bus at signup.

When you arrive you can have a seafood lunch and then do a little shopping or browsing. Bring Money for Lunch & Shopping.

We plan to be back to Weston by 3pm.

To register, email Linda: lgilmore@westonct.gov



Drawing With Scissors With Maj Kalfus

**Thursdays, August 4th, 11th, 18th & 25th
10am-12pm (In-House) \$16 for series and a \$10 supply fee
will be paid directly to the instructor.**

A focus on Henri Matisse and his cut outs.

In four sessions we will focus on the artist Henri Matisse and his cut out and color strategies. As a well known Impressionist. Matisse was meticulous about color and shape and made all of his shapes freeform with his scissors.

During the four week session we will move from cutouts to collage using techniques popularized by Matisse and Picasso as well. The focus will be on still life subjects and require a minimum of supplies. We will use color paper, scissors and glue to form dramatic compositions and learn to incorporate other mediums. No experience necessary.

The only supply necessary for the first class will be a good scissor.

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

**Botanical Drawing Class with Dick Rauh
Fridays, July 15th 22nd, 29th, August 5th, 12th, 19th
10am-12pm (Zoom)
\$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.

Painting Realism With Cindy Wagner

**Tuesdays, 10am-12pm, July 12th, 19th, 26th,
August 9th, 16th, 23rd (no class August 2nd)
\$24 for a series (In-House) but if weather permits,
the class may try painting outside en Plein Aire.**

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

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

Drawing with Chris Goldbach

**Mondays, August 1st, 8th, 15th, 22nd, 29th
1pm-2pm (Zoom) \$20 for series of 5
Sign up required!**

Discover how to look and then draw what you see.

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

Time: This is a recurring Zoom meeting link

[https://us02web.zoom.us/j/89184801363?](https://us02web.zoom.us/j/89184801363?pwd=RnVUNllwYlNwem1pcFISMSs1U2sydz09)

[pwd=RnVUNllwYlNwem1pcFISMSs1U2sydz09](https://us02web.zoom.us/j/89184801363?pwd=RnVUNllwYlNwem1pcFISMSs1U2sydz09)

Meeting ID: 891 8480 1363

Passcode: Z

Art Chat with Chris Goldbach

Tuesday, August 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.

[https://us02web.zoom.us/j/88689270993?](https://us02web.zoom.us/j/88689270993?pwd=UFN5V2FUZytmRHBIVUdESGQyd253Zz09)

[pwd=UFN5V2FUZytmRHBIVUdESGQyd253Zz09](https://us02web.zoom.us/j/88689270993?pwd=UFN5V2FUZytmRHBIVUdESGQyd253Zz09)

Meeting ID: 886 8927 0993

Passcode: z

Tips & Tricks with Chris

Monday, August 1, 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=WVB4S2xORTBYbE5yM2JZVlNKWVWtQT09)

[pwd=WVB4S2xORTBYbE5yM2JZVlNKWVWtQT09](https://us02web.zoom.us/j/82195264537?pwd=WVB4S2xORTBYbE5yM2JZVlNKWVWtQT09)

Meeting ID: 821 9526 4537

Exploring Charcoal Drawing with Lisa Arnold

**Tuesday, August 30th, 11am-2pm, (in house)
\$10 class fee.**

Drawing with charcoal is a great way to learn about light and dark shading, form, and other techniques. Once a drawing tool for the great masters, we will draw and blend with specific charcoal supplies. Explore still-life set-ups, study hands, eyes, and much more. This moody medium allows you to show off new skills as well as learn how to "control" charcoal. Demos will be done by the instructor. A supply list will be available at signup.

To register, email Wendy: wpetty@westonct.gov

Knitting Projects

Mondays, 10am-12pm

We are knitting hats and blankets for The Tiny Miracles Foundation. We have the knitting needles and yarn baby soft yarn to work with and a pattern if necessary. If you are interested in joining this project, either at the Center or from home: please email Wendy: wpetty@westonct.gov
For more information on TTFM, <https://ttmf.org/>

Open Crafting and Open Art

Thursdays, 10am-12pm

Bring art & craft projects you are working on to this open art group. **This is a great opportunity to see old friends and to meet new ones!**

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: 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), free.

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

Yoga with Melania: Mondays at 10am (Zoom) 8 classes, \$32 series.

This class is an experience for healing Mind, Body and Spirit through gentle movement, meditation, and breath-work, bringing students compassionately back "home" to themselves.

Pilates with Karen: Mondays at 12:30pm (In-house), \$8 classes, \$32 series. Designed to re-align the spine to its natural skeletal position, rebalancing the muscles around the spine, abdominals and the extremities to accomplish core strength, stability, longer leaner muscle tone, improved posture, and enhanced coordination. Please bring your own mat.

Yoga with Melania: Wednesdays at 10am (In-house), 9 classes, \$36 series.

This class is an experience for healing Mind, Body and Spirit through gentle movement, meditation, and breath-work, bringing students compassionately back "home" to themselves.

Feldenkrais with LeAnn: Tuesdays at 11am (Zoom) 9 classes, \$36 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 (Hybrid) 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.

Gentle Yoga with Gloria: Fridays at 10am (Zoom) 9 classes, \$36 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 at the Track: Tuesdays and Thursdays at 10am, free

Meet Linda at the Weston High School track. Let her know if are interested so she can notify the group of cancellations.

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

Treadmill at the Senior Center: By Appointment (In-House), free.

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!

**Fridays, July 22nd
August 12th & 26th, 11am (In-House)**

**Free, four card max per game.
Prizes awarded.**



**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.

Tuesday Movies at 12:30pm**Reservations are required, space is limited, masks required.****Call the Senior Center to sign up (203) 222-2608.****July 5th: Marry Me, PG-13**

Kat Valdez (Jennifer Lopez) is half of the sexiest celebrity power couple on Earth with hot new music supernova Bastian (Maluma, making his feature-film debut). As Kat and Bastian's inescapable hit single, "Marry Me," climbs the charts, they are about to be wed before an audience of their fans in a ceremony that will stream across multiple platforms. Divorced high-school math teacher Charlie Gilbert (Owen Wilson) has been dragged to the concert by his daughter Lou (Chloe Coleman, HBO's Big Little Lies) and his best friend (Sarah Silverman). When Kat learns, seconds before the ceremony, that Bastian has cheated on her with her assistant, her life turns left as she has a meltdown on stage, questioning love, truth and loyalty.

July 12th: The Kings Daughter, PG

Known as The Sun King, Louis XIV (Pierce Brosnan) is the most powerful and influential monarch on the planet. Obsessed with his own mortality and the future of France, Louis turns to his spiritual advisor, Père La Chaise (William Hurt), and the royal physician to help him obtain the key to immortality. Believing a mermaid (Fan Bingbing) contains a force that grants everlasting life, Louis commissions a young sea captain to search the seas and capture the mystical creature. Further complicating his plans is his orphaned daughter, Marie-Josèphe (Kaya Scodelario), who returns to court with an abundance of elegance and an inherent defiance of authority. With a rare solar eclipse approaching, Louis will discover where his daughter's true loyalties lie as he races against time to extract the mermaid's life-giving force.

July 19th: Sing, PG

Dapper Koala Buster Moon presides over a once-grand theater that has fallen on hard times. An eternal optimist, and a bit of a scoundrel, he loves his theater above all and will do anything to preserve it. Facing the crumbling of his life's ambition, he takes one final chance to restore his fading jewel to its former glory by producing the world's greatest singing competition. Five contestants emerge: a mouse, a timid elephant, a pig, a gorilla and a punk-rock porcupine. (Animated)

July 26th: Cyrano, PG13

Award-winning director Joe Wright envelops moviegoers in a symphony of emotions with music, romance, and beauty in Cyrano, re-imagining the timeless tale of a heartbreaking love triangle. A man ahead of his time, Cyrano de Bergerac (played by Peter Dinklage) dazzles whether with ferocious wordplay at a verbal joust or with brilliant swordplay in a duel. But, convinced that his appearance renders him unworthy of the love of a devoted friend, the luminous Roxanne (Haley Bennett), Cyrano has yet to declare his feelings for her -- and Roxanne has fallen in love, at first sight, with Christian (Kelvin Harrison, Jr.).

August 2nd: Sing 2, PG

The new chapter in Illumination's smash animated franchise arrives with big dreams and spectacular hit songs as the ever-optimistic koala, Buster Moon, and his all-star cast of performers prepare to launch their most dazzling stage extravaganza yet... all in the glittering entertainment capital of the world. There's just one hitch: They first have to persuade the world's most reclusive rock star--played by global music icon Bono, in his animated film debut--to join them.

August 9th: King Richard, PG13

Armed with a clear vision and a brazen 78-page plan, Richard Williams is determined to write his daughters, Venus and Serena, into history. Training on Compton, California's neglected tennis courts--rain or shine--the girls are shaped by their father's unyielding commitment and their mother's balanced perspective and keen intuition, defying the seemingly insurmountable odds and prevailing expectations laid before them. Based on the true story that will inspire the world, "King Richard" follows the uplifting journey of a family whose unwavering resolve and unconditional belief ultimately delivers two of the world's greatest sports legends.

August 16th: Superintelligence, PG

When an all-powerful Superintelligence, played by James Cordon, chooses to study the most average person on Earth, Carol Peters, played by Melissa McCarthy, the fate of the world hangs in the balance. As the A.I. is deciding to enslave, save or destroy humanity, it's up to Carol to prove that people are worth saving.

August 23rd: Fatherhood, PG-13

Kevin Hart stars in a heartwarming true story about a widowed dad who copes with doubts, fear, heartache and dirty diapers to raise his daughter on his own.

August 30th: Encanto, PG

Walt Disney tells the tale of an extraordinary family, the Madrigals, who live hidden in the mountains of Columbia in a magical house, in a vibrant town, in a place called Encanto. (animated)

Build Your Own History Book**David Plaue of Sticker Book Publishing****Tuesday, July 12th, 1pm-2pm (In-House)**

If you enjoy Trivia, Learning and Reminiscing this is your lucky day. In this fun and engaging interactive program you will, *Build Your Own History Book*. This program will be facilitated by founder and creator David Plaue of Sticker Book Publishing, Newtown, CT-sponsored by etc. There is no charge for this class and attendees will take home a copy of this fascinating book.

Ask the Nurse and Blood Pressure Screening**Visiting Nurse & Hospice of Fairfield County****Monday, July 18th, August 15th, 10:45am (In-House)**

A registered nurse from Visiting Nurse & Hospice of Fairfield County will offer free blood pressure and depression screenings, medication management and to answer any other questions you may have. To make an appointment, call the Senior Center (203) 222-2608.

**Pickleball Lessons with Betsy****Fridays, July 15th or 29th, 9-10am****\$5.00 fee**

Learn the basics and fundamentals of this popular activity for all ages. **Sign ups are required.**

To register, email Wendy: wpetty@westonct.gov

Life is like riding a bicycle. To keep your balance, you must keep moving

Albert Einstein**Upcoming Classes and Trips****A Matter of Balance****Tuesdays 8 Weeks Starting in October, 9am-11am****Provided by the Fairfield University School of Nursing and Funded by SWCAA**

The objective of MOB is to decrease an older adult's fear of falling. Each session is comprised of discussion about fall risks and performance of basic exercises for strength and balance.

There will be 8 spots for this program so please sign up as soon as possible so we can notify the University if there is interest in the program. To register, email Wendy: wpetty@westonct.gov

Beyond Van Gogh an Immersive Experience**Thursday, September 8th, 9:00am—4:00pm****At the Hartford Convention Center****\$70.00 for Tickets, Bus and Box Lunch. A \$35 non-refundable deposit is due when you sign up.**

Beyond Van Gogh is a new truly immersive experience. While other shows use virtual reality or still images, our show breaks barriers by incorporating both still and moving art. Masterpieces, now freed from frames, come alive, appear, and disappear, flow across multi-surfaces, the minutia of details titillating our heightened senses. The show is projected on every surface around you, this makes you feel as though you have stepped directly into a Van Gogh painting. We accompany the show with a beautiful score and include many other surprises!

To register, email Wendy: wpetty@westonct.gov

The Cloisters**Date To be determined, based on interest, in October**

The Cloisters are part of the Metropolitan Museum of Art but is located in Washington Heights in the very upper west corner of Manhattan. The museum specializes in European Medieval architecture, and the collection comes from John D. Rockefeller. Rockefeller initially purchased the Medieval collection from George Gray Barnard in 1925, expanded it, and bought the land where the museum now lives in 1931.

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

Important Medicare Billing Issues

Medicare bills by code(s) that come from the doctor/doctor’s office. If the code for a treatment or for a procedure or for an office visit is forgotten or incorrectly entered the Medicare client will be billed for the supposedly non-covered charge. We have to be our own advocates – before you leave a doc office be sure the correct code(s) have been entered for any and all tests, lab work or visits. ASK THE DOC to double check to avoid possible future confusion and time expended trying to get a correction in billing. Unpaid medical bills left over a period of time will be reported to the three credit agencies and could threaten your credit scores. Many Medicare-D plans in CT have some prescription meds that are “step” meds. These are meds that are usually very expensive or in a high tier (3 or 4) so that before a particular Medicare-D plan will consider covering any part of the cost of the med the doc must try other meds first. (Not all formularies in the 25 plans in CT for 2022 are the same nor rate the meds carried in the same tiers.) In a “step” situation the doc must submit paper work as to why this more expensive drug is being ordered. The client must talk with the insurance company that handles their Medicare-D plan for very specific instructions. A hospital stay of three days or more qualifies you for rehab if it is necessary. If you have just been under observation in an emergency room Medicare will not consider you to be eligible for rehab and you will pay out of pocket for rehab. When you are in an emergency room be sure to understand if you have been admitted to the hospital OR if you are just under observation. Do not be caught owing money unknowingly on this issue. Many hospitals are keeping clients under observation to avoid penalties they would have to pay if clients are re-admitted within 30 days for same issues.

NEWS: Several megagap plans will now have annual billing year dates of June to June (and no longer December to December.) To discuss Medicare issues: MAKE AN APPOINTMENT THROUGH THE WESTON SENIOR CENTER at (203) 222 - 2608. NO WALK-INS.

Meta Schroeter, CHOICES Counselor

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

Caregivers Support Group

With Allison Lisbon, LMSW, Director of Weston Social Services

Tuesdays, July 19th and August 16th, 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 Allison: alisbon@westonct.gov or call (203) 222-2663.

**Weston Historical Society
104 Weston Rd, Weston, CT
Music at the Barn Concert Series**



Sunday, July 24th, 5:30pm - 7pm

Featuring the band: Old School Revue

Food Truck on site: Walrus + Carpenter BBQ Truck

Location: Weston Historical Society 104 Weston Road

Tickets in advance: www.WestonHistoricalSociety.org

Tickets can also be purchased at the door.

Sunday, August 7th, 5:30pm - 7pm

Featuring the band: Bar Car Band

Food Truck: To be announced soon

Location: Weston Historical Society 104 Weston Road

Tickets in advance: www.WestonHistoricalSociety.org

Tickets can also be purchased at the door.

Weston Department of Social Services

Allison Lisbon, MSW, LCSW, Director of Social Services

alisbon@westonct.gov

203.222.2663

Rose Cruz, Assistant

rcruz@westonct.gov

203.222.2556

State of Connecticut Fuel Program

You may qualify for the State of Connecticut Fuel Benefit Program (CEAP) to help pay for your home heating costs; if your household gross income is as follows:

Household of 1: \$39,027 maximum

Household of 2: \$51,035 maximum

Household of 3: \$63,044 maximum

Please contact Weston Social Services to learn more at 203-222-2556

The Weston Social Services office will begin taking applications for the CT Energy Assistance Program beginning the week of August 29th. This program assists residents with home heating costs during the winter months, Income eligibility amounts have not been announced as of yet, please look for those in the next newsletter or call our office for more information.

Appointments to apply will be available at our office from August 29 through October 31st.



July 2022

Mon	Tue	Wed	Thu	Fri
				1 10am Yoga w/Gloria 10am Canasta 11am Pickleball No chair aerobics today
4 Independence Day Closed	5 9am Backgammon 10am Walk at the Track 10am Mahjong 11am Strength & Fitness 11am Feldenkrais 1pm Movie: <i>Marry Me</i> 1-3pm Fermi's Solutions Part 3	6 9am-11am Walk in the Gym 10am Yoga/Melania No lunch 1:30pm Pickleball	7 9:45am Tour of Weir Farm 10am Walk at the Track 10am Mahjong 10am Open Art 10am Strength & Fitness 11am Pickleball	8 10am Yoga w/Gloria 10am Canasta 11am Pickleball 11am Chair Aerobics w/Ruth
11 10am Open Craft/ Knitting 10am Yoga w/Melania 11am Qigong 11am Pickleball 11am Chair Aerobics w/Ruth 12:30pm Pilates w/ Karen 12pm Chess 1-3pm Strange Astronomy of Black Holes	12 9am Backgammon 10am Walk at the Track 10am Mahjong 10am-12pm Painting Realism w/Cindy 11am Strength & Fitness 11am Feldenkrais 1pm Caregivers Support 1pm Build Your Own Book 1pm Movie: <i>The Kings Daughter</i>	13 9am-11am Walk in the Gym 10am Yoga/Melania 12pm (Note Time) Curbside Lunch Weston Fire Department Lyons Plains 1:30pm Pickleball	14 10am Walk at the Track 10am Mahjong 10am Open Art 10am Strength & Fitness 11am Pickleball	15 9-10am Pickleball Lessons 10am Yoga w/Gloria 10am Canasta 10am Drawing w/Dick 11am Chair Aerobics w/Ruth 11am Pickleball 12pm Brain Games
18 10am Open Craft/ Knitting 10am Yoga w/Melania 10:45am Ask a Nurse 11am Qigong 11am Pickleball 11am Chair Aerobics w/Ruth 12:30pm Pilates w/ Karen 12pm Chess 1-3pm Fermi's Solution Part 4	19 9am Backgammon 10am Walk at the Track 10am Mahjong 10am-12pm Painting Realism w/Cindy Wagner 11am Strength & Fitness 11am Feldenkrais 1pm Caregiver Support Group 1pm Movie: <i>Sing</i>	20 9am-11am Walk in the Gym 10am Yoga/Melania 11:30am Curbside Lunch Weston Senior Center Skips Ice Cream 1:30pm Pickleball	21 10am Walk at the Track 10am Mahjong 10am Open Art 10am Strength & Fitness 11am Pickleball 12pm Grace Farms & Lunch	22 10am Yoga w/Gloria 10am Canasta 10am Drawing w/Dick 11am Pickleball 11am Bingo 11am Chair Aerobics w/Ruth
25 10am Open Craft/ Knitting 10am Yoga w/Melania 11am Qigong 11am Pickleball 11am Chair Aerobics w/Ruth 12:30pm Pilates w/ Karen 12pm Chess 1-3pm The Story of Astroids & Meteors	26 10am Walk at the Track 9am Backgammon 10am Mahjong 10am-12pm Painting Realism w/Cindy Wagner 11am Strength & Fitness 11am Feldenkrais 1pm Movie: <i>Cyrano</i> 5:30-6:30 Koala Walk Beeyonder	27 9am-11am Walk in the Gym 10am Yoga/Melania 11:30am Curbside Lunch Weston Senior Center 1:30pm Pickleball	28 10am Walk at the Track 10am Mahjong 10am Open Art 10am Strength & Fitness 11am Pickleball	29 9-10am Pickleball Lessons 10am Yoga w/Gloria 10am Canasta 10am Drawing w/Dick 11am Pickleball 11am Chair Aerobics w/Ruth



August 2022

Mon

Tue

Wed

Thu

Fri

<p>1 9:30am Commission Aging 10am Yoga w/Melenia 11am Qigong 11am Pickleball 11am Chair Aerobics 12pm Chess 12:30pm Pilates w/ Karen 1pm Drawing w/Chris 3pm Tips & Tricks w/Chris</p>	<p>2 9am Backgammon 10am Walk at the Track 10am Mahjong 11am Strength & Fitness 11am Feldenkrais 1pm Movie: <i>Sing 2</i></p>	<p>3 9am-11am Walk in the Gym 10am Yoga/Melenia Last Summer Lunch 11:30am Curbside Lunch Weston Senior Center 1:30pm Pickleball</p>	<p>4 10am Walk at the Track 10am Mahjong 10am Strength & Fitness 10am-12pm Drawing with Scissors w/Maj Kalfus 11am Pickleball</p>	<p>5 10am Yoga w/Gloria 10am Canasta 10am Drawing w/Dick 10am Open Art 11am Pickleball</p>
<p>8 10am Yoga w/Melenia 11am Qigong 11am Pickleball 11am Chair Aerobics 12pm Chess 12:30pm Pilates w/ Karen 1pm Drawing w/Chris 3pm Tips & Tricks w/Chris</p>	<p>9 9am Backgammon 10am Walk at the Track 10am Mahjong 10am-12pm Painting Realism w/Cindy Wagner 11am Feldenkrais 1pm Movie: <i>King Richard</i></p>	<p>10 9am Meet at Senior Center for Bus to Port Jefferson 10:30am Ferry No Lunch 10am Yoga/Melenia 1:30pm Pickleball</p>	<p>11 10am Walk at the Track 10am Mahjong 10am Strength & Fitness 10am-12pm Drawing with Scissors w/Maj Kalfus 11am Pickleball 3-4pm Summer in Japan Beyonder</p>	<p>12 10am Yoga w/Gloria 10am Canasta 10am Drawing w/Dick 10am Open Art 11am Bingo 11am Pickleball 11am Chair Aerobics w/Ruth</p>
<p>15 10am Open Craft/Knitting 10am Yoga w/Melenia 10:45am Ask a Nurse 11am Qigong 11am Pickleball 11am Chair Aerobics 12:30pm Pilates w/ Karen 12pm Chess 1pm Drawing w/Chris</p>	<p>16 9am Backgammon 10am Walk at the Track 10am Mahjong 10am-12pm Painting Realism w/Cindy Wagner 11am Feldenkrais 1pm Art Chat w/Chris 1pm Cargivers Support 1pm movie <i>Superintelligence</i></p>	<p>17 9am-11am Walk in the Gym 10am Yoga/Melenia No Lunch 1:30pm Pickleball</p>	<p>18 10am Walk at the Track 10am Mahjong 10am Strength & Fitness 10am-12pm Drawing with Scissors w/Maj Kalfus 11am Dance 11am Pickleball</p>	<p>19 10am Yoga w/Gloria 10am White House Butler w/Alan DeValerio 10am Canasta 10am Drawing w/Dick 10am Open Art 11am Pickleball 11am Chair Aerobics w/Ruth</p>
<p>22 10am Open Craft/Knitting 10am Yoga w/Melenia 11am Qigong 11am Pickleball 11am Chair Aerobics 12:30pm Pilates w/ Karen 1pm Drawing w/Chris 2pm Lisa A / Frida Kahlo</p>	<p>23 9am Backgammon 10am Walk at the Track 10am Mahjong 10am-12pm Painting Realism w/Cindy Wagner 11am Feldenkrais 1pm Movie: <i>Fatherhood</i></p>	<p>24 9am-11am Walk in the Gym 10am Yoga/Melenia No Lunch 1:30pm Pickleball</p>	<p>25 10am Walk at the Track 10am Mahjong 10am Strength & Fitness 10am-12pm Drawing with Scissors w/Maj Kalfus 11am Pickleball 11am Captain's Cove</p>	<p>26 10am Yoga w/Gloria 10am Canasta 10am Open Art 11am Bingo 11am Chair Aerobics w/Ruth 11am Pickleball</p>
<p>29 10am Open Craft/Knitting 10am Yoga w/Melenia 11am Qigong 11am Pickleball 11am Chair Aerobics w/Ruth 12:30pm Pilates w/ Karen 1pm Drawing w/Chris</p>	<p>30 10am Walk at the Track 9am Backgammon 10am Mahjong 11am Feldenkrais 11am Charcoal Drawing w/Lisa Arnold 1pm Movie: <i>Encanto</i></p>	<p>31 9am-11am Walk in the Gym 10am Yoga/Melenia No Lunch 1:30pm Pickleball</p>		