



# WESTON SENIOR ACTIVITIES CENTER

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

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

[www.westonseniorcenter.info](http://www.westonseniorcenter.info)

## Weston Senior Services and Resources

**Weston Senior Center**  
9 School Road  
[www.westonseniorcenter.info](http://www.westonseniorcenter.info)  
203-222-2608

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

**Center Staff:**  
Director: Wendy Petty  
Program Coordinator:  
Linda Gilmore  
Program Communications:  
Carla Jegen  
Asst: Angela Connaughton

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

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

**Weston Town Hall**  
[www.westonct.gov](http://www.westonct.gov)  
203-222-2500 Main  
203-222-2656

**Commission on Aging**  
Bruce Lorentzen, Chair  
Terry Castellano  
Mary Francois  
Francine Goldstein  
Don Gumaer  
Alison McElhone  
Richard Wolf

**The Friends of WSAC**  
This symbol indicates that  
an event is sponsored by the  
Friends of the Weston Senior  
Activities Center.



## March/April 2022

Welcome news: despite winter's occasional attempts to hang on, the Spring Equinox is right around the corner. On Sunday, March 20th, we will be getting an extra hour of daylight and soon the daffodils and other spring flowers will be cheering us up.

Headlining Senior Center news is that Carla Jegen will stay on and step into a new role as assistant program and communications coordinator. She will be at the Center on Mondays and be working remotely on our bi-monthly newsletter.

We also want you to know that we are happy to see more and more people coming through the doors as many of our classes have now moved back in-house. Masks are currently optional. While we will continue to offer a few of our classes remotely, we are eager to see you. If you don't subscribe already, sign up for our weekly updates to get the details on our full range of programs, including the when, where, and how presented.

Our popular curbside lunches will continue to be given out at the Norfield Church parking lot throughout March and April. You are welcome to stay and dine inside the hall, or bring a chair and set up outside on the nicer days. Otherwise, just drive through, stop to say hello and pick up your lunch "to go." It is always great to see you.

Wendy, Carla, Linda, Angela and Roy

## Jane Wright Wolf Art Exhibit and Sale

**April 1st through April 30st**

**Preview the collection March 24th - 31st at the Senior Center**

We are very excited to announce that Weston's nationally recognized artist Jane Wright Wolf will be exhibiting her work at the Weston Senior Activities Center. A special preview will take place from March 24th to March 31st. The public sale will run from April 1st until April 30th. Jane, a widely exhibited artist and a member of the prestigious Salamagundi Art Club in NYC, is graciously donating many pieces of her stunning art to sell, with all of the proceeds going to the Friends of the Weston Senior Activities Center. (All of the work will be priced without the usual 50% gallery commission). We hope you can come by!

*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.*

**Island of Integration****U.S. Army Women's Museum****Tuesday, March 15th, 1pm (Zoom)**

This presentation chronicles the desegregation of the Women's Army Corps from World War II to the beginning of the 1950's.

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

**Estate Planning and Elder Law****Attorney Denise Mortati****Wednesdays, March 9th-30th 2pm (at the Weston Senior Center and Zoom)**

Denise will discuss the following series of legal topics. See page 7 for topics.

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

(Please indicate if you will be coming to the senior center or on Zoom for the presentation).

**Harriet Tubman****Mark Albertson, Historian****Tuesday, March 29th, 11am (at the Weston Senior Center and Zoom)**

Harriet Tubman was known as the "Moses of her people". She was enslaved, escaped, and helped others gain their freedom. Tubman subsequently made thirteen missions to rescue approximately seventy enslaved people, including family and friends, using the Underground Railroad.

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

(Please indicate if you will be coming to the senior center or on Zoom for the presentation).

**Astronomy Presentations****With William Preinitz, Explorations Lectures****Twenty Images of the Hubble Space Telescope****Monday, April 18th, 1pm (Zoom)**

Freed of the dimming, diffraction, and scattering effects of the Earth's atmosphere, the Hubble has provided the greatest impetus to the progress of observational astronomy since Galileo peered through its first, long ago medieval predecessor. This presentation will examine 20 images produced the Hubble. They capture the light, both in the visual and near visual spectrums, of unimaginably distant objects. They reveal heretofore unobtainable information about our immediate space and the furthest reaches of our Universe. Join us for a unique art show of all creation!

**The Search for Earthlike Planets****Monday, April 25th, 1pm (Zoom)**

Once it was thought that Earthlike planets were exceedingly rare. Now we know they are somewhat more common than we thought. What we have also found that the structure of our Solar System is very, very unusual! Of the 6,000 planets in 4,800 solar systems not one looks anything like us. As we search for Earth 2.0 we have discovered many extraordinary planets and systems. This is a comprehensive look at these findings.

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

**Lucille Ball****Mark Albertson, Historian****Friday, April 29th, 1pm (at the Weston Senior Center and Zoom)**

"Lucy," known as the First Lady of Television comedy had also been a model, stage performer, film actress, radio personality, television star, and the first female owner and producer of a Hollywood Studio--Desilu Productions. Lucy left her mark as one of this Nation's for most entertainers. Both Lucy and Desi, together with Jackie Gleason, help to chart the direction of television situation comedies from 1953 on, as witnessed with "I Love Lucy" and "The Honeymooners." Lucy actually holds the record for the most appearances on the cover of the *TV Guide*, 39. Talk will include an explanation of her alleged affiliation with the Communist Party--USA.

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

(Please indicate if you will be coming to the senior center or on Zoom for the presentation).

**French Lessons**

(Beginners to Intermediate)

Sylvie Lobsenz, French Professor

Thursdays, March 10 — April 28, 3pm (Zoom)

\$80 for 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](mailto:lgilmore@westonct.gov).

**Gardens and Parks of New York**

**With Art and Susan Zuckerman**

Thursday, March 10th, 1pm (Zoom)

Not all of New York City is a concrete jungle. There is a lot of green space throughout the City, some of which are highly visible and others that remain hidden from view. During this presentation you will experience everything from the secrets of Central Park to the charming gardens of the East Village. You will hear anecdotes and stories about the building of these oases and the people associated with them. We will travel from Winston Churchill Park to the gardens atop Rockefeller Center to the medieval gardens of the Cloisters and cover many more along the way.

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

**Learning in Retirement Presentations**

**Stephen Sondheim & the American Musical Theater**  
Monday, March 21st, 10am

Yale professor Dr. Daniel Egan returns to LIR for a retrospective look at the life and career of Stephen Sondheim (1920-2021). Sondheim's work spans much of the last century of American Musical Theater, both as a composer/lyricist and as a Janus-faced artist looking forward, while never forgetting the origins of his art form.

Register by 3/17

**The High Line-Manhattan's Park In The Sky**

Tuesday, April 19th, 10am

The High Line, the 1.5 mile elevated linear park on Manhattan's West Side, has become New York City's most popular tourist attraction. Its hidden history is dramatic, involving its donor railroads; (represented for 13 years by our speaker), contending neighborhood alliances of tear-it-down developers and keep-it-up preservationists and celebrities; and strong city mayors with contrary visions for its future. Register by 4/15

To register for these programs, email Wendy: [wpwetty@westonct.gov](mailto:wpwetty@westonct.gov).

**Travel Programs (Zoom)**

**Adventures At Rosedal Park, Live Walking Tour Argentina**

**Beeyonder, Interactive Tours Around the World**

Wednesday, March 23rd, 3:30pm (Zoom)

Join us on this experience where you will see the best Sunday activity for Buenos Aires people. Roses, lakes, ducks and more! This experience is ideal for those who have an interest in nature and vegetation.

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

**Discover Edinburgh, Live Walking Tour, Scotland**

**Beeyonder, Interactive Tours Around the World**

Wednesday, April 27th, 10am (Zoom)

Walk down Edinburgh's famous Royal Mile and jump right into the heart of Scotland's fascinating history. Connecting Holyrood Palace, the Queen's official Scottish residence at the bottom to the spectacular Edinburgh Castle at the top. The Royal Mile is a series of streets through the beautiful and historic Old Town. Our expert guide will show you the best of Edinburgh while revealing the immense historic significance of the area, from the prehistoric period, through bronze age settlements to modern highlights. Learn about battles won and lost, kings and queens, poets and priests and the exciting moments of Scotland's past that connects them all.

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

**Trips**

**Colorblends House and Gardens Tour**

Thursday, April 21st, 11am

(meet at 10:15am at the Senior Center if you are taking the bus)

Stroll through an evolving display of color as snowdrops, crocuses, daffodils, tulips and other spring-flowering bulbs come into bloom. Design ideas and creative blends abound in this intimate garden, which is a collaboration between Bridgeport-based Colorblends Wholesale Flower bulbs and distinguished Dutch garden designer Jacqueline van der Kloet. Let us know if you are taking the bus or meeting there.

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

**Lunch at Wilton Pizza and Shopping Around Wilton Center**

Friday, April 29th, Meet at Senior Center 11am for the bus or meet at Wilton Pizza 11:30am if driving.

Please indicate at signup if you are taking the bus or driving

To register email Linda : [lgilmore@westonct.gov](mailto:lgilmore@westonct.gov) by April 27th

**Coming in May:**

**Bartlett Arboretum Greenhouse Tour**

Thursday, May 26th, 11am (meet 9:45am at Senior Center if you are taking the bus)

Our spectacular greenhouse is teeming with plant life! 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 house-plant to take home. Bring a lunch to enjoy after the tour!

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

**Please indicate if you are taking the bus or driving.**

**Spring Floral Arranging Class and Pizza Lunch**

Tuesday, April 26<sup>th</sup>, 11am  
\$10.00

Create your own spring floral arrangement followed by a pizza lunch! Bring clippers or scissors!  
All other supplies included!

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

**Botanical Drawing Class with Dick Rauh**

Fridays, March 25th, April 1, 8, (closed the 15th), 22, 29,  
May 6, 13, 20 10am-12pm  
\$32 for series of 8

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

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

**Art Lecture with Lisa Arnold**

**Gustav Klimt**

Monday, April 25th, 11am (Zoom)

Gustav Klimt was an Austrian symbolist painter and one of the most prominent members of the Vienna Secession movement. Klimt is noted for his paintings, murals, sketches, and other objects d'art. Klimt's primary subject was the female body.

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

**Highlights of the Bruce Museum**

**Native American Collection**

**Bruce Museum Docent**

Monday, April 11th, 11am (Zoom)

This program illustrates a new perspective on Native Nations as historical and contemporary societies, provides new information about the people who built the collection, and introduces now-known artists whose works have been silent for decades.

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

**Drawing with Chris Goldbach**

Mondays, March 14, 21, 28, April 4, 11, 18, 25  
1pm-2pm (Zoom) \$28 for series of 7

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

Discover how to look and then draw what you see.

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

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

**Art Chat with Chris Goldbach**

Tuesday, March 15 and April 19, 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, April 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

**Crafts with Linda**

Thursday, April 7th, 11am

Pinecone Birdfeeder with a Pizza Lunch

\$5.00, sign-up is required.

Make a pinecone birdfeeder using peanut butter and bird seeds. All supplies are included.

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

**Open Crafting**

Mondays, 10am-12pm

Bring your knitting, sewing, quilting, needlepoint, beading or other projects you are working on to this open craft group

**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](mailto:wpetty@westonct.gov)

For more information on TTFM, <https://ttmf.org/>

**Open Art**

Thursdays, 10am-12pm

Bring art 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: 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, \$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) (Continued students 4 classes, \$16, New to series 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.

**Strength & Fitness with Sandy: Tuesdays at 11am (in-house) 8 classes, \$32 series.** Utilizing balls, stretch bands and weights while sitting and standing, you will stretch and strengthen all muscle groups. Emphasis is on flexibility and balance. To register, email Wendy: [wpetty@westonct.gov](mailto:wpetty@westonct.gov).

**Feldenkrais with LeAnn: Tuesdays at 11am (Zoom) 8 classes, \$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 (Zoom) 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.

**Dance with Sandy: Thursdays at 11am (in-house) 5 classes, \$32 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) 8 classes, \$32 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 11am (except 4/14 and 4/21), 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](mailto:lgilmore@westonct.gov).

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

**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, March 11th, 25th  
April 8th, 22, 11am (In-House)  
Free, four card max per game.  
Prizes awarded.



**Brain Games and Lunch  
With Danielle Ramos  
Cambridge Health  
Friday, April 22nd, 12pm**

Back by popular demand! Danielle has some great brain teasers and games, which are always fun. Lunch is included! Space is limited, sign-up by April 19th.

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

**March 1st: 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.

**March 8th: 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 back on their 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.

**March 15th: 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.

**March 22nd: Miss Willoughby and the Haunted Bookshop, PG**

After being orphaned as a child, Elizabeth Willoughby was raised by Robert, a retired US Marine, on the estate she inherited from her parents. Robert gave her a thorough education in history, literature, combat and military strategy. Eventually, Elizabeth turned that education into a position teaching university-level classes about ancient civilizations.

**March 29th: Dune, PG-13**

Paul Atreides, a brilliant and gifted young man born into a great destiny beyond his understanding, must travel to the most dangerous planet in the universe to ensure the future of his family and his people. As malevolent forces explode into conflict over the planet's exclusive supply of the most precious resource in existence, only those who can conquer their own fear will survive.

**April 5th: Belfast, PG-13**

BELFAST is a movie straight from Branagh's own experience. A nine-year-old boy must chart a path towards adulthood through a world that has suddenly turned upside down. His stable and loving community and everything he thought he understood about life is changed forever but joy, laughter, music and the formative magic of the movies remain.

**April 12th: House of Gucci, R**

House of Gucci is inspired by the shocking true story of the family behind the Italian fashion empire. When Patrizia Reggiani (Lady Gaga), an outsider from humble beginnings, marries into the Gucci family, her unbridled ambition begins to unravel the family legacy and triggers a reckless spiral of betrayal, decadence, revenge, and ultimately... murder.

**April 19th: Don't Look Up, R**

Kate Dibiasky (Jennifer Lawrence), an astronomy grad student, and her professor Dr. Randall Mindy (Leonardo DiCaprio) make an astounding discovery of a comet orbiting within the solar system. The problem: it's on a direct collision course with Earth. The other problem? No one really seems to care. Turns out warning mankind about a planet-killer the size of Mount Everest is an inconvenient fact to navigate.

**April 26th: West Side Story, PG-13**

Love at first sight strikes when young Tony spots Maria at a high school dance in 1957 New York City. Their burgeoning romance helps to fuel the fire between the warring Jets and Sharks -- two rival gangs vying for control of the streets.

### Estate Planning and Elder Law with Attorney Denise Mortati

Wednesdays, March 9th-30th 2pm in-person (In-House or Zoom)  
Denise will discuss the following series of legal topics:

#### Last Will and Testament

March 9th, 2pm

Denise will discuss estate and asset distribution, including considerations in choosing an Executor, providing for family, and making sure your wishes are followed.

#### Durable Power of Attorney

March 16th, 2pm

Denise will discuss the appointment of a financial agent, and the various powers that can be granted.

#### Advanced Healthcare Directive

March 23rd, 2pm

Denise will discuss the appointment of a health care agent and conservator, as well as your end-of-life care instructions.

#### Living Trusts

March 30th, 2pm

Denise will discuss what can be used for the distribution of assets; when a trust can be useful, as well as the differences between having a Will and having a Trust.

To register email Linda: [lgilmore@westonct.gov](mailto:lgilmore@westonct.gov) (Please indicate if you will be coming to the senior center or on Zoom for the presentation).

Attorney Denise A. Mortati is licensed in the state of Connecticut, and specializes in:

–Estate planning, including the drafting and execution of wills, revocable and irrevocable trusts, advanced healthcare directives and powers of attorney; special needs planning; wealth preservation.

–Elder law issues, including Medicaid benefits, asset protection/spend down of assets, and the preparation of Title XIX applications; pooled trusts; guidance regarding elder care options.

--Probate matters, including decedents' estates, conservatorships and guardianships.

### Important information to know for planning ahead to Phase Out of 3G Network

Mobile carriers are shutting down their 3G networks, which rely on older technology, to make room for more advanced network services, including 5G. As a result, many older cell phones will be unable to make or receive calls and texts, including calls to 911, or use data services. This will affect 3G mobile phones and certain older 4G mobile phones that do not support Voice Over.

As early as January 1, 2022, though plans and timing to phase out 3G services will vary by company and may change. Consult your mobile provider's website or go into the provider's store for the most up-to-date information.

- **AT&T** announced that it will finish shutting down its 3G network by February 2022.
- **Verizon** announced that it will finish shutting down its 3G network by December 31, 2022.
- **T-Mobile** announced that it will finish shutting down Sprint's 3G CDMA network by March 31, 2022 and Sprint's 4G LTE network by June 30, 2022. It also
- announced it will shut down T-Mobile's 3G UMTS network by July 1, 2022, but has not yet announced a shutdown date for its 2G network.

If your mobile carrier is not listed here, you may still be affected. Many carriers, such as Cricket, Boost, Straight Talk, and several Lifeline mobile service providers, utilize AT&T's, Verizon's and T-Mobile's networks.

Contact your mobile provider or consult your provider's website for more information about their 3G retirement plan and whether your phone, or other connected device, may be affected. It is important to plan now so that you don't lose connectivity, including the ability to call 911.

### Weston Public Library

#### Virtual Art and Gallery Tour

with Riva Blumenfeld: Jasper Johns, March 10, 7pm (Zoom)

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

#### Our Founding Mothers: True Tales of New England Women

March 27, 3pm Hybrid Event (attend via Zoom or in person in the Community Room)

Listen, Westonites, and you shall hear vivacious storyteller, Monica Peterson, capture the bravery of three amazing women: Sybil Ludington, the teen-aged Paul Revere, Margaret Lamberton, wife of the captain of "The Ghost Ship of New Haven," and Hannah Handy, who rescued her son and other young children during the Revolutionary War. This event is co-sponsored with the League of Women Voters of Weston. Please register at [www.westonpubliclibrary.org](http://www.westonpubliclibrary.org).

#### Organizing your Home: Ten Key Steps

April 7, 6pm (Zoom)

Virtual program with Sandra Wheeler.

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

### Lachat Town Farm March and April Programs

<https://www.lachattownfarm.org/index.php#scrollevents>

Ice Fest: March 6th, 10am-12pm

International Women's Day Sweet Tea Party Delivery: March 8th,  
Delivery all day

Introduction to Backyard Chickens: March 27th, 9am-10am

Earth Day Celebration: April 23rd, 12pm-4pm

Stay tuned for program we are co-sponsoring with Lachat.

Second Annual Mother's Day Tea Party is in May!

Details to come!

**MEDICARE INFORMATION 2022 Medicare and You**

**My meds cost more now in 2022 than last year in 2021! WHY?**

Your plan may now have a deductible amount that must be paid before plan coverage begins.

- Your plan may have raised the co-pay of the drug tiers.
- Your plan may now have flat-rate co-payment for drug tiers.
- The retail price of a drug(s) may have increased.
- Your plan may have changed its formulary tier structure.
- Your plan may have moved the drug(s) to a higher tier.
- Your 2021 drug has been dropped from the 2022 formulary and you must pay full retail price.
- You purchase your meds at a pharmacy that is non-preferred or an out-of-network pharmacy

**Do all Medicare D plans place each med in the same drug tiers?**

**NO.** Plans can have different drug tier definitions and different tier numbers. Meds are not always placed in similar tiers plan to plan even by the same insurance company offering several plans.

**I did not enroll in a Medicare D plan when eligible, ( or I let my plan lapse for "X" years, or I forgot to tell the plan that I had creditable coverage prior to sign-up) how will my lifetime late-enrollment premium penalty be calculated?**

Medicare will calculate this fee and contact you by letter. There is a fee for every month that you have not been covered by Part D and should have. For example, if you never enrolled in Part D in 2006 and did in 2022 you would pay monthly 1% of the yearly annual base Part D premium which is \$33.19 x 192 months (from 1/2006). The penalty is \$60+ per month. Fees will fluctuate yearly based on average Part D premium. (To avoid paying a **lifetime penalty** a letter stating you had creditable coverage from the VA/employer/or other source is need.)

Want to discuss Medicare issues? Half hour virtual and face-to-face appointments are available.. **MAKE AN APPOINTMENT BY CALLING WESTON SENIOR CENTER. Dial (203) 222 - 2608. NO WALK-INS. Never a fee! See you at the center!**

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

**Weston Historical Society**

**(203) 226-1804, [www.westonhistoricalsociety.org](http://www.westonhistoricalsociety.org)**

**Jewelry Appraisal and Consignment with Rago**  
**Tuesday, March 8th, 10am-5pm by appointment,**  
**At the Historical Society**

After a highly successful jewelry appraisal day at the Weston Historical Society in February, Rago, a leading auction house featured on PBS' The Antiques Road Show, returns by popular demand to at the Weston Historical Society, 104 Weston Road in Weston, CT. Appointments required, no walk-ins please. RSVP to Robin Daum from Rago at [robin@ragoarts.com](mailto:robin@ragoarts.com) or call 609-460-3619. Please note that Rago is scheduling appointments, not the historical society.

**Weston Historical Society**

**Author Talk and Book Signing**

**"The Triumph of Tanaquil Le Clercq, Balanchine Ballerina"**  
with Orel Protopopescu, author of Dancing Past the Light: The Life of Tanaquil Le Clercq

**Saturday, March 26, 3pm, At the Weston Library**

**In honor of Women's History Month, the Friends of the Weston Public Library, the League of Women Voters of Weston, and the Weston Historical Society** are partnering to host the lecture, "The Triumph of Tanaquil Le Clercq, Balanchine Ballerina", with author Orel Protopopescu Protopopescu will be signing copies of her new biography, Dancing Past the Light: The Life of Tanaquil Le Clercq (University Press of Florida, 2021), which will be for sale at the event.

The event is free, but registration is required. Register at: <https://bit.ly/3BPseoQ> via the Weston Public Library. The lecture takes place in person however it will also be live streamed for those who can't attend in person. A live stream link will be emailed out to all registrants.

**Caregivers Support Group**

With Allison Lisbon, LMSW, Director of Weston Social Services

**Tuesdays, March 15th and April 19th, 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

**Weston Department of Social Services**

Allison Lisbon, MSW, LCSW, Director of Social Services

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

203.222.2663

Rose Cruz, Assistant

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

203.222.2556

**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

**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.



**Each meal is \$5 and must be ordered by Monday at noon for that week's lunch.**

Checks payable to: Friends of the Weston Senior Activities Center (or Friends of WSAC)

Let us know which lunches you will be attending (indicating your choice when offered).

**All lunches at Norfield Church**

**March 2nd (Make Choice)**

Curbside Lunch - Toozy Patza

Eggplant or Chicken Parmesan with Salad, Served Warm

**March 9th**

Curbside Lunch - Village Market

Chicken Noodle Casserole with Salad, Lemon Bar, Served Cold

**March 16th**

Curbside Lunch - Village Market

Shepherd's Pie with Salad, Dessert, Served Cold

**March 23rd**

Curbside Lunch - Calise's Market and Deli

Beef Stroganoff with Salad, Served Warm

**March 30th**

Curbside Lunch - Village Market

Vegetable Lasagna with Salad, Dessert, Served Cold

**April 6th**

Curbside Lunch - Calise's Market and Deli

Chicken Pot Pie, Served Cold

**April 13th**

Curbside Lunch - Village Market

Chicken Francese with Salad, Chocolate Chip Cookie, Served Cold

**April 20th (Make Choice)**

Curbside Lunch - Toozy Patza

Choice between Sicilian Stromboli (eggplant, spinach, mozzarella and pesto)

or Meatball & Pepperoni Stromboli with Salad, Served Warm

**April 27th**

Curbside Lunch - Calise's Market and Deli

Penne Pasta with Grilled Chicken and Salad, Served Warm



## Friends of the Weston Senior Activities Center



We would like to take this opportunity to thank everyone who donated last week on Fairfield County Giving Day! Between the online donations and those made directly to the Friends on Giving Day, we raised over \$4,500! Thank you for your support.

If you would like to learn more about the Friends or become involved in upcoming events, please reach out!

Diana Heisinger, President, Friends of WSAC

## Pickleball



If you would like to reserve the Pickleball court in the gym, please give us a call (203) 222-2608.

Or drop in on Mondays and Thursdays at 11am to watch or play. They are always happy to welcome newcomers.

## Dial-A-Ride Transportation

203-222-2576

(48 Hour Notice Required)

Dial-A-Ride is a town service that provides car and van transportation for Weston seniors (age 60 and above) and disabled individuals. The Dial-A-Ride vehicle will pick up and return residents to and from their home.

The service is used primarily for transportation to medical appointments (includes dentist and therapy), in the towns of Westport, Norwalk, Georgetown and Wilton.

Hours are from 9:00am to 4:30pm Monday through Friday and the last appointment time for a ride is at 3:30pm.

There is a 48 hour notice required for appointments Tuesday through Friday (by 4:30pm). Appointments for Monday must be made before 4:30pm on Friday.

Please note - DIAL A RIDE is only available to Weston Residents.

**Please Call 203-222-2576 to schedule your appointments.**





# March 2022

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

<p>National Women's History Month</p>	<p>1 9am Backgammon 10am Mahjong 11am Strength &amp; Fitness 11am Feldenkrais 1pm Movie: <i>Dear Evan Hansen</i></p>	<p>2 9am-11am Walk in the Gym 11:30am Curbside Lunch Norfield 1:30pm Pickleball</p>	<p>3 10am Mahjong 10am Open Art 10am Strength &amp; Fitness 11am Dance 11am Pickleball 3pm French (Make up class)</p>	<p>4 10am Yoga w/Gloria 10am Canasta 11am Pickleball</p>
<p>7 9:30am Commission Mtg 9am Tax Consultations 10am Open Craft/Knitting 10am Yoga w/Melania 11am Qigong 11am Pickleball 12pm Chess</p>	<p>8 9am Backgammon 10am Mahjong 11am Strength &amp; Fitness 11am Feldenkrais 1pm Movie: <i>Cry Macho</i></p>	<p>9 9am-11am Walk in the Gym 11:30am Curbside Lunch Norfield 1:30pm Pickleball 2pm Last Will &amp; Testament with Denise</p>	<p>10 10am Mahjong 10am Open Art 10am Strength &amp; Fitness 11am Dance 11am Pickleball 1pm Gardens &amp; Parks of New York City 3pm French (Beginning New Series)</p>	<p>11 10am Yoga w/Gloria 10am Canasta 11am Bingo 11am Pickleball</p>
<p>14 9am Tax Consultations 10am Open Craft/Knitting 10am Yoga w/Melania 11am Qigong 11am Pickleball 12pm Chess 1pm Drawing w/Chris</p>	<p>15 9am Backgammon 10am Mahjong No Strength &amp; Fitness 11am Feldenkrais 1pm Caregivers Support 1pm Art Chat w/Chris 1pm US Army Women's Museum 1pm Movie: <i>The Girl Who Believes in Miracles</i></p>	<p>16 9am-11am Walk in the Gym 11:30am Curbside Lunch Norfield 1:30pm Pickleball 2pm Durable Power of Attorney with Denise</p>	<p>17 10am Mahjong 10am Open Art No Strength &amp; Fitness No Dance 11am Pickleball 3pm French <i>Happy St. Patrick' Day!</i> </p>	<p>18 10am Yoga w/Gloria 10am Canasta 11am Pickleball</p>
<p>21 10am Open Craft/Knitting 10am Yoga w/Melania 10am LIR—Stephen Sondheim &amp; American Musical Theater 11am Qigong 11am Pickleball 12pm Chess 1pm Drawing w/Chris</p>	<p>22 9am Backgammon 10am Mahjong 11am Strength &amp; Fitness 11am Feldenkrais 1pm Movie: <i>Miss Willoughby &amp; the Haunted Bookshop</i></p>	<p>23 11:30am Curbside Lunch Norfield 1:30pm Pickleball 2pm Healthcare Directives with Denise 3:30pm Tour of Rosdal Park, Argentina Beeyonder Tour</p>	<p>24 10am Mahjong 10am Open Art 10am Strength &amp; Fitness 11am Dance 11am Pickleball 3pm French</p>	<p>25 10am Yoga w/Gloria 10am Canasta 10am Drawing w/Dick 11am Bingo 11am Pickleball</p>
<p>28 10am Open Craft/Knitting 10am Yoga w/Melania 11am Qigong 11am Pickleball 12pm Chess 1pm Drawing w/Chris</p>	<p>29 9am Backgammon 10am Mahjong 11am Strength &amp; Fitness 11am Feldenkrais 11am Harriet Tubman with Mark Albertson 1pm Movie: <i>Dune</i></p>	<p>30 9am-11am Walk in the Gym 11:30am Curbside Lunch Norfield 1:30pm Pickleball 2pm Living Trusts with Denise</p>	<p>31 10am Mahjong 10am Open Art 10am Strength &amp; Fitness 11am Dance 11am Pickleball 3pm French</p>	



# April 2022

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

<p>Artist Jane Wright Wolf: Exhibit and Art Sale</p>				<p>10am Yoga w/Gloria 10am Canasta 10am Drawing w/Dick 10am Open Art 11am Pickleball</p>
<p>4 9am Commission on Aging 10am Yoga w/Melenia 11am Qigong 11am Pickleball 11am Chair Aerobics 12pm Chess 1pm Drawing w/Chris 3pm Tips &amp; Tricks w/Chris</p>	<p>5 9am Backgammon 10am Mahjong 11am Strength &amp; Fitness 11am Feldenkrais 1pm Movie: <i>Belfast</i></p>	<p>6 9am-11am Walk in the Gym 11:30am Curbside Lunch Norfield 1:30pm Pickleball</p>	<p>7 10am Mahjong 10am Strength &amp; Fitness 11am Dance 11am Pickleball 11am Pinecone Birdfeeder w/Linda 3pm French</p>	<p>8 10am Yoga w/Gloria 10am Canasta 10am Drawing w/Dick 10am Open Art 11am Bingo 11am Pickleball</p>
<p>11 10am Open Craft/Knitting 10am Yoga w/Melenia 11am Qigong 11am Pickleball 11am Chair Aerobics 11am Bruce Museum 12pm Chess 1pm Drawing w/Chris</p>	<p>12 9am Backgammon 10am Mahjong 11am Strength &amp; Fitness 11am Feldenkrais 1pm Movie: <i>House of Gucci</i></p>	<p>13 9am-11am Walk in the Gym 11:30am Curbside Lunch Norfield 1:30pm Pickleball</p>	<p>14 10am Mahjong 10am Strength &amp; Fitness 11am Dance 11am Pickleball 3pm French</p>	<p>15 <b>CLOSED</b> <b>GOOD FRIDAY</b></p>
<p>18 10am Open Craft/Knitting 10am Yoga w/Melenia 11am Qigong 11am Pickleball 11am Chair Aerobics 12pm Chess 1pm Drawing w/Chris 1pm Twenty Images Hubble w/Bill Preinitz</p>	<p>19 9am Backgammon 10am Mahjong 9am The Highline Manhattan's Park in the Sky 11am Strength &amp; Fitness 11am Feldenkrais 1pm Caregivers Support 1pm Art Chat w/Chris 1pm Movie: <i>Don't Look Up</i></p>	<p>20 9am-11am Walk in the Gym 11:30am Curbside Lunch Norfield 1:30pm Pickleball</p>	<p>21 10am Mahjong 10am Strength &amp; Fitness 11am Dance 11am Pickleball 11am Colorblends House 3pm French</p>	<p>22 10am Yoga w/Gloria 10am Canasta 10am Drawing w/Dick 10am Open Art 11am Bingo 11am Pickleball 12pm Brain Games and Lunch</p>
<p>25 10am Open Craft/Knitting 10am Yoga w/Melenia 11am Qigong 11am Pickleball 11am Chair Aerobics 11am <i>Gustav Klimpt</i> with Lisa Arnold 1pm Drawing w/Chris 1pm Search for Earthlike Planets with Bill Preinitz</p>	<p>26 9am Backgammon 10am Mahjong 11am Strength &amp; Fitness 11am Feldenkrais 1pm Movie: <i>West Side Story</i></p>	<p>27 9am-11am Walk in the Gym 10am Tour of Edinburgh Beeyonder Tour 11:30am Curbside Lunch Norfield 1:30pm Pickleball</p>	<p>28 10am Mahjong 10am Strength &amp; Fitness 11am Dance 11am Pickleball 3pm French</p>	<p>29 10am Yoga w/Gloria 10am Canasta 10am Drawing w/Dick 10am Open Art 11am Pickleball 11:30am Wilton Pizza 1pm <i>Lucille Ball</i> with Mark Albertson</p>