



# 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  
(24-hour notice required)

### Dept. of Social Services

203-222-2663  
Director: Allison Lisbon  
Assistant: Rose Cruz

### Weston Town Hall

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

### Commission on Aging

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

### The Friends of WSAC

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



## May/June 2022

Greetings,

We hope you are enjoying this beautiful time of year!

We would like to start by thanking the artist Jane Wright Wolf for her incredible generosity in donating all the proceeds from her exhibit to our Center. Not only was it wonderful to see so many people enjoying her work, but we raised approximately \$12,000 from the sale. We are grateful to all of the people who supported the show and Jane is thrilled that some of her work is in new homes for others to enjoy!

In June we begin our Summer lunch and entertainment schedule. Some of the details are inside this newsletter, but please stay tuned for the full schedule of events. We will be beginning at Norfield Church and then moving to the Senior Center when school is not in session. This way we can spread out and enjoy the back patio and other areas by the Center. Before all of this begins, St. Francis Church has graciously invited us to have lunch in their Parish Hall. More details are inside the newsletter, and we do hope you will join us!

Next up on the Friends' agenda is the annual Weston Flea. The dates are set for Saturday, September 10<sup>th</sup>, with a rain date of September 11<sup>th</sup>. It's time to sign up, so don't wait if you plan on having a spot. Call the Senior Center (203) 222-2608 for information and to make a reservation.

Alert: We have new procedures in place for Weston Dial-a-Ride. Please see the details below.

We are so happy to be seeing you all again.

Best,

Wendy, Carla, Linda, Angela, and Roy

## New Dial-a-Ride Appointment Procedures

Appointments are made by calling 203-222-2576 ONLY. (48 hours in advance)  
No appointments are made over the weekend, so anyone who needs a Monday appointment should call by Thursday. **Roy will call you back to confirm scheduling.**

**When leaving a message for your requested appointment, please include the following:**

Name, address, phone, and requested pick up time, along with the address/location of destination, and approximate return time.

In case of an emergency appointment, call the Senior Center the day before at 202-222-2576. For cancellations, please leave a message on 203-222-2576 OR for same day cancellations, please call the Senior Center 203-222-2608.

*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**

### **With Bill Preinitz, Explorations, LLC**

#### **Presentation #1 Monday, May 2nd, 1pm-3pm: Twenty Images of the Hubble Space Telescope**

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 it's first, long ago medieval predecessor. This presentation will examine 20 images produced by the Hubble. They capture the light, both in the visual and near visual spectrums, of unimaginably distant objects.

#### **Presentation #2 Monday, May 9th, 1pm-3pm: Drakes Equation – Estimating the Probabilities of Alien Life**

The Drake Equation was designed to stimulate thought and discussion on the probability that whether the occurrences of life, and particularly intelligent life should be considered either a rare or common occurrence. It employs a series of terms, each of which relates to events in a proposed series of events, that, if successful, should culminate in the creation of advanced, technological, star faring civilizations.

#### **Presentation #3 Monday, May 16th, 1pm-3pm: Our Milky Way Galaxy**

Almost everyone knows that our galaxy is named the Milky Way. Although much is known about our home island, astronomers are uncovering many previously unknown features and behaviors. One of the latest of these is that the Milky Way may be as much as 100% larger than we had previously thought. It is also now thought that we are on an unavoidable collision path with our closest companion galaxy, the Andromeda galaxy! Discover all this and more as we discuss the Milky Way, a surprising, challenging, and vital home, of our home, the Earth.

#### **Presentation #4 Monday, May 23rd, 1pm-3pm: Fermi's Paradox An Overview – Where Are All Drake's Aliens?**

Fermi's Paradox, in contrast to the optimistic viewpoint of the original Drake Equation, asks the question, "Where are all these aliens?". It then proposes a series of 10 immediate explanations as to why we have been unable to detect advanced alien civilizations. Simple as they are these explanations run a gauntlet from the existential to the humorous to the downright terrifying.

#### **Presentation #5 Tuesday, May 31st, 1pm-3pm: The Search for Earthlike Planets**

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 is 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.

#### **Presentation #6 Monday, June 6th, 1pm-3pm: Fermi's Solutions Part 1 - The Rare Earth Solution**

The Fermi Paradox asks the question "With the almost unimaginable number of worlds in the Milky Way, why have we never detected or been visited by a star faring alien race? Where are the aliens?" The 2<sup>nd</sup> presentation of this series delves into the above question by examining the specific characteristics of our planet, the Earth. What characteristics and circumstances stimulated the rise of such a diverse plethora of life. From that life arose the only intelligent technological organisms Humans. This is an exhaustive list of those features and accidents that shaped us.

#### **Presentation #7 Monday, June 13th, 1pm-3pm: Supernovas – Engines of Creation**

Supernovas are the spectacular explosions that occur as a star of certain size gravitationally collapses, falling in on itself. Pressures are so extreme that small atoms are fused into larger ones! The production of heavier and heavier elements is initiated. First carbon, then neon, oxygen, silicon, on upwards in size to iron are formed in great quantities. Every atom, other than hydrogen and helium was formed in this manner. This includes those heavy atoms essential to life. We are, each of us, the children of the supernova.

#### **Presentation #8 Tuesday, June 21st, 1pm-3pm: Fermi's Solution Part 2 - The Major Filters Solution**

This is the 3<sup>rd</sup> in the Fermi's Paradox series. In this lecture we will look at Great Filters, events and processes that serve to constrain the development of ANY star-faring species. These Great Filters, and others that we are unaware of may well be the core causation of the apparent lack of alien contacts. Our ambitious amphibian is about to experiment with living on Land for the first time! We know he passed the test or I would not be typing this.

#### **Presentation #9 Monday, June 27th, 1pm-3pm: The Challenge of Interstellar Travel**

The universe is a big place, even at the speed of light; how will humans traverse this last and most challenging frontier? To journey to even our closest stellar neighbors is impossible with the existing technologies. In addition, humans are short lived, fragile, and contentious lifeforms. How to maintain an internal atmosphere, potable water, and artificial gravity will be challenging in and of itself.

#### **Coming in July:**

Fermi's Solutions Part 3 - "If We Had World Enough, and Time" The Andrew Marvell Solution

The Strange Astronomy of Black Holes

Fermi's Solutions Part 4 - The Great Silence Solutions

Visitors! The Story of Asteroids and Meteors

### French Lessons

(Beginners to Intermediate)

Sylvie Lobsenz, French Professor

Thursdays, May 12 — June 30, 3pm

(Zoom)

\$70 for 7 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).

### Travel Programs (Zoom)

#### Athens Walk

#### Beyond, Interactive Tours Around the World

Tuesday, May 3rd, 10am-11am

What makes Athens so unique as a city, and why are people so "friendly"? Greek hospitality is known to all of us, not only in the smaller cities and islands but in Athens too. We will e-meet at one of my favorite sites, where modern life meets the ancient, and where ambience flirts with the bohemian.

We will walk on the oldest street of Athens called Tripodon, located in the famous Plaka area, see some amazing sites of the past, and marvel the sacred rock of Acropolis from afar.

Let us show you the best of Athens, and find out a little more about the Ancient Greeks' daily routine and compare it with a day in the life of a contemporary Athenian.

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

#### A Walk Through Zadar, Croatia

#### Beyond, Interactive Tours Around the World

Wednesday, June 15th, 10:30-11:30am

Zadar is a city where ancient architecture and modern art combine. Join us on a walk through beautiful Zadar and get to know it's history which spans 3,000 years! Our guide will show you some of the best sites: 5 Wells Square, Remains of ancient Gates and ancient city walls which are a 16th century UNESCO protected site, Church of St. Simon, Kalelarga main street, Cathedral of St. Anastasia, Ancient forum and the Sea Organ.

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

### Oral Care Strategies to Promote Mouth and Total Body Wellness

With Marcia H. Lorentzen, RDH, MEd, EdD

Friday, May 20th, 1pm, (In-House and Zoom)

This session will cover the basics of oral health care that we have known and practiced since childhood, and create a "reboot" of these procedures. Proper oral hygiene is linked with the body's natural defenses. Inadequate oral care leads to oral infections, sensitive teeth, tooth decay, and gum disease. Science has also shown that lack of good oral care can complicate systemic health, and that many common and prescribed medications disrupt the health of the mouth. The goal of this session is to unravel confusing messages that link oral health with total body wellness.

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

### Art Gottlieb Lectures

#### St. Patrick's Cathedral

Art Gottlieb, LCSW, SCA

Monday, May 23rd, 1pm (In-House and on Zoom)

A mid-Manhattan landmark and seat of the archbishop of the Roman Catholic Archdiocese of New York, St. Patrick's Cathedral is located directly across the street from Rockefeller Center, its twin Neo-Gothic spires rising to a soaring height of over 325 feet above 5<sup>th</sup> Avenue.

#### The Cloisters

Art Gottlieb, LCSW, CSA

Monday, June 27th, 1pm (In-House and on Zoom)

The Cloisters were excavated from French monasteries in the 1930's and reconstructed on their present site in the Washington Heights section of upper Manhattan. This Romanesque and Gothic style landmark is part of the Metropolitan Museum of Art, and now serves as a museum of European architecture and sculpture.

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

### Bartlett Arboretum Greenhouse Tour

Thursday, May 26th, 11am

(meet 9:45am at Senior Center if you are taking the bus) \$5, includes a potted plant.

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 houseplant 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.

### Drawing with Chris Goldbach

**Mondays, May 16, 23, June 13, 27, 1pm-2pm (Zoom)**  
**\$16 for series of 4**

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, May 17 and June 21, 1pm (Zoom)**  
**No Fee**

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, May 2 and June 6, 3pm (Zoom)**  
**No Fee**

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

Passcode: z

### Botanical Drawing Class with Dick Rauh

**Fridays, (Continuing Series May 6, 13, 20)**  
**New Series: May 27, June 3, 10, 17, 24, 10am-12pm**  
**\$20 for series of 5 (Zoom)**

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).

### Painting Realism With Cindy Wagner

**Tuesdays May 3, 10, 17, 24, 31, June 7, 14, 21, 10am-12pm**  
**\$32 for a series of 8**  
**(In-House)**

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

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

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

### Sumi-e The Art Of Japanese Brush Painting

**Thursdays, May 12, 19, 26, June 2, 10am-12pm**  
**\$16 for a series of 4 (In-House)**

It is a technique that began in China (during the Sung Dynasty 960-1274) and was assimilated by the Japanese in the 14th century with the help of Zen Buddhist monks. It has its roots in Chinese calligraphy. The art of brush painting aims to depict the spirit rather than the semblance of the object through the simplicity of the minimalist brush strokes.

Details of what will be learned: Each week students will learn the specific brush strokes necessary to execute "The Four Gentlemen" of Sumi-e in ink and brush. We will also explore the use of pastels using Sumi-e strokes.

Week 1 - Introduction and ORCHID – Spring

Week 2 – BAMBOO - Summer

Week 3 - PLUM BLOSSOM - Winter

Week 4 - CHRYSANTHEMUM - Autumn



Students will learn about the unique materials used in Sumi-e: they will learn how to make ink, learn about rice paper, learn about specific brushes and learn how to use the ink in a monochromatic manner. I will bring many supplies the first week as the students will not be familiar with some of them.

Students can bring: one small newsprint pad, a small bottle of India Ink, a small set of soft pastels, a 7 or 10 well sectional dish/palette and a small jar for water. Students should wear an apron or covering as ink can stain.

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

## Join Us For lunch and a Free Ice Cream Bar

Skips Good Humor Truck  
Wednesday, June 29th  
11:30am-12pm



Sponsored By:  
**Collaborative Home Care**  
[collaborativehomecare.com](http://collaborativehomecare.com)



## May/June Art Exhibit

Patricia Morris

Artist Statement:

Although I have always enjoyed growing and tending to plants and flowers, my passion for drawing and painting botanicals was ignited after attending a workshop whilst visiting friends and family in my homeland the UK. Finding interesting classes and instructors to work with became a ritual of my frequent visits for some years to follow.



I was also fortunate to discover classes to attend at the New York Botanical Gardens and in recent years have been able to attend the virtual classes held by our own wonderful artist and teacher Dick Rauh.

## The Downsized Gourmet

Paul and Susan Doyle

Mondays, May 16th and June 20th, 3pm (Zoom)

It can be hard to cook for one or two. Susan and Paul Doyle of Oasis Senior Advisors bring you a cooking demo via Zoom to solve the problem of how to enjoy cooking on a smaller scale during and after the pandemic. Learn to prepare easy and tasty treats from the comfort of your own home. All are welcome. Recipes provided to participants after the program.

Join Zoom Meeting:

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

Meeting ID: 889 1355 2335

## Plant an Herb Garden

Followed by a Pizza Lunch

Friday, June 17th, 11am (In-House)

**\$10.00 class fee includes soil, plants  
and pizza lunch**

Bring a large enough pot to hold 3 herb plants with room to grow. We will provide the soil and plants. Pizza lunch will follow the class.

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 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: [wpety@westonct.gov](mailto:wpety@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!**

## SWCAA Poetry Contest Winner

*Rosita Hill of The Weston Senior Center*

### Coffee Spoons

Slatted rays slide across the floorboards towards me.  
Marking time for a mental shake from contemplating lives  
Measured in coffee spoons.

The day stretches out in a warming caress beckoning  
With possibilities  
No mask to don and rush into the routing of work,  
The monotony of familiar chores broken up by minor  
happenings.

Sometimes the ticking clock beats in time with my heart  
As if calling me to give myself more coffee spoons to stir.  
Something that rebelled the day I read that poem in class  
Contradicts.

Calls me instead to ponder the possibilities of choice.

Towards a friend to adventure with, or  
A friend yet unfound in a seldom travelled scene.  
Maybe toward imaginings in art—the scope so vast.  
Or a more humble adventure in the ordinary,  
Become extraordinary through choosing.

Perhaps I will decide between two bunches of cherries at  
the market.

I once craved this freedom to do as I wish.  
Some days the burden of choosing weighs like a coffin.  
Those days the adverts in AARP are cringe worthy.  
Whoever first said be careful what you wish for -  
Words fail me.

But on the days when coffee spoon delight - well on  
Those days I rejoice At being unfettered by way slavery.  
And with daylight I begin the adventure anew.

**By: Rosita Hill**



**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) 6 classes, \$24 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)** . A gentle Heart centered Yoga class offering a safe, mindful, grounding and playful practice for all Beings. No experience necessary. Yoga is an inquiry of our experience of being alive, breath by breath, a true coming back home "OM" to ourselves through the integration of meditation, breathing, gentle movement and stretching, adapting to all bodies and abilities. When our Hearts are open, the possibilities are endless.... !

**Yoga with Melania: Wednesdays at 10am (in-house), 9 classes, \$36 series.** A gentle Heart centered Yoga class offering a safe, mindful, grounding and playful practice for all Beings. No experience necessary. Yoga is an inquiry of our experience of being alive, breath by breath, a true coming back home "OM" to ourselves through the integration of meditation, breathing, gentle movement and stretching, adapting to all bodies and abilities. When our Hearts are open, the possibilities are endless.... !

**Strength & Fitness with Sandy: Tuesdays at 11am (in-house) No class 1st week of May, 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) 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 (Zoom) No class 1st week of May, 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) No class 1st week of May, 8 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) 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!

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

We have a new treadmill available to use by appointment.

**Walking Club with Linda Tuesdays and Thursday at 11am**

Meet at the Weston High School Track

We meet every Tuesday and Thursday at the Weston High School track and walk 4 laps (a mile) as long as the weather is nice.

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

**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, May 13th & 27th  
June 10th & 24th , 11am (In-House)**



**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 start at 12:30pm****Reservations are required, space is limited, masks optional but encouraged.****Call the Senior Center to sign up (203) 222-2608.****May 3rd: Being the Ricardos, R**

Lucille Ball (Nicole Kidman) and Desi Arnaz (Javier Bardem) are threatened by shocking personal accusations, a political smear and cultural taboos in Academy Award (R)-winning writer and director Aaron Sorkin's behind-the-scenes drama Being the Ricardos. A revealing glimpse of the couple's complex romantic and professional relationship, the film takes audiences into the writers' room, onto the soundstage and behind closed doors with Ball and Arnaz during one critical production week of their groundbreaking sitcom "I Love Lucy."

**May 10th: Mass, PG-13**

Years after an unspeakable tragedy tore their lives apart, two sets of parents (Jason Isaacs and Martha Plimpton, Reed Birney and Ann Dowd) agree to talk privately in an attempt to move forward. In Fran Kranz' writing and directing debut, he thoughtfully examines their journey of grief, anger and acceptance by coming face-to-face with the ones who have been left behind.

**May 17th: Knives Out, PG-13**

The circumstances surrounding the death of crime novelist Harlan Thrombey are mysterious, but there's one thing that renowned Detective Benoit Blanc knows for sure -- everyone in the wildly dysfunctional Thrombey family is a suspect. Now, Blanc must sift through a web of lies and red herrings to uncover the truth.

**May 24th: MLK/FBI, Documentary**

Dr. Martin Luther King Jr. is remembered today as an American hero: a bridge-builder, a shrewd political tactician, and a moral leader. Yet throughout his history-altering political career, he was often treated by U.S. intelligence and law enforcement agencies like an enemy of the state. In this virtuosic documentary, award-winning editor and director Sam Pollard (Editor, 4 LITTLE GIRLS, MO' BETTER BLUES; Director/Producer, EYEZ ON THE PRIZE, SAMMY DAVIS, JR.: I'VE GOTTA BE ME) lays out a detailed account of the FBI surveillance that dogged King's activism throughout the '50s and '60s, fueled by the racist and red-baiting paranoia of J. Edgar Hoover. In crafting a rich archival tapestry, featuring some revelatory restored footage of King, Pollard urges us to remember that true American progress is always hard-won.

**May 31st: The Tender Bar, R**

The Tender Bar tells the story of J.R. (Tye Sheridan), a fatherless boy growing up in the glow of a bar where the bartender, his Uncle Charlie (Ben Affleck), is the sharpest and most colorful of an assortment of quirky and demonstrative father figures. As the boy's determined mother (Lily Rabe) struggles to provide her son with opportunities denied to her -- and leave the dilapidated home of her outrageous if begrudgingly supportive father (Christopher Lloyd) -- J.R. begins to gamely, if not always gracefully, pursue his romantic and professional dreams -- with one foot persistently placed in Uncle Charlie's bar. The Tender Bar is based on the best-selling memoir of the same name by J.R. Moehringer.

**June 7th: Road to the Lemon Grove**

A traditional Sicilian father tries to make his way into heaven by plotting one last outrageous mission for his reluctant son.

**June 14th: The Secret (Dare to Dream), PG**

Miranda Wells is a hardworking young widow who's struggling to raise three children on her own. A powerful storm soon brings a devastating challenge and a mysterious man, Bray Johnson, into her life. In just a few short days, Bray's presence reignites the family's spirit -- but he carries a secret that could change everything.

**June 21st: Dog, PG**

DOG is a buddy comedy that follows the misadventures of two former Army Rangers paired against their will on the road trip of a lifetime. Army Ranger Briggs (Channing Tatum) and Lulu (a Belgian Malinois dog) buckle into a 1984 Ford Bronco and race down the Pacific Coast in hopes of making it to a fellow soldier's funeral on time. Along the way, they'll drive each other completely crazy, break a small handful of laws, narrowly evade death, and learn to let down their guards in order to have a fighting chance of finding happiness.

**June 28th: June Again**

In the heartfelt comedy JUNE AGAIN, a twist of fate gives family matriarch June (Noni Hazlehurst) a reprieve from a debilitating illness. Much to their amazement, June re-enters the lives of her adult children, Ginny (Claudia Karvan) and Devon (Stephen Curry), and learns that 'things haven't gone according to plan'. With limited time but plenty of pluck, she sets about trying to put everything, and everyone, back on track. When her meddling backfires, June sets out on a romantic journey of her own and discovers she needs help from the very people she was trying to rescue.

**Weston Public Library**

(203) 222-2665

**Friends of the Library****Shredding and Computer Recycling Fundraiser**

Hurlbutt School Bus Loop

May 7th, 10am – 1pm

**Virtual Art and Gallery Tour****Riva Blumenfeld, Topic TBD**

May 12th, 12pm (Zoom)

**All CT Reads:****Cookbook Club****Recipes from Ghana**

May 19th, 12pm

**Weston Reads:****The Island of Sea Women by Lisa See**

May 25th, 7pm

**Virtual Art and Gallery Tour****Riva Blumenfeld, Topic TBD**

June 9th, 7pm (Zoom)

**All CT Reads: Non Fiction Book Discussion****The Good Immigrant: 26 Writers Reflect On America**

June 16th, 11am

**Weston Reads:****There by Tommy Orange**

June 22th, 7pm

Please register at: [www.westonpubliclibrary.org](http://www.westonpubliclibrary.org)**Spring Tea Party at Latchat****A Special Event for our Senior Center****Wednesday, May 4th, 1pm****Sign-up Required (203) 222-2608****Spring Tea at the Farm**Lachat Town Farm and the Weston Senior Center  
Extend a special invitation to members of the senior

Community for an Afternoon Tea Party on

Wednesday, May 4th at 1pm

\$10.00 Per Person

Tea sandwiches, scones and desserts provided

By Gruel Britannia

Kindly RSVP by April 27th to Wendy Petty

wpetty@westonct.gov

(203) 222-2608

<https://lachatfarm.org/register.php?eventid=1133>*Wouldn't it be dreadful to live in a country where  
they didn't have tea?"**Noel Coward***Weston Historical Society**

(203) 226-1804

**Music at the Barn Outdoor Summer Concert Series Sunday, June 5 from 5:30pm - 7:00pm at the Weston Historical Society 104 Weston Road Weston, CT - Logical Pretzel Concert**

Logical Pretzel is made up of eight Fairfield County based musicians who share a passion for the music of Steely Dan. Food truck on site for the concert will be Tony Pizza Napolitano.

Tickets can be purchased at the door and will be available for purchase online next month. Bring a lawn chair!

**Music at the Barn Outdoor Summer Concert Series****Sunday, June 26 from 5:30pm - 7:00pm at the Weston Historical Society 104 Weston Road Weston, CT****Otis and the Hurricanes Concert**

Otis and the Hurricanes play the roots of American Rock 'n Roll influenced by the likes of Fats Domino, Professor Longhair, Little Feat, The Funky Meters, Alan Toussaint, Delbert McClinton, and the legendary Chuck Berry.

Food truck TBD Bring a law chair!

Tickets can be purchased at the door and will be available for purchase online next month.





**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**

**Caregivers Support Group**

With Allison Lisbon, LMSW, MSW  
Director of Weston Social Services

**Tuesdays, May 17th and June 21st, 1pm (In-House)**

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](mailto:alisbon@westonct.gov) or call (203) 222-2663.

**Ask the Nurse and Blood Pressure Screening**

**Visiting Nurse & Hospice of Fairfield County**

**Monday, May 16, 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.



**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

**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 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)

**May 4th - No Lunch**

Lachat Spring Tea (106 Godfrey Road) \$10.00

1pm-2:30pm

**May 11th**

Curbside Lunch - Village Market \$5.00

**May 18th**

Curbside Lunch - Village Market \$5.00

**May 25th**

Lunch will be hosted by St Francis church and will be held in their Parish Hall

12:30pm (free, sign up required)

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**Summer Lunch Schedule Starts June 1st!**

**No charge for the summer.....**

**However, sign-up is required by the Monday of each week, no later than 12pm.**

**(203) 222-2608, or email Wendy: [wpetty@westonct.gov](mailto:wpetty@westonct.gov).**

**June 1st**

Curbside Lunch *Norfield*

Catered by: Toozy Patza

**Entertainment by: Suzanne Sheridan**

**June 8th**

Curbside Lunch *Norfield*

Catered by Lily's Market of Weston

**June 15th**

Curbside Lunch *Norfield*

Catered by: Village Market

**Entertainment by: Bob Cooper**

**June 22nd**

Curbside Lunch *Weston Senior Center*

Catered by Lily's Market of Weston

**Entertainment by: Chris Coogan**

**June 29th**

Curbside Lunch *Weston Senior Center*

Catered by: Calise's Deli and Market

**Entertainment by: Warren Bloom**

**Dessert: Skips Good Humor Ice Cream Truck**

*Sponsored by Collaborative Home Care*



# May 2022

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

|   |   |  |  |  |
|---|---|--|--|--|
| <p>2<br/>9:30am Commission on Aging<br/>10am Open Craft/Knitting<br/>10am Yoga w/Melania<br/>11am Qigong<br/>11am Pickleball<br/>11am Chair Aerobics<br/>1-3pm Images from Hubble<br/>3pm Tips and Tricks w/Chris</p> | <p>3<br/>9am Backgammon<br/>10am Mahjong<br/>10-11am Athens- Beeyond-der<br/>10am Painting Realism w/Cindy<br/>No Strength &amp; Fitness<br/>11am Feldenkrais<br/>12:30pm Movie: <i>Being the Ricardos</i></p>                | <p>4<br/>9am-11am Walk in the Gym<br/>10am Yoga/Melania<br/>No Lunch today<br/>1:30pm Pickleball<br/>1pm Tea – Lachat</p>            | <p>5<br/>10am Mahjong<br/>10am Open Art<br/>No Strength &amp; Fitness<br/>No Dance<br/>11am Pickleball</p>   | <p>6<br/>10am Yoga w/Gloria<br/>10am Canasta<br/>10am Drawing w/Dick<br/>11am Pickleball<br/>11am Chair Aerobics</p>                                       |
| <p>9<br/>10am Open Craft/Knitting<br/>10am Yoga w/Melania<br/>10am Pilates w/ Karen<br/>11am Qigong<br/>11am Chair Aerobics<br/>12pm Chess<br/>1-3pm Alien Life</p>   | <p>10<br/>9am Backgammon<br/>10am Mahjong<br/>10am Painting Realism w/Cindy<br/>11am Strength &amp; Fitness<br/>11am Feldenkrais<br/>12:30pm Movie: <i>Mass</i></p>   | <p>11<br/>9am-11am Walk in the Gym<br/>10am Yoga/Melania<br/>11:30am Curbside Lunch Norfield<br/>1pm Games<br/>1:30pm Pickleball</p> | <p>12<br/>10am Mahjong<br/>10am Open Art<br/>10am Strength &amp; Fitness<br/>10am-12pm Sumi – e Painting<br/>11am Dance<br/>11am Pickleball<br/>3pm French</p>                             | <p>13<br/>10am Yoga w/Gloria<br/>10am Canasta<br/>10am Drawing w/Dick<br/>11am Bingo<br/>11am Pickleball<br/>No chair aerobics class</p>                   |
| <p>16<br/>10am Open Craft/Knitting<br/>10am Yoga w/Melania<br/>10:45am Ask A Nurse<br/>11am Qigong<br/>11am Pickleball<br/>11am Chair Aerobics<br/>12pm Chess<br/>1-3pm Our Milky Way<br/>1pm Drawing w/Chris</p>     | <p>17<br/>9am Backgammon<br/>10am Mahjong<br/>10am Painting Realism w/Cindy<br/>11am Strength &amp; Fitness<br/>11am Feldenkrais<br/>1pm Caregivers Support<br/>1pm Art Chat w/Chris<br/>12:30pm Movie: <i>Knives Out</i></p> | <p>18<br/>9am-11am Walk in the Gym<br/>10am Yoga/Melania<br/>11:30am Curbside Lunch Norfield<br/>1pm Games<br/>1:30pm Pickleball</p> | <p>19<br/>10am Mahjong<br/>10am Open Art<br/>11am Strength &amp; Fitness<br/>11am Dance<br/>10am-12pm Sumi – e Painting<br/>11am Pickleball<br/>3pm French</p>                             | <p>20<br/>10am Yoga w/Gloria<br/>10am Canasta<br/>10am Drawing w/Dick<br/>11am Pickleball<br/>11am Chair Aerobics<br/>1pm Oral Care w/Marcia Lorentzen</p> |
| <p>23<br/>10am Open Craft/Knitting<br/>10am Yoga w/Melania<br/>11am Qigong<br/>11am Chair Aerobics<br/>11am Pickleball<br/>1-3pm Fermis Paradox<br/>1pm Drawing w/Chris<br/>1pm St Patrick’s Cathedral</p>            | <p>24<br/>9am Backgammon<br/>10am Mahjong<br/>10am Painting Realism w/Cindy<br/>11am Strength &amp; Fitness<br/>11am Feldenkrais<br/>12:30pm Movie: <i>MLK/FBI Documentary</i></p>  | <p>25<br/>10am Yoga/Melania<br/>12:30am Lunch at St. Francis<br/>1pm Games<br/>1:30pm Pickleball</p>                                 | <p>26<br/>10am Mahjong<br/>10am Open Art<br/>10am-12pm Sumi – e Painting<br/>10am Strength &amp; Fitness<br/>11am Dance<br/>11am Bartlett Arboretum<br/>11am Pickleball<br/>3pm French</p> | <p>27<br/>10am Yoga w/Gloria<br/>10am Canasta<br/>10am Drawing w/Dick<br/>11am Bingo<br/>11am Pickleball<br/>11am Chair Aerobics</p>                       |
| <p>30<br/><b>Memorial Day</b><br/><b>Closed</b></p>   | <p>31<br/>10am Painting Realism<br/>11am Strength &amp; Fitness<br/>11am Feldenkrais<br/>12:30pm Movie: <i>The Tender Bar</i><br/>1-3pm Earthlike Planets</p>   |  |  |  |



# June 2022

**Tue**

**Wed**

**Thu**

**Fri**

|   |   | 1   | 2  | 3  |
|---|---|---|--|--|
|   |   |   | 10am Mahjong<br>10am Strength & Fitness<br>10am-12pm Sumi-e Painting<br>11am Dance<br>11am Pickleball                                  | 10am Yoga w/Gloria<br>10am Canasta<br>10am Drawing w/Dick<br>10am Open Art<br>11am Chair Aerobics  |
| 6<br>9am Commission on Aging<br>10am Yoga w/Melenia<br>11am Qigong<br>11am Pickleball<br>11am Chair Aerobics<br>12pm Chess<br>1-3pm Rare Earth Solution<br>3pm Tips & Tricks w/Chris                          | 7<br>9am Backgammon<br>10am Mahjong<br>10am Painting Realism w/Cindy<br>11am Strength & Fitness<br>11am Feldenkrais<br>12:30pm Movie: <i>Road to the Lemon Grove</i>  | 8<br>9am-11am Walk in the Gym<br>10am Yoga/Melania<br>11:30am Curbside Lunch Norfield<br>1pm Games<br>1:30pm Pickleball                                 | 9<br><i>Limited Parking today until 12pm</i><br>10am Mahjong<br>10am Strength & Fitness<br>11am Dance<br>11am Pickleball<br>3pm French | 10<br>10am Yoga w/Gloria<br>10am Canasta<br>10am Drawing w/Dick<br>10am Open Art<br>11am Bingo<br>11am Chair Aerobics<br>11am Pickleball |
| 13<br>10am Open Craft/Knitting<br>10am Yoga w/Melenia<br>11am Qigong<br>11am Pickleball<br>11am Chair Aerobics<br>12pm Chess<br>1-3pm Engines of Creation<br>1pm Drawing w/Chris                              | 14<br>9am Backgammon<br>10am Mahjong<br>10am Painting Realism w/Cindy<br>11am Strength & Fitness<br>11am Feldenkrais<br>12:30pm Movie: <i>The Secret (Dare to Dream)</i>  | 15<br>9am-11am Walk in the Gym<br>10am Yoga/Melania<br>10:30-11:30am Walking Tour of Zadar Croatia Beeyond<br>11:30am Curbside Lunch Norfield           | 16<br><i>Limited Parking today until 12pm</i><br>10am Mahjong<br>10am Strength & Fitness<br>11am Dance<br>11am Pickleball              | 17<br>10am Yoga w/Gloria<br>10am Canasta<br>10am Drawing w/Dick<br>10am Open Art<br>11am Chair Aerobics<br>11am Pickleball               |
| 20<br><b>Juneteenth<br/>Closed</b>  | 21<br>10am Mahjong<br>10am Painting Realism w/Cindy<br>11am Strength & Fitness<br>11am Feldenkrais<br>1pm Caregivers Support<br>1pm Art Chat w/Chris<br>12:30pm Movie: <i>Dog</i><br>1-3pm Major Filters Solution | 22<br>9am-11am Walk in the Gym<br>10am Yoga/Melania<br>11:30am Curbside Lunch Senior Center<br>1pm Games<br>1:30pm Pickleball                           | 23<br>10am Mahjong<br>10am Strength & Fitness<br>11am Dance<br>11am Pickleball<br>3pm French   | 24<br>10am Yoga w/Gloria<br>10am Canasta<br>10am Drawing w/Dick<br>10am Open Art<br>11am Bingo<br>11am Chair Aerobics<br>11am Pickleball |
| 27<br>10am Open Craft/Knitting<br>10am Yoga w/Melenia<br>11am Qigong<br>11am Pickleball<br>11am Chair Aerobics<br>12pm Chess<br>1pm Art Gottlieb/Cloisters<br>1-3pm Intersellar Travel<br>1pm Drawing w/Chris | 28<br>9am Backgammon<br>10am Mahjong<br>10am Painting Realism w/Cindy<br>11am Strength & Fitness<br>11am Feldenkrais<br>12:30pm Movie: <i>June Again</i>  | 29<br>9am-11am Walk in the Gym<br>10am Yoga/Melania<br>10am Tour of Edinburgh Beeyond Tour<br>11:30am Curbside Lunch Senior Center<br>1:30pm Pickleball | 30<br>10am Mahjong<br>10am Strength & Fitness<br>11am Dance<br>11am Pickleball   |  |