



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.



November/December 2022

Greetings,

As we head into the holidays, we would like to take this opportunity to thank everyone for coming to our Senior Center over the past year. We see kindness all around us and are grateful to all of you, including our volunteers and instructors, for helping to make it such a welcoming and wonderful place to be.

We are excited to announce the return of our Annual "Re-Gifting" Sale the week after Thanksgiving. We invite you to bring us new or unused items until Friday, November 18th. Then, starting Monday, November 28th, visit us for a perfect opportunity for you and your friends to do some holiday shopping while supporting our Center. Other fun holiday events include the wonderful Chris Coogan playing and singing holiday favorites, and the Cukes, a ukuleles group new to us, who will bring a fun, singalong concert.

This is also a good time of year to think about becoming a volunteer, and if you are interested in helping us here at the Center we would love to have you join us. We look forward to spending some of the holiday season with you and, as always, if we can help with anything, please do not hesitate to reach out.

Best,

Wendy, Carla, Linda, Angela and Roy

Holiday closings

November 11th, November 24th-25th, December 23rd - January 2nd

Winter Weather Delays and Closures

As always, we follow the Weston Public School schedule for weather delays and closures. Please check our senior center website (westonseniorcenter.info), or be sure you are added to our email bulletin list, we will send notification by email.

Dial-a-Ride Update

We are back on a full schedule.

Please call (203) 222-2576 to make an appointment.

If you have any questions about Dial-a-Ride, call (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.

Pacific Theater Of Naval Operations

With Bill Preinitz—See details for the series on page 6.

Thursday, November 3rd, 1pm

The Ghost of Budapest

With Mark Albertson, Historian/Educator

Friday, November 4th, 1pm (Hybrid)

Ukraine, in the end, is merely another cog in a competition for strategic advantage that has been waged by Great Powers for more than two-and-a-half centuries, The Great Game. The quest for resources, the quest for financial primacy, which lends to political and strategic domination. A game once played by the British Empire, France, Czarist Russia, . . . now waged by the United States, EU, Russian Federation, China, India and Japan, All are seeking those resources necessary to maintain themselves as global powers. The target is control of Eurasia, with its supermarket of resources, teaming billions, and gateway to both East and West.

To register, email Linda: lgilmore@westonct.gov

1777 Danbury Raid and the Battle of Ridgefield

Weston Historical Society Lecture by Ed Hynes

Thursday, November 10th, 10am

Meet at the Weston Historical Society, 104 Weston Road, Weston

Join Edward Hynes for this fascinating presentation that begins on April 25, 1777, when the British land at Compo Beach, march through Redding to Danbury, and return to the shore through Ridgefield and Wilton. Learn about the roles key historical figures played in the Raid and Battle including Brigadier General Benedict Arnold, Major General David Wooster, and Brigadier General Gold Selleck Silliman. Get all of the specifics about the main encounters that took place in Danbury and Ridgefield. While the British walked north, they had to fight their way back to Compo Beach. Their expedition may have been a tactical success, but their actions galvanized Patriot support in Connecticut. **Following the lecture tea and cookies will be served followed by a tour of Coley House.**

To register, email Linda: lgilmore@westonct.gov

AARP Safe Driving Course

The Weston Senior Center

Friday, November 18th, 9am-1pm

\$20 for AARP Members and \$25 Non members

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned.

To register, email Wendy: wpetty@westonct.gov



Ask the Nurse and Blood Pressure Screening

Visiting Nurse & Hospice of Fairfield County

Monday, November 21st, December 19th, 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.



Holiday Artists

Lisa Arnold, Artist/Educator

Tuesday, December 13th, 11am (Zoom)

Let's travel through history and touch upon several painters who portrayed the Christmas holidays in their own style from Fra Angelico to Norman Rockwell and many more, let's explore what Christmas meant to the various artists. Some works are very religious in nature, while other painters vied for whimsy and charm. All are to be admired!

Holiday Gift Sale

**Monday, November 28th-Friday, December 2nd
9am-2pm**

Our annual Holiday Gift Sale opens at 9am on Monday, 11/28. We have great items and something for everyone. Come and start your holiday shopping with us. All of the money raised directly supports the Senior Center.

This year, the sale will be set up in two rooms. We will have one room just dedicated to jewelry. The jewelry ranges in price low to high, vintage to new, Carolee, Trifari, Coro, to unknown costume brands.



Holiday Ornament Exchange And Lunch

**At The Black Cat Grille
Thursday, December 15th, 12-2pm**

Join us for our annual ornament exchange. Always a fun event! Bring a wrapped ornament to exchange and money for lunch. We will meet at the restaurant. To look at the menu: <https://www.blackcatct.com/>

To register, email Linda: lgilmore@westonct.gov

Black Cat Grille

Decorate a Fresh Wreath

**Thursday, December 8th, 1pm (In-House)
\$10.00 class fee includes decorations**

Bring an undecorated wreath or swag, and clippers, we will provide the rest!

To register, email Linda: lgilmore@westonct.gov



Beeyond Travel Programs (Zoom)

Costa Rican Coffee Farm

**Beeyond, Interactive Tours Around the World
Tuesday, November 29th, 3:30-4:30pm**

Visit a coffee farm and learn all about coffee, the plant, the history, the production, even the chemistry of caffeine, and of course the preparation of a delicious cup of coffee in the old fashion way.

To register, email Wendy: wpetty@westonct.gov

Norway Holiday Lights

**Beeyond, Interactive Tours Around the World
Tuesday, December 6th, 10-11am**

One of the key elements of the Norwegian winter season is Christmas markets, renowned for their beautiful gifts, warming alcohol drinks, and cheerful ambience. Witnessing such a vivid, full of life and happiness event with your own eyes is priceless!

To register, email Wendy: wpetty@westonct.gov



Holiday Cookie Swap

Tuesday, December 20th, 1pm

Spend the afternoon with friends at the Weston Senior Center Holiday Cookie Swap! Bring 2 dozen cookies and your recipe! Bring home 2 dozen cookies! **Sign up Required!**

To register, email Linda: lgilmore@westonct.gov

Weston Intermediate School Carolers

Tuesday, December 20th, 9:30am (In-House)

Get in the holiday spirit with festive refreshments and a concert by the Weston Intermediate School Carolers! Festive refreshments will be served.

To register, email Linda: lgilmore@westonct.gov

Lockwood-Mathews Mansion Holiday Tour

December 13th, 11:30am, Lunch Following

\$8 tour fee, due at time of sign-up.

Bus departs Senior center at 10:45am

Enjoy a beautiful guided tour of the Lockwood-Mathews Mansion. Space is limited, sign up early!

To register, email Linda: lgilmore@westonct.gov

Caregivers Support Group
With Allison Lisbon, LCSW, MSW
Director of Weston Social Services
Tuesday, November 15th, 1-2pm (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

Meditation
Suzanne Sheridan is back!
Mondays, 9:30am-10am



Suzanne will guide you through a peaceful journey to start your week off with positive energy. Free, but please let us know if you are coming.

Pickleball Lessons
With Betsy Hulme
Mondays, November 4th, 18th,
December 9th
9am-10am Beginner Lessons
10-11am Intermediate Clinic
 \$5 per lesson.
 Space is limited, sign-up is required



Brain Games and Lunch
With Danielle Ramos
November 18th, 12pm

Join us for a light lunch of sandwiches and salads, followed by brain stimulating teasers!

To register, email Wendy: wpetty@westonct.gov



Downsized Gourmet

November 14th & December 12th, 3pm (Zoom)
Susan and Paul Doyle, Oasis Senior Advisors
 It can be hard to cook for one or two. Join Susan and Paul Doyle for new cooking ideas.



<https://us02web.zoom.us/j/88913552335>,
 Meeting ID: 889 1355 2335

The Weston History & Culture Center
The Curious Case of Eleven O'Clock Road

The exhibit will be open every Thursday and Sunday 1pm - 4pm through March 26, 2023.
 The Coley House exhibit is open every Thursday.

The Weston Historical Society changed its name to the Weston History and Culture Center to coincide with the grand reopening of the Coley House, which was scheduled October 1-2. Our vision is to become an integral part of the intellectual, social and cultural life of our community and to continue to discover, collect, and preserve Weston's heritage, promoting understanding of and context to local, regional and world events.



Learn to Make a Felted Cardinal
Friday, November 4th, 9:30am-12:30pm
\$35 for class and all materials

This Cardinal class is designed to guide new and experienced needle felters in making 2 sweet cardinals. There is wool provided to make at least two red birds as described.

Needle Felting is a simple and forgiving process in which you can shape wool fiber into anything you can imagine by poking it with a single barbed needle. The more the fiber is needed, the more dense it becomes. It's a magical process that can be addictive for some of us! Rachel Gerowe has over 10 years in teaching felting.

To register, email Wendy: wpetty@westonct.gov



Chess Group

Mondays at noon
 Everyone is welcome to join the group!

Technology Assistant

Do you have questions about your cell phones, laptops, tablets or social media? Sign up for some one on one technology assistance with students. Call us for details so we can connect you for help.

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



**Making Holiday Collage Cards
with Lisa Arnold
Monday, November 14th
11am-1pm**

\$10.00 fee (supplies are included) In-House

What better way is there when you collage cards for the upcoming holidays or for Winter in general. It's a very free way to express yourself, as you combine paper, colored tissues, stamps, and so much more to create a mood. It's not about scrapbooking- it's about blending different mediums!

I supply many collage sources for you to work with, but feel free to bring any bits of anything as well. It's great fun!

To register, email Linda: lgilmore@westonct.gov

**Painting Realism With Cindy Wagner
Tuesdays, 10am-12pm, (continuation of series)
November 1st, 8th and 15th (In-House)**

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 or 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, 1pm-2pm (Zoom)
November 7th, 14th, 21st, 28th,
December 5th, 12th, 19th, \$28 for series of 7 classes**

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?pwd=RnVUNllwYlNwem1pcFISMSs1U2sydz09>

Meeting ID: 891 8480 1363 Passcode: Z

**Art Chat with Chris Goldbach
Tuesday, November 15th, 1pm (Zoom) Free**

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?pwd=UFN5V2FUZytmRHBIVUdESGQyd253Zz09>

Meeting ID: 886 8927 0993 Passcode: Z

Tips & Tricks with Chris

Monday, November 7th, December 5th, 3pm (Zoom) Free

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?pwd=WVB4S2xORTBYbE5yM2JZVlNkWWVtQT09>

Meeting ID: 821 9526 4537 Passcode: Z

**Botanical Drawing Class with Dick Rauh
Fridays, November 18th
December 2nd, 9th, 16th
10am-12pm (Zoom)
\$16 for series of 4 classes**

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.

**Classic to Abstract with Maj Kalfus
Translate classic settings into abstract compositions.**

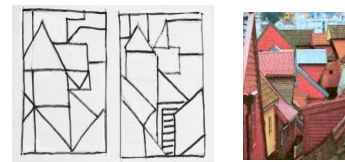
10am-12pm (In-House)

Thursdays, November 3rd, 10th, 17th

\$12 for Series of 3 classes

In the four Classic to Abstract sessions we will break down scenes from photographs into shapes and develop abstract compositions keeping the original subject in mind. Students can use the medium of their choice including water colors, acrylics and soft pastels (oil paints not included). We will learn from famous artists such as Milton Avery and Paul Klee. No experience necessary.

To register, email Wendy: wpetty@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

Come and knit with friends! Please see page 8 for details on current project.

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!**

Weston Senior Center Art Exhibit

Kathy Dunn

**Artist Reception Wednesday
November 9th, 4-6pm**

Join us on the 9th to see Kathy's exhibit. If you can't make it, her exhibit will be up through December.



Kathleen Dunn was born in 1950. Her parents encouraged creativity from the earliest age, preferring pot lids and boxes to actual toys, to foster imagination, and one of her earliest memories was of a homemade doll, cut out of a plank on a ban saw by her father and features and clothes painted by her mother. Her mother, a talented painter, would not allow coloring books, because she believed presenting an already-drawn image decreased incentive to draw the picture by oneself. Kathy loved paper dolls, and would draw, color, and cut out clothes for them.

Kathy and her sister Nancy always sketched, people for Kathy and horses for Nancy. Kathy did well in high school art classes and entertained the prospect of becoming a graphic artist. Life intervened, and studies and a career in art related fields simply didn't happen. Kathy worked 40 years as a Registered Nurse, often working a second job as well as her full time job. During her career as a nurse, she no longer painted, but periodically would engage in crafts. She helped finance nursing school by designing and crafting leather goods. Over the years she crocheted, sewed clothes and draperies, did woodworking and wood carving, macrame, made stained glass, and eventually took up beading and silversmithing. For a number of years, she designed and crafted jewelry, running a small side business under the name of Dunnkat Designs.

After retirement six years ago, she took up drawing, print making, and watercolors through classes in various senior centers, learning from Sabine Bonnar, Chris Goldbach, Wendy Pieper, Missy Savard, Linda McKie McClellan, and Dick Rauh, plus from all her friends who painted together at the Bigelow Center, Westport Senior Center, Trumbull Senior Center, and Weston Senior Center. She's discovered a passion for painting and has done it for about five years now, from still life in classes, a little en Plein Air Painting, Zoom classes, and from her own photographs, painting scenes from Lordship and from her travels to other countries.

Pacific Theater Of Naval Operations

Presented by Bill Preinitz

Thursdays, 1pm-3pm (Hybrid)

November 3rd

Rise of Japan 1890-1941

From a small agricultural nation in the 1850's, Japan gradually built itself into a regional power to be reckoned with. Powered by the 1st Sino-Japanese War 1894-1895, followed by the pivotal Russo-Japanese War of 1904-1905, Japan entered the world stage. Following the withdrawal of the British Fleet from the Pacific Japan saw it's opportunity to dominate the region without interference-except the United States. This is the story of a regional rivalry, artificially manufactured by the Imperial Japanese Navy. After 1930, the IJN cast the USN as the next Pacific rival in the absence of the Chinese, Russians, and British. This budgetary ploy started Japan down the road to near annihilation at the hands of the new superpower, the U.S.

November 10th

Overview of the Pacific Naval War 1941-1945

The scope of this lecture covers the period of 1930 to 1945. It examines the evolution of two strategic approaches to national dominance in the Pacific.

Japan envisioned itself as a world power with commercial/military dominance over the region. Japan was locked into a conflict beyond anything it could anticipate, and certainly could not control or counter.

November 17th

Short War vs Long War

Short War vs. Long War examines the capacity of Imperial Japan and the U.S. to execute their national Pacific Theater strategies. Both plans are laid out as to the resources of each of the combatants. Our framework spans three divisions of capacity - Political, Economic, and Military. In addition to simple comparisons, synergies between multiple factors will be noted.

December 1st

The Submarine War against Japan

The USN fought the only successful submarine anti commerce campaign in the course of World War II. From modest origins and obsolescent boats plagued by horrendous torpedo malfunctions it emerged to cripple the third largest merchant marine service in the world.

December 8th

The Pearl Harbor Raid

The Pearl Harbor Raid was a catastrophic event for the USN in the Pacific and the country as a whole. It was a calculated high-risk strategy which Japan hoped could trigger a negotiated end to hostilities avoiding the need for a Long War scenario. Failing this, it was hoped to delay a meaningful American response for 12-18 months.

To register, email Wendy: wpetty@westonct.gov

Sponsored by

The Friends of The Weston Activities Center

An exercise waiver must be signed before starting any class.

Checks can be dropped off or mailed to:

Weston Senior Center, PO Box 1007, Weston, CT 06883

IF you are new to a class, the first one is always free. Try any class!

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

Strength & Stretch with Sonia: Tuesdays at 10:30am (In-House) 6 classes, \$24 series. Strength and Stretch is a 50-minute full body strength class using light weights and your own bodyweight. Strengthen lower and upper body, and core -- improve balance, coordination and posture. Boost energy and have fun at the same time!

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) 7 classes, \$28 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.

Pickleball Lessons on alternating Fridays with Betsy. \$5, sign-up is required.

Yoga with Melania: Mondays at 10am (Zoom) 7 classes, \$28 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) 7 classes, \$28 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.

Yoga with Melania: Wednesdays at 10am (In-House), 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: Thursdays at 10am (Hybrid) 7 classes, \$28 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) 6 classes, \$24 series.

Gentle Yoga is perfect for those wanting a mellow, therapeutic practice with the emphasis on mindful movement, safe stretching and relaxation. This class includes a mix of gentle warm-ups, chair yoga, classic and creative yoga postures (with modifications for different body types) and a blissful guided relaxation/meditation at the end. Leave feeling more balanced, peaceful and ready to face the world!

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

Walking Club with Linda at the Track – November Only: Tuesdays and Thursday at 11am, free

To register email Linda at: 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, November 4th
December 9th,
12:30pm (In-House)



Play Canasta!
Fridays, 1 pm

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. Popcorn will be available.
Call the Senior Center to sign up (203) 222-2608.



November 1st: Where the Crawdad's Sing, PG (second showing)

November 22nd: The King's 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.

November 29th: Top Gun: Maverick, PG-13

After more than thirty years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell (Tom Cruise) is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him.

December 6th: The Duke, R

In 1961, Kempton Bunton, a 60-year old taxi driver, stole Goya's portrait of the Duke of Wellington from the National Gallery in London. It was the first (and remains the only) theft in the Gallery's history. Kempton sent ransom notes saying that he would return the painting on condition that the government invested more in care for the elderly -- he had long campaigned for pensioners to receive free television. What happened next became the stuff of legend. Only 50 years later did the full story emerge -- Kempton had spun a web of lies. The only truth was that he was a good man, determined to change the world and save his marriage -- how and why he used the Duke to achieve that is a wonderfully uplifting tale.

December 13: Montana Story, R

Two estranged siblings return home to the sprawling ranch they once knew and loved, confronting a deep and bitter family legacy against a mythic American backdrop.

December 20th: Mrs. Harris Goes To Paris, PG

In partnership with the House of Dior, MRS. HARRIS GOES TO PARIS tells the story of a widowed cleaning lady in 1950s London who falls madly in love with a couture Dior dress, and decides that she must have one of her own. After she works, starves and gambles to raise the funds to pursue her dream, she embarks on an adventure to Paris which will change not only her own outlook, but the very future of the House of Dior.

Knitting Group and Donations to Open Doors Shelter

Our Monday knitting group has been making hats and scarves for the Open Doors Shelter in Norwalk. We would like to do more. If you would like to help make this a happy holiday for adults and families with children who are staying in emergency shelter this winter, Open Doors Shelter in Norwalk is seeking donations of board games, journals or diaries with nice pens, and cozy slippers of all sizes for adults and kids. Thank you so much for providing these special gifts for our neighbors dealing with homelessness! Please consider wrapping your donation (indicate item inside).

The Senior Center will have a drop box for donations. We are collecting items until
December 1st. Thank you.

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



MEDICARE INFORMATION

Medicare Open Enrollment October 15–December 7

The annual open enrollment period for Medicare Part D and Advantage Plans for 2023 coverage is **October 15, 2022 through December 7, 2022**. It is a good idea to review your coverage yearly at this time with a CHOICES counselor to be sure that you are getting the coverage you want at the most reasonable cost. Changes in coverage can be made without penalty during Open Enrollment. There are lots of changes for 2023 this year!! Did you get your "Medicare and You 2023" booklet? Be sure to retain this for referral through 2023.

For those on original Medicare, there are 24 plans being offered for 2023 Medicare Part D. There are new insurance plans to Connecticut, changed formularies, and premium changes. One program has a premium of \$6.08 per month. Is it right for you? Note that some companies have arbitrarily put clients into the next most expensive tier for 2023. You can make an appointment through the Weston Senior Center or you may call SWCAA (Southwest Connecticut Agency on Aging) directly to speak with a CHOICES counselor. At your appointment prescription medications including precise name (properly spelled), dosage and frequency of use will be reviewed on the Medicare.gov website and the Medicare D insurance plans will be presented to you in order of price effectiveness. Some seniors change Medicare D suppliers yearly to meet their current prescription medication requirements and to get the best prices offered.

In Weston during this Open Enrollment period there will be half hour appointments available either by telephone or in person. **BUT FIRST PLEASE PROVIDE INFORMATION AS REQUESTED PRIOR TO RECEIVING AN APPOINTMENT. THE INFORMATION WILL BE SEEN AND REVIEWED BY A CHOICES COUNSELOR ONLY. ROUGHLY THERE WILL BE A TWO WEEK LAG TIME BEFORE YOU ARE CONTACTED. PLEASE DELIVER THIS INFORMATION TO THE WESTON SENIOR CENTER. YOU WILL BE CONTACTED TO MAKE AN APPOINTMENT THROUGH THE WESTON SENIOR CENTER at (203) 222-2608. NO WALK-INS.** See questions which must be answered and returned to the Weston Senior Center either by mail or drop-off. If times or dates are not convenient offered to you simply contact a SWCAA CHOICES counselor at 1(800) 994 - 9422. One person per half hour. Couples must make two appointments.

CHOICES presents objective information for you to consider when making decisions about Medicare issues. **Advantage plan advertising has been very active. If you are considering a change of Medicare provider especially to an Advantage program be sure your doctors, labs for blood work and the hospital of your choice accept that EXACT particular Advantage insurance plan.** Do not trust lists that have been made to meet a printing deadline of four or five months ago. Lists can change at any time. Telephone the doctors, labs & hospitals to be sure they accept the exact particular insurance that you are considering before you enroll. Remember any Medicare resource can drop out of any plan any time during the year.

Meta Schroeter - Rose Cruz - CHOICES Counselors

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

Weston Social Services is now accepting applications for the CT Energy Assistance Program (CEAP) This program provides assistance to income-eligible households with home heating costs over the winter months. Income eligibility is as follows:

Household of 1: \$ 39,761 or less
 Household of 2: \$ 51,996 or less
 Household of 3: \$ 64,230 or less
 Household of 4: \$ 76,465 or less
 Household of 5: \$ 88,699 or less
 Household of 6: \$ 103,227 or less

Schedule an appointment or pose questions by calling Weston Social Services at 203-222-2556. Schedule an appointment or pose questions by calling Weston Social Services at 203-222-2556.

Open Enrollment Medicare Information Needed Before An Appointment Can Be Made

Name (first and last), Town and zip code, Telephone number

Appointment choice for either an in-person review with paper print outs or a telephone review of plans Medicare current coverage Plan; Original (A,B & D) or Advantage HMO/PPO/PPFS Plan (C) list name of plan.

If Original Medicare, then state name of current Part D plan. (See back of "2022 Medicare and You" booklet) or name of Part D plan/insurance company and monthly premium.

List each (and all) **prescription** medications only. (No over the counter meds) After each full and carefully spelled correct prescription name indicate dosage and frequency.

Indicate your choice of either preferred drug store -- name and town or mail order.

List any Medicare questions you may have.

Place in an envelope and mail to:

Weston Senior Center
 P.O. Box 1007
 Weston, CT 06883.

On the back of the envelope write "**OPEN ENROLLMENT**". You may mail the envelope or drop it off at the Weston Senior Center between 9:00am - 3:00pm, Monday - Friday. Someone will take your sealed envelope.

Brown Bag Lecture Series

(Bring your own lunch or purchase a salad (\$5) on select Wednesdays)

Wednesdays, 12pm Lunch, 12:30pm Presentations

November 2nd: Probate Judge Lisa Wexler

We welcome back Lisa for another informative discussion, topics to include: Life planning, Powers of Attorney and Health Care Proxies. There will be time for Q & A.

November 9th: Weston Police Department/Home Safe Information

(Village Market Salads available for \$5, In-house only, order by Monday at noon.)

Chief Henion, Captain Brodacki, Officer Vichiola will provide home safety tips, neighborhood apps, currant scams, Q & A and more.

Sign up for an individual home visit from The Weston Police Department for home safety tips!

November 16th: Audubon Bird Presentation

(Village Market Salads available for \$5, In-house only, order by Monday at noon.)

Wild Birds Unlimited with Chris "Winter Birds"

Winter Bird Feeding - How to do it and what to look for! Chris will discuss what we can each do to make our backyards more attractive to birds and also, what birds we should lookout for!

November 23rd

Thanksgiving Lunch (see details below)

November 30th: No Lunch—Gift Sale All Week!

December 7th: Elder Law Attorney Denise Mortati

(Village Market Salads available for \$5, In-house only, order by Monday at noon.)

Denise will discuss the comparison of Power of Attorney vs Conservatorship.

December 14th

Holiday Lunch (see details below)



Thanksgiving Lunch

Entertainment by Chris Coogan

Wednesday, November 23rd, 11:30am-12:30pm

Concert begins at 12:30pm

Join us for a Thanksgiving dinner, catered by Lily’s Market. We are always excited to have Chris Coogan with us to get us ready for the spirit of the holidays!

Sign up is required by Monday, November 21st at noon. \$5 per person. In-house dining only.

To register, email Wendy: wpetty@westonct.gov

Holiday Lunch

Entertainment by The Cukes

Wednesday, December 14th, 12pm

Concert begins at 12:30pm

This is going to be a fun day! Catered by Calise’s Market. We are excited to welcome The Cukes, a wonderful group of ukulele musicians with great singalong songs.

Sign up is required by Monday, November 21st at noon. \$5 per person. In-house dining only.

To register, email Wendy: wpetty@westonct.gov



November 2022

Mon	Tue	Wed	Thu	Fri
November/December artist: Kathy Dunn	9am Backgammon 9am Matter of Balance 10am Painting Realism/ Cindy 10am Mahjong 11am Feldenkrais	9am Walk in the Gym 10am Yoga/Melania 12pm Brown Bag Lunch/ Probate Judge L. Wexler 1:30pm Rummikub 1:30pm Pickleball	10am Mahjong 10am Open Art 10am Strength w/ Sandy 10am Abstract w/ Maj 11am Pickleball 11am Walk at Track w/ Linda	9:30am Cardinal Class 9-11am Pickleball Lessons/Clinic w/ Betsy 10am Yoga w/ Gloria 11am Pickleball 11am Chair Aerobics 12:30pm Bingo 1pm Canasta
9:30am Meditation 10am Open Craft/Knitting 10am Yoga w/Melania 11am Qigong 11am Pickleball 11am Chair Aerobics 12pm Chess 1pm Drawing w/Chris 3pm Tips & Tricks w/Chris	9am Backgammon 9am Matter of Balance 10am Painting Realism/ Cindy 10am Mahjong 10:30am Strength w/Sonia 11am Feldenkrais 11am Walk at Track w/Linda	9am-11am Walk in the Gym 10am Yoga/Melania 12pm Brown Bag Lunch/ Weston Police 1:30pm Rummikub 1:30pm Pickleball 4-6pm Artist Reception Kathy Dunn	10am Mahjong 10am Open Art 10am Strength w/ Sandy 10am Abstract w/ Maj 10am Weston Historical Society Lecture w/Ed Hynes 11am Pickleball 11am Walk at Track w/ Linda 1-3pm Pacific War/ Bill	Closed 
9:30am Meditation 10am Open Craft/Knitting 10am Yoga w/Melania 11am Qigong 11am Pickleball 11am Holiday Collage Card 11am Chair Aerobics 12pm Chess 1pm Drawing w/Chris 3pm Downsized Gourmet	9am Backgammon 9am Matter of Balance 10am Painting Realism/ Cindy 10am Mahjong 10:45am Strength w/Sonia 11am Feldenkrais 11am Walk at Track w/Linda 1pm Caregivers Support Group	9am-11am Walk in the Gym 10am Yoga/Melania 10:45am EMS Blood Pressure 12pm Brown Bag Lunch/ Audubon Bird Talk 1:30pm Rummikub 1:30pm Pickleball	10am Mahjong 10am Open Art 10am Strength w/ Sandy 10am Abstract w/ Maj 11am Pickleball 11am Walk at Track w/ Linda 1-3pm Pacific War/ Bill Preinitz	9am AARP Driving Class 9-11am Pickleball Lessons/Clinic w/ Betsy 10am Yoga w/ Gloria 10am Drawing w/Dick 11am Chair Aerobics 11am Pickleball 12pm Brain Games 1pm Canasta
9:30am Meditation 10am Open Craft/Knitting 10am Yoga w/Melania 10:45am Ask a Nurse 11am Qigong 11am Pickleball 11am Chair Aerobics 12pm Chess 12:30pm Pilates 1pm Drawing w/Chris	9am Backgammon 9am Matter of Balance 10am Mahjong 10:45am Strength w/Sonia No Feldenkrais 11am Walk at Track w/Linda 12:30 Movie: <i>The King's Daughter</i>	9am-11am Walk in the Gym 10am Yoga/Melania 12am Holiday Lunch/ Chris Coogan 1:30pm Rummikub 1:30pm Pickleball	Closed Thanksgiving 	Closed
Gift Sale 9am Pickleball Lessons 9:30am Meditation 10am Open Craft/Knitting 10am Yoga w/Melania 11am Qigong 11am Pickleball 11am Chair Aerobics 12pm Chess 12:30pm Pilates 1pm Drawing w/Chris	Gift Sale 9am Backgammon 9am Matter of Balance 10am Mahjong No Strength class today 11am Feldenkrais 12:30pm Movie: <i>Top Gun: Maverick</i> 3:30pm Costa Rican Coffee Farm, Beeyonder	NO Lunch – Gift Sale 9am-11am Walk in the Gym 10am Yoga/Melania 1:30pm Rummikub 1:30pm Pickleball		



December 2022

Tue

Wed

Thu

Fri

			<p><u>Gift Sale</u></p> <p>10am Mahjong</p> <p>10am Open Art</p> <p>10am Strength w/Sandy</p> <p>10am Pickleball</p> <p>1-3pm Pacific War/ Bill</p>	<p><u>Gift Sale</u></p> <p>10am Yoga w/Gloria</p> <p>10am Drawing w/Dick</p> <p>10am Open Art</p> <p>11am Chair Aerobics</p> <p>1pm Canasta</p>
<p>9:30am Meditation</p> <p>10am Open Craft/Knitting</p> <p>10am Yoga w/Melania</p> <p>10:45am Ask a Nurse</p> <p>11am Qigong</p> <p>11am Pickleball</p> <p>11am Chair Aerobics</p> <p>12pm Chess</p> <p>12:30pm Pilates</p> <p>1pm Drawing w/Chris</p> <p>3pm Tips & Tricks w/Chris</p>	<p>9am Backgammon</p> <p>10am Mahjong</p> <p>10am Norway Holiday Lights Beeyonder</p> <p>No Strength class today</p> <p>11am Feldenkrais</p> <p>12:30pm Movie: <i>The Duke</i></p>	<p>9am-11am Walk in the Gym</p> <p>10am Yoga/Melania</p> <p>12pm Brown Bag Lunch/ Denise Mortati</p> <p>1:30pm Rubbikub</p> <p>1:30pm Pickleball</p>	<p>10am Mahjong</p> <p>10am Open Art</p> <p>10am Strength w/Sandy</p> <p>11am Pickleball</p> <p>1-3pm Pacific War/ Bill Preinitz</p> <p>1pm Decorate a Wreath</p>	<p>9am-11 Pickleball Lessons/Clinic w/Betsy</p> <p>10am Yoga w/Gloria</p> <p>10am Drawing w/Dick</p> <p>10am Open Art</p> <p>11am Chair Aerobics</p> <p>12:30pm Bingo</p> <p>1pm Canasta</p>
<p>9:30am Meditation</p> <p>10am Open Craft/Knitting</p> <p>10am Yoga w/Melania</p> <p>11am Qigong</p> <p>11am Pickleball</p> <p>11am Chair Aerobics</p> <p>12pm Chess</p> <p>12:30pm Pilates</p> <p>1pm Drawing w/Chris</p> <p>3pm Downsized Gourmet</p>	<p>9am Backgammon</p> <p>10am Mahjong</p> <p>10:45am Strength w/Sonia</p> <p>11:30am Lockwood Mansion</p> <p>11am Feldenkrais</p> <p>11am Holiday Artists (Zoom) w/L. Arnold</p> <p>12:30pm Movie: <i>Montana Story</i></p>	<p>9am-11am Walk in the Gym</p> <p>10am Yoga/Melania</p> <p>12pm Holiday Lunch/ <u>The Cukes</u></p> <p>1:30pm Rubbikub</p> <p>1:30pm Pickleball</p>	<p>10am Mahjong</p> <p>10am Open Art</p> <p>10am Strength w/Sandy</p> <p>11am Pickleball</p>	<p>10am Yoga w/Gloria</p> <p>10am Open Art</p> <p>10am Drawing w/Dick</p> <p>11am Pickleball</p> <p>11am Chair Aerobics w/Ruth</p> <p>1pm Canasta</p>
<p>9:30am Meditation</p> <p>10am Open Craft/Knitting</p> <p>10am Yoga w/Melania</p> <p>10:45am Ask a Nurse</p> <p>11am Qigong</p> <p>11am Pickleball</p> <p>11am Chair Aerobics</p> <p>12pm Chess</p> <p>12:3pm Pilates</p> <p>1pm Drawing w/Chris</p>	<p>9am Backgammon</p> <p>9:30am WIS Carolers</p> <p>10am Mahjong</p> <p>10:45am Strength w/Sonia</p> <p>11am Feldenkrais</p> <p>12:30pm Movie: <i>Mrs. Harris Goes to Paris</i></p> <p>1pm Holiday Cookie Swap</p>	<p>9am-11am Walk in the Gym</p> <p>10am Yoga/Melania</p> <p>12pm Brown Bag Lunch</p> <p>1:30pm Rubbikub</p> <p>1:30pm Pickleball</p>	<p>10am Mahjong</p> <p>10am Open Art</p> <p>10am Strength w/Sandy</p> <p>11am Pickleball</p>	<p>Closed</p>
<p>Closed</p> 	<p>Closed</p>	<p>Closed</p>	<p>Closed</p>	<p>Closed</p> <p><i>We Will Reopen Tuesday, January 3rd</i></p>