



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.



September/October 2022

Greetings,

We hope that you enjoyed the summer and are looking forward to the beauty of the fall season--and to all the programs and activities we are planning for you.

Over the summer we had the pleasure of enjoying over 1,100 lunches from Village Market, Lily's Market, Calise's Market and Deli, and Toozy Patza, as well as the fabulous burgers from Weston's Volunteer Fire Department. Others who made this summer program a success included St. Francis Church, Norfield Congregational Church, our great volunteers, the musicians, and all those whose donations made lunch program possible. And thank all of you for joining us in person for the camaradery, entertainment, great food, and fun.

Speaking of success: The Weston Arts Festival was a huge hit again this year, with our "own" Jane Wolf winning 1st place in the juried show. Now we are looking forward to the excitement of a Weston Flea on September 10th. Please consider joining us with a booth or by volunteering for all or part of the day--we would love to have you!

Best,

Wendy, Carla, Linda, Angela and Roy



The Weston Flea Saturday September 10th (Rain Date September 11th), 9am-2pm Weston High School Parking Lot

A town-wide tag sale and vintage shop - great opportunity to shop items old and new! Local vendors, makers & more.

Admission: Donation to Friends of the Weston Senior Center
(Suggested Donation: \$1/Person)

Dial-a-Ride Update

We on a shortened schedule while our driver is out.

Currently, transportation services are available between 9am-2pm.

Please continue to 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.

Everything You Ever Wanted To Know about Chess But Were Afraid to Ask

National Chess Day is September 1st!

Thursday, 12-3pm (In-House)

Join the chess group, all levels are welcome. Learn the basics, join the fun. We have a several games going and would love to have you join. Refreshments will be available.

For questions, please email Ray Rauth: rayrauth@optonline.net.

The Benefits of Early Detection

Bridges by EPOCH, Norwalk

Thursday, September 22nd, 11am (Zoom)

Caring for a loved one with dementia can be an emotional roller coaster ride; one fraught with stress, frustration and uncertainty – especially under today's circumstances. You're not alone. Join other family caregivers and dementia care professionals who understand your challenges and can help make your journey a little bit easier.

Join dementia expert Alicia Seaver and other family caregivers for our online caregiver support group. Get tips on how to reassure your loved one, ease your frustrations, and make this trying time less stressful and more enjoyable for you and your loved one.

Please use this link to register: <https://www.bridgesbyepochmemorycare.com/webinar/>.

John Singer Sargent Lecture

Lisa Arnold, Artist/Educator

Monday, October 24th, 1pm (Zoom)

John Singer Sargent was an American expatriate artist, considered the "leading portrait painter of his generation" for his evocations of Edwardian-era luxury. He created roughly 900 oil paintings and more than 2,000 watercolors, as well as countless sketches and charcoal drawings.

To register email: lgilmore@westonct.gov

Build Your Own History Book

David Plaue of Sticker Book Publishing

Friday, October 7th, 1pm (In-House)

If you enjoy Trivia, Learning and Reminiscing this is your lucky day. In this fun and engaging interactive program you will, *Build Your Own History Book*. This program will be facilitated by founder and creator David Plaue of Sticker Book Publishing. There is no charge for this class.

To register email: lgilmore@westonct.gov

A Matter of Balance

Fairfield University Nursing Students

Funded by Southwestern CT Agency on Aging

Tuesdays, 9am-11am October and November

Starting October 4th thru November 29th (In-House)

You Must Be Able To Commit To The Full 8 Classes

Do you have concerns about falling? Many older adults restrict their activities out of fear of falling. "A Matter of Balance: is a nationally recognized program designed to manage the fear of falling. This program emphasizes practical strategies to manage falls. You will learn to view falls as controllable, set goals for increasing activity make changes to reduce fall risks at home, and exercise to increase strength and balance. This class will be taught by the Fairfield University Nursing students under the supervision of Adjunct Professor Monica Wheeler, MSN, RN. Please note this is not an exercise class.

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



Ask the Nurse and Blood Pressure Screening

Visiting Nurse & Hospice of Fairfield County

Monday, September 19th, October 17th, 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.



Trips

Beyond Van Gogh An Immersive Experience

Thursday, September 8th, 9:30am - 4pm

At the Hartford Convention Center

\$70.00 for Tickets, Bus and Box Lunch.

Meet at Norfield Church at 9:15am for the bus

Beyond Van Gogh is a new truly immersive experience. While other shows use virtual reality or still images, our show breaks barriers by incorporating both still and moving art. Masterpieces, now freed from frames, come alive, appear, and disappear, flow across multi-surfaces, the minutia of details titillating our heightened senses.

To register, email Wendy: wpetty@westonct.gov

Fairfield University Art Tour & Lunch

Thursday, September 29th, 10:30am

Out of the Kress Vaults: Women in Sacred Renaissance Painting

Departing Senior Center at 9:45am to take the bus.

Tour starts at 10:30am followed by lunch at Old Post Tavern

Out of the Kress Vaults: Women in Sacred Renaissance

Painting explores representations of femininity and virtue in Italian Renaissance paintings of the Virgin Mary, female saints, and nuns. Ranging from small, devotional images intended for the highly gendered spaces of the Renaissance home, to large altarpieces originally on display in churches, these artworks intertwine depictions of idealized beauty with messages of virtue and piety, presenting these women as models of virtue and devotion for emulation and admiration by their Renaissance viewers.

To register email Linda: lgilmore@westonct.gov

Shopping and Lunch in Kent

Lunch at the Fife and Drum

Thursday, October 13th

Departing Senior Center at 10am

Start your holiday shopping early! Join us for a day of shopping followed by lunch at the Fife and Drum.

To register email Linda: lgilmore@westonct.gov

Tour of Weir Farm House and Gardens

Thursday, October 27th, 9:45am Tour and Lunch

Departing Senior Center at 9am

The trip includes a tour of Weir House and Studios. Learn about the legacy of creativity started by America's most beloved Impressionist, Julian Alden Weir, and the three generations of artists who called Weir Farm home. After the tour, you will have time to view the new exhibits and artwork in the Visitor Center, do some sketching or painting in the landscape with art supplies provided by Weir Farm or explore the grounds and gardens until we depart around 11:30 for lunch at Toozy Patza. Please bring money for lunch.

To register email Linda at: lgilmore@westonct.gov

Travel Programs (Zoom)

Spain

Beeyond, Interactive Tours Around the World

Tuesday, September 20th, 10:30-11:30am

Enjoy a lovely stroll through Retiro Park, the largest park in Madrid. Once home to the Habsburg royal palace, then later a military fortress housing Napoleon's troops and now a wonderful green oasis in the centre of the city. See the stunning Palacio de Cristal, a conservatory made almost entirely of glass, and a beautiful collection of gardens, galleries and even a tranquil lake. A treasured meeting and relaxing place for locals, Retiro park has many impressive statues and sculptures dotted through its gardens, with the most famous being the statue of the fallen angel, Lucifer, sitting at six hundred and sixty six metres above sea level.

With your experienced guide you will see more than just the Madrid of today, you'll also get a glimpse back in time because each tour is complemented with an excellent selection of multimedia. You will be shown historic photographs and videos to help with explanations, stories and the historical context of Madrid's incredible and turbulent past. You can't get any closer to history without a time machine!

To register, email Wendy: wpetty@westonct.gov

Downtown Milan, Italy

Beeyond, Interactive Tours Around the World

Wednesday, October 12th, 10:30-11:30am

Welcome to Milan! We will start from Piazza Scala, with a particular focus on Scala Opera House, the real temple of music which has been hosting the greatest international artists since 1778. Then we will discover the incredible "salotto elegante" Galleria Vittorio Emanuele II, the first shopping mall in the world with a very innovative architecture, walking through it to reach the real symbol of the city: the Duomo cathedral. This church is the breathtaking heart of Milan since 1386 and we will focus on its history and the most interesting details, we will explore the mesmerizing architecture made of shining marble and thousands of statues. The perfect tour to discover Milan for the first time or to go in depth in its culture and life with a lot of fun facts, curiosities and stories.

To register, email Wendy: wpetty@westonct.gov

Learn About Libby

with The Weston Public Library

Libby is the one-tap reading app where you can borrow ebooks, audiobooks, and magazines for free!



Join Anne for a special information session at the September 14th Lunch at Norfield Church or call the library (203) 222-2665. She will give an update on what to expect in the upcoming programs and how to use Libby!

Learn how to get started in this online class.

Please register to get the Zoom link.

<https://bit.ly/3uLwlu4>

Caregivers Support Group**With Allison Lisbon, LCSW, MSW****Director of Weston Social Services****Tuesdays, September 20th and October 18th, 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.**Meditation with Suzanne Sheridan is back!****Mondays, 9:30am-10am****Starting on Monday, September 19th.**

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.

To register, email Carla, cjegen@westonct.gov.**New Strength and Stretch Classes!****Strength and Stretch with Sonia Stack****Mondays, 10am (In-House)****\$24 for series of 7 classes (the first class is free)**

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! Sonya Stack has lived in Weston for 17 years with her husband and four boys.

To register, email Wendy: wpetty@westonct.gov**Strength and Stretch with Sandy Adamczyk****Thursdays, 10am (Hybrid)****\$28 for series of 7 classes**

Join Sandy on Zoom or participate at the Senior Center with the class on the screen. She 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**Strength and Stretch with Karen Jordan****Fridays, 10am (In-House)****\$28 for series of 7 classes**

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**Know your Town Directory
League of Women Voters of Weston**The most recent print edition of the League of Women Voters of Weston's *Know Your Town Directory* is currently available at our Senior Center as well as at Town Hall and the Weston Public Library.The *Directory* is a "who's who" with contact information for town staff, elected and appointed town officials, the Weston school system, community and regional resources and services, and our state and national government.Between printings, the *Directory* is periodically updated online and can be downloaded from the League website: www.lwvwestonct.org, and Facebook page: <https://www.facebook.com/LWVWestonCT/>

Pick up a copy of the current print edition at the Center and visit the League's website for information about the 2022 election season, upcoming candidate debates, and other non-partisan League activities and programs.

**Brain Games and Lunch****With Danielle Ramos****Tuesday, September 16th, 12:00pm**

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

To register, email Wendy: wpetty@westonct.gov**Flu Shot Clinic Westport/Weston Health Department****Tuesday, September 20th, 11am-1pm****By Appointment: call Weston Senior Center to reserve your spot (203) 222-2608**Flu shots will be given at the **Weston Senior Center**, by appointment. Forms can be filled out ahead of time. **Please bring your Medicare/Insurance cards with you. To register, call the Senior Center.**

Making Holiday Collage Cards with Lisa Arnold

Tuesday, October 4th , 11am-1pm
\$10 fee (In-House)

What better way is there when you collage cards for the upcoming holidays or for Autumn 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!

All you need are the Strathmore 140 lb cards (in a box), cold press. Share with a friend if you like. 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

Drawing with Chris Goldbach

Mondays, September 12th, 19th, 26th,
October 3rd, 17th, 24th, 31st, 1pm-2pm (Zoom)
\$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?](https://us02web.zoom.us/j/89184801363?pwd=RnVUNllwYlNwem1pcFlSMs1U2sydz09)
[pwd=RnVUNllwYlNwem1pcFlSMs1U2sydz09](https://us02web.zoom.us/j/89184801363?pwd=RnVUNllwYlNwem1pcFlSMs1U2sydz09)

Meeting ID: 891 8480 1363

Passcode: Z

Art Chat with Chris Goldbach

Tuesday, September 20, October 18th, 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?](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, September 12th, October 3rd, 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?](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, September 2nd, 9th, 16th, 23rd, 30th
October 7th, 14th, 28th (No Class on 10/21)
10am-12pm (Zoom)
32 for series of 8 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.

Painting Realism With Cindy Wagner

Tuesdays, 10am-12pm, , October 11th, 18th, 25th
and November 1st, 8th and 15th (In-House)
\$24 for a series of 6 classes

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

Bring own supplies (a supply list will be provided)

If weather permits, the class may try painting outside en Plein Aire.

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!

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!

**Color Concepts and Strategies
With Maj Kalfus**

**Thursdays, October 6, 13, 20, 27
10am-12pm (In-House)
\$16 for series of 4 classes**

The 4 week session will focus on identifying the color strategies of famous artists, such as Van Gogh, Gauguin, Matisse, Klee and Mondrian. We will work with the color wheel and create unique compositions in several mediums representing their varying approaches. We will use pastels, collage and acrylic paint on paper over the four weeks. No experience necessary.

Supplies: 11X14 drawing pad (white paper, not newsprint), small set of soft pastels or oil pastels, small set of acrylic paints, 6 or more color pencils, kneaded eraser, small jar for water, 2-3 brushes of different sizes for acrylic.

To register, email Wendy: wpetty@westonct.gov



Create a Fall Centerpiece With Linda

**Tuesday, October 25th, 11am
\$10.00 Fee (Includes a pizza lunch)**

Friends, flowers, food and fun! What a great way to spend time at the senior center creating your own Fall centerpiece.

Please bring clippers/scissors to class. We will supply the rest!



To register email Linda: lgimore@westonct.gov

Flowers, Fruits and More With Karen Siegel

**Thursdays, September 8th, 15th, 22nd,
10am-12pm (Meeting at Lachat Farm)
\$15, Series of 3 classes**

Come learn the various techniques of watercolor painting. We will explore color-mixing, shading and shadows. All levels welcome and all supplies included. Beverages will be provided.

To register, email Wendy: wpetty@westonct.gov

**Weston Senior Center Art Exhibit
Karen Kallins, Photographer**

The photography will be on display through October.

I have loved photographs from a very young age. I started taking pictures in 2nd grade when I made my first photo album, and I have never stopped. My grandfather was a very talented photographer and my mother is an accomplished artist in many media including photography. Photography is definitely in my genes!

In college, when I learned how to develop photographs in a dark room, I fell in love with photography as a craft and not just as a way to document my life. While living and working in NYC, getting married, traveling, having a family, I dabbled with my camera whenever I could. It wasn't until recently (2018) when our local library in Weston, CT started a photography club, that I realized I really wanted to 'focus' (get it?) more on my photography.

My photo style can be quirky. I like people to look twice and sometimes to wonder what they are looking at. Many times, the viewer has to use his or her imagination because I have made the real subject unidentifiable by zooming in or using unusual angles. I like to play with colors too. In my "Splash of Color" series, everything is black and white with one element in color.

Feel free to follow my imagination and see where this photography adventure takes me via my Instagram page [@karenkallinsphotography](https://www.instagram.com/karenkallinsphotography).



Artist Reception Sunday, September 11th, 3-5pm

Zentangle Gourd Class With Carla

Monday, October 17th, 10:30am, \$10 Fee (In-House)

Join us in decorating a gourd with fall and Halloween inspired designs. If you are new to Zentangle it is a very free flowing drawing project, look on Carla's desk for an example (the gourds will not be the same shape as the example). If you have done Zentangle before and have a set of pens please bring them or let me know if you need them.



To register, email Carla: cjegen@westonct.gov.

French with Sylvie!

**Thursdays from 3-4PM (Zoom)
Sept. 15th, 22nd, 29th, Oct. 6th, 13th, 20th, 27th
\$70.00 for the series**

French for intermediate and high intermediate students

For more info email Linda: lgimore@westonct.gov

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: Mondays at 10am (In-House) 7 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.

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.

Pilates with Karen: Mondays at 12:30pm (In-House), \$7 classes, \$28 series. Designed to re-align the spine to its natural skeletal position, rebalancing the muscles around the spine, abdominals and the extremities to accomplish core strength, stability, longer leaner muscle tone, improved posture, and enhanced coordination. Please bring your own mat.

Feldenkrais with LeAnn: Tuesdays at 11am (Zoom) 8 classes, \$32 series. LeAnn Starovas is new to us and teaches from Washington State. Feldenkrais is a gentle class that helps to improve posture, flexibility, and coordination for those with reduced movement or pain.

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) 9 classes, \$36 series.

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

Walking Club with Linda at the Track: Tuesdays and Thursdays at 10am, free

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

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

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

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, September 9th & 30th
October 14th & 28th, 11am (In-House)
Free, four card max per game.



Pickleball Lessons
With Betsy Hulme

Fridays, September 2, 16, 30
 9am-10am Beginners
 10-11am Intermediate
 \$5 per lesson.

Space is limited, sign-up is required.

To reserve a spot,
 email Wendy:
wpetty@westonct.gov.





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.**



September 6th: **The French Dispatch, R**

A love letter to journalists set in an outpost of an American newspaper in a fictional twentieth century French city that brings to life a collection of stories published in a trio of university parapsychologists lose their research grant and decide to open their own business, "Ghostbusters," and almost at once are summoned to investigate the strange happenings in a Central Park West apartment. What they discover is that all Manhattan is being besieged by other worldly demons.

September 13th: **Uncharted, PG-13**

Uncharted follows a treasure hunter named Nate Drake, a descendent of explorer Sir Francis Drake who believes he has learned the whereabouts of El Dorado, the fabled South American golden city from a cursed golden statue. The search becomes competitive when a rival hunter joins the fray, then is ratcheted up several notches when creatures actually mutated descendants of Spaniards and Nazis begin attacking those hoping to learn the treasure's true secrets.

September 27th: **Family Camp, PG**

Two polar-opposite families find themselves sharing a cabin for a week away at camp. With the highly coveted camp trophy at stake, dads Tommy and Eddie end up lost in the woods after a comedy of errors and mishaps.

October 4th: **The Lost City, PG-13**

Reclusive author Loretta Sage writes about exotic places in her popular adventure novels that feature a handsome cover model named Alan. While on tour promoting her new book with Alan, Loretta gets kidnapped by an eccentric billionaire who hopes she can lead him to an ancient city's lost treasure from her latest story. Determined to prove he can be a hero in real life and not just on the pages of her books, Alan sets off to rescue her.

October 11th: **Dark Waters, PG-13**

A tenacious attorney uncovers a dark secret that connects a growing number of unexplained deaths to one of the world's largest corporations. While trying to expose the truth, he soon finds himself risking his future, his family and his own life.

October 18th: **Umma, PG-13**

Umma, which is the Korean word for 'mother,' follows Amanda (Sandra Oh) and her daughter (Fivel Stewart) living a quiet life on an American farm, but when the remains of her estranged mother arrive from Korea, Amanda becomes haunted by the fear of turning into her own mother.

October 25th: **Where the Crawdads Sing (2022) - PG-13**

Where the Crawdads Sing is a movie adaptation of Delia Owen's bestselling novel. The drama mystery is about a woman, Kya Clark, of the Deep South who has raised herself in the marshes during the 1950s and 60s after her parents abandon her. Her long isolation only molded her to be independent but yearn for company. When the murder of a man she was once involved with arises, a vulnerable Kya finds herself at the murder trials center and becomes the prime suspect.

Downsized Gourmet

Monday, October 17th, 3:00pm (Zoom)
Susan and Paul Doyle, Oasis Senior Advisors

It can be hard to cook for one or two. Join Susan and Paul Doyle of Oasis Senior Advisors for new cooking ideas.

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

Meeting ID: 889 1355 2335

**Medicare Open Enrollment Appointments
Medicare Changes and Medicare Part D Review**

Open Enrollment (October 15 - December 7) allows the Medicare client to change prescription medication suppliers under Medicare Part D, to switch to/ from Original Medicare to/from Advantage Plans and other adjustments to Medicare which then take effect January 1, 2023. Weston Senior Center will be providing Open Enrollment half hour sessions, either by in-person appointments or by telephone. Please indicate your preference. All who use this free of charge service must submit their prescription information ahead of time and/or any questions you have about Medicare via snail mail or drop off at the Weston Senior Center. You will be CDC Covid`19 safe for in-person one-on-one appointments. Once your information is received, someone from the Center will call you to schedule your 30 minute appointment (couples will need a 60 minute one). For in person appointments, the conference area and furniture will be sanitized between clients. Wearing a mask will be requested, and social distancing protocols encouraged. All prescription information provided by you will be destroyed once you indicate that you have made your Medicare decisions.

All appointments, either in person or telephone, will be limited to 1/2 hour. No appointments can be made without the pre-submitted requested information (see details in box at the right). All appointments will be made on a "first come, first serve" basis. Days and times available are limited so turn in your requests as soon as possible for preferred scheduling. Scheduling can take at least a two week lead time from receipt of information. Once these appointment slots are filled, we will refer you to SWCAA or to the Medicare.gov website.

A special reminder -- you should participate in Open Enrollment, especially if you have not reviewed your insurance coverage in the last few years, and even if you did it last year -- insurance company drug formularies change so drugs can be dropped or added at any time, drug prices can also change, and plans may be dropped while others are added. The least expensive insurance programs for current prescriptions will be generated by the Medicare information for 2023. Possibly your appointment can be handled by telephone, so don't wait to submit your information to book your appointment

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

Meta Schroeter Rose Cruz
CHOICES COUNSELOR CHOICES COUNSELOR

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

The Weston Social Services office will begin taking applications for the CT Energy Assistance Program beginning the week of August 29th. This program assists residents with home heating costs during the winter months, Income eligibility amounts have not been announced as of yet, please look for those in the next newsletter or call our office for more information. Appointments to apply will be available at our office from August 29 through October 31st.

Reassurance List:
Would you like to be part of the WSS's reassurance list? This is a voluntary list kept by the WSS dept and shared with emergency services during times of Town emergencies and severe weather events. A WSS employee will call your home prior to a known event. We encourage any household with homebound or disabled individuals to sign up. Please contact Rose Cruz at 203-222-2556 for more information.

**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.

September/October Lunch Menu

All lunches will be \$5.00 and served curbside at Norfield Church
(Please select the lunch dates that you will be attending and conveniently pre-pay for all)
Otherwise, sign-up is required by Monday at noon for each week, to be paid on that Wednesday.
Drive through and Indoor seating is available.

Email Wendy, wpetty@westonct.gov or call (203) 222-2608

September 14th

Catered by Village Market

Cheese tortellini salad with sliced grapes and fresh mozzarella, fruit salad and butter cookie

Guest Speaker: Anne Mastroianni, Librarian, "Learn about Libby, The Library Reading App"

Weston EMS Blood Pressure Day

September 21st

Catered by Calise's Market and Deli

Choice of turkey or roast beef sandwich on a wrap with fruit salad

September 28th

Catered by Village Market (CHOICE OF SALAD)

Choice of kale salad with chicken, apples, cranberries, shaved parm or chicken Caesar salad, fruit salad
and a brownie

Entertainment: Dom Cardomone

October 5th

Catered by Toozy Patza

Spaghetti and meat balls with side salad

Guest Speaker: Meta Schroeter and Rose Cruz, Medicare Open Enrollment Update

October 12th

Catered by Village Market

Picchi pacchi with chicken and tomatoes, side salad and cookie

Guest Speaker: Probate Judge, Lisa Wexler

Weston EMS Blood Pressure Day

October 19th

Catered by Calise's Market and Deli

Beef Stroganoff with egg noodles and side salad

Entertainment: Rita's African Show

October 26th

Catered by Village Market

Vegetable Lasagna with side salad

Halloween Lunch, Costumes Optional! Prizes will be awarded.



September 2022

Mon	Tue	Wed	Thu	Fri
		September/October Artist: Karen Kallins	1 10am Walk at the Track 10am Mahjong 10am Open Art 10am Strength w/Sandy 11am Pickleball 12pm National Chess Day Event	2 9am Pickleball Lessons 10am Yoga w/Gloria 10am Strength w/Karen 10am Drawing w/Dick 11am Pickleball 11am Chair Aerobics 1pm Canasta
5 Closed Labor Day	6 9am Backgammon 10am Walk at the Track 10am Mahjong 11am Feldenkrais 12:30pm Movie: <i>The French Dispatch</i>	7 9am-11am Walk in the Gym 10am Yoga/Melania 12pm Bring Lunch Join us for Ice Cream 1:30pm Rummikub 1:30pm Pickleball	8 9am Bus at Norfield Church for: Beyond Van Gogh An Immersive Experience 10am Strength w/Sandy 11am Pickleball 10am-12pm Art at Lachat with Karen	9 10am Yoga w/Gloria 10am Strength w/Karen 10am Drawing w/Dick 11am Pickleball 11am Chair Aerobics 11am Bingo 1pm Canasta Weston Flea Tomorrow
12 10am Open Craft/Knitting 10am Strength w/Sonia 10am Yoga w/Melania 11am Qigong 11am Pickleball 11am Chair Aerobics 12:30pm Pilates w/Karen 12pm Chess 1pm Drawing w/Chris 3pm Tips & Tricks w/Chris	13 9am Backgammon 10am Walk at the Track 10am Mahjong 10:30am Beeyond – Spain 11am Feldenkrais 12:30pm Movie: <i>Uncharted</i>	14 9am-11am Walk in the Gym 10am Yoga/Melania 11:30am Curbside Lunch Norfield EMS Blood Pressure 1:30pm Rummikub 1:30pm Pickleball	15 10am Walk at the Track 10am-12pm Art at Lachat with Karen 10am Mahjong 10am Open Art 10am Strength w/Sandy 11am Pickleball 11am Westport Farmers Market Trip 3pm French w/Slyvie	16 9am-11am Pickleball Lessons 10am Yoga w/Gloria 10am Strength w/Karen 10am Drawing w/Dick 10am-12pm Color Concepts w/M. Kalfus 11am Chair Aerobics 11am Pickleball 12pm Brain Games 1pm Canasta
19 9:30am Meditation 10am Open Craft/Knitting 10am Yoga w/Melania 10am Strength w/Sonia 10:45am Ask a Nurse 11am Qigong 11am Pickleball 11am Chair Aerobics 12:30pm Pilates w/ Karen 12pm Chess 1pm Drawing w/Chris	20 9am Backgammon 10am Walk at the Track 10am Mahjong 10:30 Beeyond – Spain 11am Feldenkrais 11am-1pm Flu Shots 1pm Caregiver Support Group 1pm Art Chat w/Chris	21 9am-11am Walk in the Gym 10am Yoga/Melania 11:30am Curbside Lunch Norfield 1:30pm Rummikub 1:30pm Pickleball	22 10am Walk at the Track 10am-12pm Art at Lachat with Karen 10am Mahjong 10am Open Art 10am Strength w/Sandy 11am Pickleball 11am Benefits of Early Detection – EPOCH 3pm French w/Slyvie	23 10am Yoga w/Gloria 10am Strength w/Karen 10am Drawing w/Dick 10am-12pm Color Concepts w/M. Kalfus 11am Pickleball 11am Chair Aerobics w/Ruth 1pm Canasta
26 9:30am Meditation 10am Open Craft/Knitting 10am Yoga w/Melania 10am Strength w/Sonia 11am Qigong 11am Pickleball 11am Chair Aerobics 12:30pm Pilates w/ Karen 12pm Chess 1pm Drawing w/Chris	27 10am Walk at the Track 9am Backgammon 10am Mahjong 11am Feldenkrais 12:30pm Movie: <i>Family Camp</i>	28 9am-11am Walk in the Gym 10am Yoga/Melania 11:30am Curbside Lunch Norfield 1:30pm Rummikub 1:30pm Pickleball	29 10am Walk at the Track 10am Mahjong 10am Open Art 10am Strength w/Sandy 10:30am Fairfield University Art Tour 11am Pickleball 3pm French w/Slyvie	30 9am Pickleball Lessons 10am Yoga w/Gloria 10am Strength w/Karen 10am Drawing w/Dick 10am Color Concepts 11am Pickleball 11am Chair Aerobics 11am Bingo 1pm Canasta



October 2022

Mon	Tue	Wed	Thu	Fri
9:30am Meditation ³ 10am Open Craft/Knitting 10am Yoga w/Melenia 10am Strength w/Sonia 11am Qigong 11am Pickleball 11am Chair Aerobics 12pm Chess 12:30pm Pilates w/ Karen 1pm Drawing w/Chris 3pm Tips & Tricks w/Chris	9am Backgammon ⁴ 9am Matter of Balance 10am Walk at the Track 10am Mahjong 11am Feldenkrais 11am Holiday Collage Cards w/L. Arnold 12:30pm Movie: <i>The Lost City</i>	9am-11am Walk in the Gym ⁵ 10am Yoga/Melania 11:30am Curbside Lunch Norfield 1:30pm Rubbikub 1:30pm Pickleball	10am Walk at the Track ⁶ 10am Mahjong 10am Strength w/Sandy 10am-12pm Color Concepts w/M. Kalfus 11am Pickleball 3pm French w/Slyvie	10am Yoga w/Gloria ⁷ 10am Strength w/Karen 10am Drawing w/Dick 10am Open Art 11am Chair Aerobics 1pm Build Your Own Music Book 1pm Canasta
Senior Center Closed ¹⁰	9am Backgammon ¹¹ 9am Matter of Balance 10am Walk at the Track 10am Mahjong 10am-12pm Painting Realism 11am Feldenkrais 12:30pm Movie: <i>Dark Waters</i>	9am-11am Walk in the Gym ¹² 10am Yoga/Melania 10:30am Beeyond Italy 11:30am Curbside Lunch Norfield 1:30pm Rubbikub	10am Walk at the Track ¹³ 10am Mahjong 10am Strength w/Sandy 10am-12pm Color Concepts w/M. Kalfus 11am Pickleball 3pm French w/Slyvie	10am Yoga w/Gloria ¹⁴ 10am Strength w/Karen 10am Drawing w/Dick 10am Open Art 11am Bingo 11am Chair Aerobics 1pm Canasta
9:30am Meditation ¹⁷ 10am Open Craft/Knitting 10am Yoga w/Melenia 10am Strength w/Sonia 10:30am Zentangle Gourds 10:45am Ask a Nurse 11am Qigong 11am Pickleball 11am Chair Aerobics 12pm Chess 12:30pm Pilates w/ Karen 1pm Drawing w/Chris 3pm Downsized Gourmet	9am Backgammon ¹⁸ 9am Matter of Balance 10am Walk at the Track 10am Mahjong 10am-12pm Painting Realism 11am-1pm Collage Holiday Cards w/ L. Arnold 11am Feldenkrais 1pm Art Chat w/Chris 1pm Cargivers Support 12:30pm Movie: <i>Umma</i>	9am-11am Walk in the Gym ¹⁹ 10am Yoga/Melania 11:30am Curbside Lunch Norfield 1:30pm Rubbikub 1:30pm Pickleball	10am Walk at the Track ²⁰ 10am Mahjong 10am Strength w/Sandy 10am-12pm Color Concepts w/M. Kalfus 11am Pickleball 3pm French w/Slyvie	10am Yoga w/Gloria ²¹ 10am Strength w/Karen 10am Open Art No Drawing w/Dick 11am Pickleball 11am Chair Aerobics w/Ruth 1pm Canasta
9:30am Meditation ²⁴ 10am Open Craft/Knitting 10am Yoga w/Melenia 10am Strength w/Sonia 11am Qigong 11am Pickleball 11am Chair Aerobics 12pm Chess 12:30pm Pilates w/ Karen 1pm Drawing w/Chris 1pm John Singer Sargent	9am Backgammon ²⁵ 9am Matter of Balance 10am Walk at the Track 10am Mahjong 10am-12pm Painting Realism 11am Feldenkrais 11am Fall Centerpiece Class 12:30pm Movie: <i>Where the Crawdads Sing</i>	9am-11am Walk in the Gym ²⁶ 10am Yoga/Melania 11:30 Curbside Lunch Norfield 1:30pm Rubbikub 1:30pm Pickleball	9:45am Tour of Weir Farm (Bus 9am) ²⁷ 10am Walk at the Track 10am Mahjong 10am Strength w/Sandy 10am-12pm Color Concepts w/M. Kalfus 11am Pickleball	10am Yoga w/Gloria ²⁸ 10am Strength w/Karen 10am Open Art 10am Drawing w/Dick 11am Bingo 11am Chair Aerobics w/Ruth 11am Pickleball 1pm Canasta
9:30am Meditation ³¹ 10am Open Craft/Knitting 10am Yoga w/Melenia 10am Strength w/Sonia 11am Qigong 11am Pickleball 11am Chair Aerobics 12pm Chess 12:30pm Pilates w/ Karen 1pm Drawing w/Chris				