



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 Activities Center
9 School Road
www.westonseniorcenter.info
203-222-2608
Mailing Address:
P.O. Box 1007
Weston, CT 06883

Center Staff:

Director: Rose Cruz
Program Coordinator:
Linda Gilmore
Asst: Julia Braden

Dial-a-Ride

203-222-2576
(24-hour notice required)

Dept. of Human Services

203-222-2663
Director: Allison Lisbon
Case Worker: Rashida Miller
Youth & Family Social Worker:
Diana Medina
203.222.2585

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
David Goodman
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.

Winter 2024

Hello Friends,

Happy New Year! As we look back on 2023, the entire staff would like to thank you for all the great memories of our events, trips and lunches. None of which are possible without your participation, our great volunteers and the support of incredible donors that make Weston Senior Center a great gathering place.

The cold weather is here but that doesn't mean that you are stuck inside. Taking care of your mental and physical health is a year-round practice. The Weston Senior Center is the perfect place to stay active and socially connect with others during these long winter months. Thanks to the generosity of donations, we now have a new treadmill and recumbent bike on the way for your fitness goals! That is just the start of other donated additions to come, so follow our announcements weekly. Also, we would love to see more of you gather to play your favorite board or card games! I recently learned how to play Mexican Train Dominoes and I'm happy to teach any group how to play this addictive game!

The best in 2024 and hope to see you soon!

Best,
Rose Cruz
Weston Senior Center Director

A Note from the Friends of the Weston Senior Activities Center

We would like to thank you! We appreciate your donations and continued support this year. All donations directly benefit the Weston Senior Center. Happy New Year!

Dial-a-Ride

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.

Carmen Navarra
(Jan-Feb show)

I am essentially self-taught and began to paint watercolors seriously after retirement in July of 2019. In addition to the love of color, beloved pets, my travels, landscapes, nature, people, appreciation of photography, all have become a significant source of my inspiration.



I have been fortunate to have studied under seasoned teachers at Norwalk Community College's Lifetime Learners program, at Senior Centers in Norwalk, Weston and Westport, and, of course, the never-ending support and encouragement from my Painting Buddies in New York, loyal friends, and the newly found artistic seniors who have contributed to my inspirations.

Phyllis Satin
(Mar-Apr show)

Look for a Bio in an upcoming bulletin. Wait! You don't receive the weekly bulletins? Talk to staff to make sure you are always updated.



Cooking Safety with Weston Fire Chief John Pokorny

Wed, Jan 17, 12:45pm

Cooking is an everyday activity that can turn deadly. Kitchen fires are the leading cause of home fires.



Stay safe with tips from FD Chief John Pokorny, who is also Weston's Fire Marshall.

Alzheimer's Lecture with Mary Sourivanh
Lunch (free) will be served!

Wed, Jan 24, 11:30am

Sign up for lunch followed by Mary's knowledge of Alzheimer's with current information & advice.



Wilton Meadows

Nursing & Rehabilitation

Sponsored By Wilton Meadows



Senior Scams: Lecture by Weston Police Sergeant Pat Daulbert

Wed, Feb 21, 12:45pm

Don't be a victim! Learn to avoid the scammers that are targeting seniors.

Owl Lecture with Wild Birds Unlimited's Chris Petherick

Wed, Feb 7, 12:45pm, following lunch

Owls are a fascinating raptor that hold a special place in many people's hearts.



Chris will discuss the different owls that live in Connecticut, while also touching on their nesting and feeding habits and where we can possibly see, or more likely, hear different owls.



Chris Petherick is owner of Wild Birds Unlimited, Your Local Backyard Bird Feeding Experts. Located next to Trader Joes on Black Rock Turnpike in Fairfield.

Music Lecture with David Stein
The Marriage of Figaro: Journey of the Countess



Wed, Feb 8, 12:45 after lunch
 This popular "Ways of Listening" program explores *The Marriage of Figaro*, which has been called "the most perfect opera ever created." It is a romantic comedy that evokes both Shakespeare and Broadway with divine music, bawdy humor and rich characters. Using videos and illustrations at the piano, we will focus on the fascinating person and the music of the Countess Rosina as she grows into self-knowledge and reforms her philandering husband. The program is non-technical and accessible to anyone with an interest in classical music.

Presentation by Weston Librarian Anne Mastroianni:
Learn About Libby (and Hoopla!)
Wed, Feb 14, 12:45pm after lunch

Free digital books, audiobooks, magazines & more! Your library card does more than you think!



Bring your device for hands-on demo.

Navigating the Senior Care Continuum
(Or Senior Care 101)
Presentation by Craig Oshrin of Care Patrol (with lunch)
Wednesday, Feb 28, 11:45pm

Learn about Homecare options, cost of at-home vs assisted living communities, skilled nursing vs community care. This is a great overview of all the options along the Senior care continuum and when each option is appropriate.



Care Patrol is a free service with many resources. They want to improve the quality of life for our seniors.

Denise Mortati Lecture
Document Emergency Preparedness
Wed, Mar 6, 12:45pm after lunch



Which documents should you keep safe? Which documents do you need to grab and go from your home in an emergency? Denise will answer all questions.

Diane Lowman Lecture
Letting Go of Stress
Wed, Mar 13, 12:45pm after lunch



Stress and tension take a toll on the body and mind, but you can learn to let go and relax. In this class, you will be guided through proven stress techniques, including mindfulness, breathing, and guided imagery, to experience a state of deep relaxation.

Tech Savvy Seniors
with Lindsey Burk
Thursdays, March 7, 14 & 21, 12-1pm

Bring your iPhone or iPad and learn how to



use it more efficiently and discover things you had no idea it could do! Before you know it, you will be a Tech Savvy Senior!
 Mar 7—Intro & Basics
 Mar 14—Learn About Apps
 Mar 21—Communication

Seniors Helping Seniors Winter Soiree
Karaoke & Hot Chocolate Extravaganza!
Wed, Mar 20, 12:45pm after lunch



Join us for laughter, music and desserts with steaming hot chocolate.
 Sponsored by Seniors Helping Seniors



Workshop for MyActiveCenter

Wednesday, Jan 3, 11am

Rose will show all participants how to navigate through the new system to sign up for classes and events online.



Want help with Tax Day?

Mark Spicack is back! He will take appointments if you need tax preparation or tax filing help.



Spots available on
Monday March 11
Monday March 18
9am—Noon

Must register for a spot!



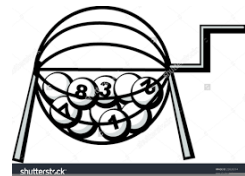
Ask a Nurse!

Tuesday, Jan 9, Feb 6 & Mar 12,
11:30am-12:30pm

A registered nurse from Visiting Nurse & Hospice of Fairfield County will offer free blood pressure, depression screenings, medication management and answer any other questions you may have.

B-I-N-G-O !!

Fridays, Jan 26, Feb 23 and Mar 22, 12:30pm



Come play, win prizes and laugh with the Bingo gang. Linda will be calling your lucky numbers!

Knitting for a Good Cause!

Join our Monday morning knitter group, who donate dozens of knitted hats, scarves, ear warmers, mittens, lap warmers and will continue to knit through the cold winter months! Open Doors Shelter in Norwalk is the most recent happy recipient. All knitting levels welcome!



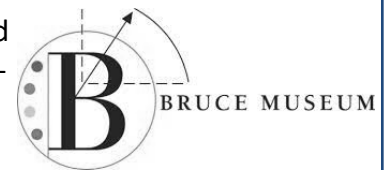
Trips

Bruce Museum

Thursday, February 22 (bus leaves Center at 10am), \$20 pp, includes admission and lunch



General tour of the Bruce Museum of art, a world-class institution highlighting art, science and natural history in more than a dozen changing exhibitions annually. Followed by lunch at their café, operated by Aux Delices. Seats will go fast!



Ikea Trip

Thursday, March 28 (bus leaves Center at 10am), Bring money for shopping and lunch.



Journey to the DIY mecca of IKEA! Located in New Haven with over 300,000 sq feet of products for your home, even small space apartments. And then a stop at the Swedish restaurant before packing up for home with all our finds. Reserve your spot!

To register, email Julia: jbraden@westonct.gov

Crafts with Gisselle

Friday, Jan 12, Feb 9 and March 8 at 1pm

Sponsored by the owner of G-Vaz Care Services, providing care for people, pets, and places. Go to gvazservices.com

Crafts with Mary

Friday, Jan 19, Feb 16, March 15 at Noon

Sponsored by Wilton Meadows.



Trivia with Mary from Wilton Meadows

Friday, Jan 5, Feb 2, Mar 1 at Noon, Lunch (free) will be served

Trivia with Gisselle from GVaz

Wednesday, Mar 27 at 1pm, Snacks will be served

Keep your mind sharp with trivia questions. You know the answers— but can you recall it from the vast storage of your mind!



Open Crafting & Knitting

Mondays, 10am-12pm

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



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!



Wednesday Lunches!

Please RSVP by noon on Monday. All lunches served at the Senior Center unless noted. Cost is \$5 per person.

Jan 3—no lunch

Jan 10—Lily's Soup & Sandwiches

Jan 17—Lunch Box Pizza & salad

Jan 31—Calise Shephard's pie & salad

Feb 7—Village Market turkey chili & rice & cornbread

Feb 14—Calise's veggie lasagna before Library Demo

Feb 21—Lily's Chicken parm & salad before PD Lecture

Feb 28—Lunch provided by Care Patrol

Mar 6—Village Market chicken tetrazzini & salad

Mar 13—Lily's pasta bolognese & salad

Mar 20—Calise penne pasta with grilled chicken and broccoli

**BP Check
With Weston
EMS**

Wed, Jan 17,
Feb 21, Mar 20
11am, before
lunch

Come early to the Holiday lunch and Weston EMT's will check your Blood Pressure.



Painting Realism with Cindy Wagner

Tuesdays, 10am-12pm (In-House)

Feb 20, 27, Mar 5, 12, 19, 26

\$30 for series of 6 classes

Each Class will begin with a demonstration. 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. Atelier style with each student working on their own project at their own level.



Oil paint or acrylic paint may be used. Bring your own supplies.

Drawing on Zoom with Chris Goldbach

Mondays, January 8-March 25 (10 classes)

1pm-2pm (Zoom)

\$50 for series of ten classes. Sign-up required. Look and then draw what you see. Supplies needed: pencil, eraser, drawing paper and sharpener.

SPECIAL CLASS

**Create Beaded Jewelry with Carmen
2 Classes**



Tuesday, Feb 6 & Feb 13
10am-12pm (In-House)

\$10 Includes all necessary items, including beads. Instructions will be sent once you register.

Create your own beaded jewelry with Carmen, our expert jewelry designer, helping you along. Two classes so that all your projects can be completed. Learn to make earrings, necklaces or sets for the special person in your life (or you!).

Tips & Tricks with Chris Goldbach

Tuesday, Jan 16 and Mar 19, 1pm (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.

Art Chat with Chris Goldbach

Tuesday, Feb 20, 1pm (Zoom) Free

Chris will talk about art in all its forms – from how to hold a pencil to the wide world of art history. Chris will answer your questions and solve your art problems.



Art Class with Agata

Tuesday, Jan 9, 16, 23, 30

10am-Noon, \$20 (4 classes)



Line art is a big design trend. Illustration and minimalism have both been trending across art, as well as interior and graphic design for some time now. Learn how to combine the simplicity of minimalism with the hand-crafted charm of illustration in acrylic and water-color paintings. Please bring your own acrylic paint, canvas and acrylic markers.

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.

No class Friday, Jan 19, Monday, Jan 22.

Holidays—No Classes

January 1 & 15

February 19

March 29

Qi Gong with Bill: Mondays at 11am (Zoom), \$50 for 10 classes.

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, Tuesdays and Thursdays, 11am-1:00pm (In-House).

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

Strength & Stretch with Sonya:

Tuesdays at 11:15am (In-House), \$5 Drop-in or \$60 for 12 classes. No class Jan 2.

Thursdays at 11:15am (In-House), \$5 Drop-in or \$6 for 12 classes. No class Jan 4.

A 50-minute full body strength class using light weights and your own bodyweight. Strengthen your lower, upper body and core. Improve balance, coordination and posture. Boost energy and have fun at the same time!

Yoga with Maxine: Wednesdays at 10am (In House), \$65 for 13 classes.

Heal your Mind, Body and Spirit through gentle movement, meditation, and breath-work. Favorite instructor Maxine brings students through poses and compassionately back "home" to themselves.

Strength & Fitness with Sandy: Thursdays at 10am (Hybrid), \$60 for 12 classes. No class Jan 4.

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) \$60 for 12 classes.

Gentle Yoga is a therapeutic practice with 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 guided relaxation/meditation at the end. Leave feeling more balanced, peaceful and ready to face the world!

Cardio Drumming: Wednesdays at 2pm (In House), \$65 for 13 classes.

Cardio Drumming is a 45 minute low-impact workout that people of all ages and fitness levels can do. It's a fun, fast-paced workout that incorporates drumming and cardio to the rhythm of music.

Parkinson's Boxing Class: Coming soon! Watch for our weekly newsletter for dates.

Attention all Pickleballers!

Pickleball Clinics

Fridays, Jan 12, 26, Feb 9, 23, Mar 8, 22

Beginner Level 10-11am & Intermediate Level 11am-Noon

Class limit is 8 players.



Join our Pickleball Instructor **Alice Addicks** to take your skills to the next level!
She has been teaching Pickleball for Westport Continuing Education since 2016.

To register, email Julia: jbraden@westonct.gov

Thursday Movies at 12:30pm
Popcorn will be available!



We are celebrating the Oscars with Best Picture Winners during February & March

Jan 4: Quartet (2012, PG-13, Comedy/Drama) At a home for retired musicians, the annual concert to celebrate Composer Giuseppe Verdi's birthday is disrupted by the arrival of Jean (Dame Maggie Smith), an eternal diva and the former wife of one of the residents.

Jan 11: What Happens Later (2023, R Romance/Comedy) Willa and Bill are ex-lovers that will see each other for the first time in years when they both find themselves snowed in, in-transit, at an airport overnight.

Jan 18: Get Low (2009, PG-13, Drama/Mystery) A movie equal parts folk tale, fable and real-life legend about the mysterious, 1930s Tennessee hermit who famously threw his own rollicking funeral party... while he was still alive.

Jan 25: Asteroid City (2023, PG-13) Following a writer on his world famous fictional play about a grieving father who travels with his tech-obsessed family to small rural Asteroid City to compete in a junior stargazing event, only to have his world view disrupted forever.

Feb 1: Everything Everywhere All at Once (Best Picture 2023, R, Adventure/Comedy) A middle-aged Chinese immigrant is swept up into an insane adventure in which she alone can save existence by exploring other universes and connecting with the lives she could have led.

Feb 8: no movie, Lecture with David Stein.

Feb 15: The Sting (Best Picture 1973, PG, Comedy/Crime) Two grifters team up to pull off the ultimate con.

Feb 22: Movie TBD

Feb 29: The King's Speech (Best Picture 2010, R, Biography/Drama) The story of King George VI, his unexpected ascension to the throne of the British Empire in 1936, and the speech therapist who helped the unsure monarch overcome his stammer.

Mar 7: Argo (Best Picture 2012, R, Drama/Thriller) Acting under the cover of a Hollywood producer scouting a location for a science fiction film, a CIA agent launches a dangerous operation to rescue six Americans in Tehran during the U.S. hostage crisis in Iran in 1979.

Mar 14: The Artist (Best Picture 2011, PG-13, Comedy/Drama) Acting under the cover of a Hollywood producer scouting a location for a science fiction film, a CIA agent launches a dangerous operation to rescue six Americans in Tehran during the U.S. hostage crisis in Iran in 1979.

Mar 21: Terms of Endearment (Best Picture 1983, PG, Comedy/Drama) Aurora and Emma are mother and daughter who march to different drummers. Follows both hard-to-please Aurora looking for love and Emma's family problems.

Mar 28: Movie TBD

Gaming

Chess

Mondays, 12 pm

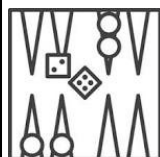
Suddenly popular again! From Beginners to Competitive, come join a very friendly group!



Backgammon

Tuesdays, 9 am

Only two players needed, so always room to jump into a game!



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.

Play Pinochle!

Group Forming

Interested in joining? Let us know! Already have a few players, so just need a few more to start!

MEDICARE INFORMATION

Medicare and You - 2024

Medicare is a federal program that is then administered by each state. Connecticut has always been known for its ease of organization. This booklet designed for Connecticut, "Medicare and You - 2024", was sent to you at the end of September. Please keep it for reference through 2024. Another source for information is the computer savvy is Medicare.gov. This computer program has become more and more user friendly. And you are welcome to call Meta Schroeter, CHOICES counselor, at the Weston Senior Center for an appointment to answer questions, to provide explanations or to discuss situations about Original Medicare or Advantage programs or any Medicare related issues. Please refer anyone from any Connecticut town who may have need to speak to a CHOICES counselor to make an appointment with me to discuss soon-to-be new to Medicare enrollment or any Medicare question.

Best general advice: Review you Medicare programs with a CHOICES counselor every Open Enrollment period every year- October 15 - December 7. In this past Open Enrollment for Connecticut there were some very big changes in formularies and Medicare D programs as well as Advantage programs offered for 2024. We saved several people \$15,000 in diabetic meds and many up to \$1,000 on overall meds. It is important to keep your medicare choices current.

Medicare will NOT telephone to verify your current ID number. NEVER ever give personal information out over the telephone.

Want to discuss Medicare issues? Half hour appointments are available in person or over the phone. Never a charge for these services.

MAKE AN APPOINTMENT OR IF YOU HAVE QUESTIONS, CALL THE WESTON SENIOR CENTER at (203) 222-2608.

Meta Schroeter
CHOICES COUNSELOR

Rashida Miller
CHOICES COUNSELOR

Caregivers Support Group

Tuesday, Jan 16, Feb 13* & Mar 19, 1-2pm

With Allison Lisbon, LCSW, MSW

Director of Weston Social Services

Monthly meetings are held every third

Tuesday (*February moved to 2nd Tuesday),

1-2pm at the Weston Senior Center.

For questions or to be added to the Caregiver Support Group email list, contact Allison Lisbon

Weston Department of Human Services

We are happy to announce that the Weston Senior Center is now under the auspices of the Weston Human Services department. This transition aims to streamline administrative tasks and provide additional support to the senior residents of the Town, with no alterations to senior center programming or staffing. Under the umbrella of Human Services, the Senior Center now has access to added resources, promoting a unified and collaborative environment for both seniors and all residents.

Allison Lisbon, MSW, LCSW
Director of Human Services
alisbon@westonct.gov
203.222.2663

Diana Medina
Family & Youth Social Worker
dmedina@westonct.gov
203-222-2585


Financial assistance is available for those who qualify for any classes and lunches here at the Senior Center. Please contact Weston Human Services at 203-222-2556 or email Allison at alisbon@westonct.gov to inquire about eligibility.

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

After Hours: For urgent matters call 211
For an emergency call 911

National Suicide & Crisis Hotline: call 988 24/7
Crisis Text Line: Text HOME to 74174

January 2024

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
1 	2 9am Backgammon 11:15am No Sonya class 11am Pickleball	3 10am Yoga – Maxine 11am MyActiveCenter Workshop with Rose 11:30am No Lunch	4 10am Open Art 10am Strength – Sandy 11am Pickleball 11:15am No Sonya class 12:45 Movie: Quartet	5 10am Gentle Yoga-Gloria 11am Chair Aerobics-Ruth 12pm Trivia w/Mary + lunch 1pm Canasta
8 10am Open Craft/Knitting 11am Qigong w/Bill 11am Pickleball 11am Chair Aerobics w/Ruth 12pm Chess 1pm Draw w/Chris	9 9am Backgammon 10am Agata Art Class 11:15am Strength – Sonya 11am Pickleball 11:30 Ask a Nurse	10 10am Yoga – Maxine 11:30am Lunch	11 10am Open Art 10am Strength – Sandy 11am Pickleball 11:15am Strength – Sonya 12:45 Movie: What Happens Later	12 10am Gentle Yoga-Gloria 10/11am Pickleball Clinic 11am Chair Aerobics-Ruth 1pm Giselle Craft + snack 1pm Canasta
15 Closed Martin Luther King Jr Day 	16 9am Backgammon 10am Agata Art Class 11:15am Strength – Sonya 11am Pickleball 1pm Caregivers Support Group 1pm Tips & Tricks – Chris	17 10am Yoga – Maxine 11am EMS PP Screen 11:30am Lunch 12:45 Lecture with FD Chief John Pokorny	18 10am Open Art 10am Strength – Sandy 11am Pickleball 11:15am Strength – Sonya 12:45 Movie: Get Low	19 10am Gentle Yoga-Gloria 11am No Ruth class 1pm Crafts w/Mary + lunch 1pm Canasta
22 10am Open Craft/Knitting 11am Qigong w/Bill 11am Pickleball 11am No Ruth class 12pm Chess 1pm Draw w/Chris	23 9am Backgammon 10am Agata art class 11:15am Strength – Sonya 11am Pickleball	24 10am Yoga – Maxine 11:30am Lunch + Alzheimer Lecture by Mary	25 10am Open Art 10am Strength – Sandy 11am Pickleball 11:15am Strength – Sonya 12:45 Movie: Asteroid City	26 10am Gentle Yoga-Gloria 10/11am Pickleball Clinic 11am Chair Aerobics-Ruth 12:30 Bingo 1pm Canasta
29 10am Open Craft/Knitting 11am Qigong w/Bill 11am Pickleball 11am Chair Aerobics w/Ruth 12pm Chess 1pm Draw w/Chris	30 9am Backgammon 10am Agata art class 11:15am Strength – Sonya 11am Pickleball	31 10am Yoga – Maxine 11:30am Lunch		

February 2024

Mon

Tue

Wed

Thu

Fri

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19 Closed Presidents' Day 	20 9am Backgammon 10am Cindy Art Realism 11am Pickleball 11:15am Strength-Sonya 1pm Art Chat – Chris	21 10am Yoga – Maxine 11am EMS BP Screen 11:30am Lunch 12:45 Lecture-Weston PD: Spotting Senior Scams	22 10am Trip to Bruce Museum in Greenwich 10am Open Art 10am Strength – Sandy 11am Pickleball 11:15am Strength-Sonya 12:45 Movie TBD	23 10am Gentle Yoga-Gloria 10/11am Pickleball Clinic 11am Chair Aerobics-Ruth 12:30pm Bingo 1pm Canasta
26 10am Open Craft/Knitting 11am Pickleball 11am Qigong w/Bill 11am Chair Aerobics -Ruth 12pm Chess 1pm Draw w/Chris	27 9am Backgammon 10am Cindy Art Realism 11am Pickleball 11:15am Strength-Sonya	28 10am Yoga – Maxine 11:45am Senior Continuum Lecture + Lunch with Care Patrol	29 10am Open Art 10am Strength – Sandy 11am Pickleball 11:15am Strength-Sonya 12:45 Movie: The King's Speech	

March 2024

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
				1 10am Gentle Yoga-Gloria 11am Chair Aerobics-Ruth 12pm Trivia-Mary + lunch 1pm Canasta
4 10am Open Craft/Knitting 11am Pickleball 11am Qigong w/Bill 11am Chair Aerobics -Ruth 12pm Chess 1pm Draw w/Chris	5 9am Backgammon 10am Cindy Art Realism 11am Pickleball 11:15am Strength-Sonya	6 10am Yoga – Maxine 11:30am Lunch 12:45pm Lecture- Document Preparedness with Denise Mortati	7 10am Open Art 10am Strength – Sandy 11am Pickleball 11:15am Strength-Sonya 12pm Tech Savvy Senior	8 10am Gentle Yoga-Gloria 10/11am Pickleball Clinic 11am Chair Aerobics-Ruth 1pm Gisselle Craft + snack 1pm Canasta
11 10am Open Craft/Knitting 11am Pickleball 11am Qigong w/Bill 11am Chair Aerobics -Ruth 12pm Chess 1pm Draw w/Chris	12 9am Backgammon 10am Cindy Art Realism 11am Pickleball 11:15am Strength-Sonya 11:30am Ask a Nurse 12pm Cookie Exchange	13 10am Yoga – Maxine 11:30am Lunch 12:45 Stress Lecture with Diane Lowman	14 10am Open Art 10am Strength – Sandy 11am Pickleball 11:15am Strength-Sonya 12pm Tech Savvy Senior	15 10am Gentle Yoga-Gloria 11am Chair Aerobics-Ruth 1pm Craft-Mary + lunch 1pm Canasta
18 10am Open Craft/Knitting 11am Pickleball 11am Qigong w/Bill 11am Chair Aerobics -Ruth 12pm Chess 1pm Draw w/Chris	19 9am Backgammon 10am Cindy Art Realism 11am Pickleball 11:15am Strength-Sonya 1pm Caregivers Support Group 1pm Tips & Tricks – Chris	20 10am Yoga – Maxine 11am EMS BP Screen 11:30am Lunch	21 10am Open Art 10am Strength – Sandy 11am Pickleball 11:15am Strength-Sonya 12pm Tech Savvy Senior	22 10am Gentle Yoga-Gloria 10/11am Pickleball Clinic 11am Chair Aerobics-Ruth 12:30pm Bingo 1pm Canasta
25 10am Open Craft/Knitting 11am Pickleball 11am Qigong w/Bill 11am Chair Aerobics -Ruth 12pm Chess 1pm Draw w/Chris	26 9am Backgammon 10am Cindy Art Realism 11am Pickleball 11:15am Strength-Sonya	27 10am Yoga – Maxine 11:30am Lunch 1pm Gisselle craft + snack	28 10am Trip to IKEA 10am Open Art 10am Strength – Sandy 11am Pickleball 11:15am Strength-Sonya 12:00 pm Movie TBD	29 Closed 