



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: Rose Cruz
Program Coordinator:
Linda Gilmore
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
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
Don Gumaer
Alison McElhone
Richard Wolf

The Friends of WSAC

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



March/April 2023

Happy spring season!

We hope that you all had a wonderful winter. For those who love the snow, there is always next year, I guess!

I want to thank everyone for making my first month as the new Senior Center Director go so smoothly. I love being here and making the same connections that Wendy always enjoyed. I'm committed to continue the good work here while keeping the Center the same friendly place it's always been.

In the upcoming months, we hope to add a new exercise class and fun summer events, so please continue to check our newsletter. I would love to hear your feedback or suggestions. My "door" is always open!

See you at the Senior Center!

Rose Cruz
Weston Senior Center Director

Holiday Closing:

April 7th
Good Friday

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.

The Probate Process with Denise A. Mortati, Attorney at Law**Wednesday, April 5th, 1pm In-House and on Zoom**

Please join estate planning and probate attorney, Denise A. Mortati, as she discusses the probate process. You will learn how your assets get distributed to your beneficiaries, and what happens if you die without a Last Will and Testament.

<https://us02web.zoom.us/meeting/register/tZ0lf-uoqzliE9F0Vkvi7XvRkqkexbSYUxZu>

Meeting ID: 898 8205 9895 Passcode: 967593

To Register, email Linda: lgilmore@westonct.gov

Joshua Hoffman, History Lecture Series**Thursdays, March 23rd and 30th, 1pm (In-House)****The Persian War**

Over five hundred years before the birth of Jesus, four great empires ruled over the near east. Infamous Babylon, Ancient Egypt, Giant Media, and Wealthy Lydia. Then the Persians conquered all of them. After wiping out these great kingdoms, the largest Empire the world had ever known set its gaze on Greece. And staring defiantly back, despite being outnumbered twenty-five to one, was a small alliance lead by Sparta and Athens. The story of the following war, the ultimate David v Goliath battle, is the topic of this class

The Peloponnesian War

After the Persian War, Athens and Sparta were at the peak of their power. Athens, the First Democracy and wealthy beyond imagination, was the undisputed ruler of the sea. Sparta, the ultimate Oligarchy and the greatest warrior state, was the undisputed master of land combat. This is the story of how the two great Hegemons who defeated the Persians and secured prosperity for all Greeks, threw it all away in three near continuous decades of war.

To Register, email Linda: lgilmore@westonct.gov

\$5 Lunches are the following Wednesdays:**March 15th, 29th; April 12th, 26th 11:30am**

Drive Through at the Senior Center 11:30 am

March 15 -Shepard's Pie w/ salad**

**March 29th –chicken piccata, mashed potatoes,
green beans****

April 12– chicken pot pies from Calise's

**April 26th -pasta Bolognese w/salad *To Register,
email Rose: seniorcenterdirecto@westonct.gov**

Build your Own Sticker Book**“Amazing Women in History”****With David Plae of Sticker Book Publishing****Thursday, March 16th, 1pm (In-House)**

In this fun and engaging interactive program you will build your own history book. This program will be facilitated by founder and creator David Plae of Sticker Book Publishing. There is no charge for this class and attendees will take home a copy of this fascinating book.

To Register, email Linda: lgilmore@westonct.gov

Mahjong Lessons with Sybl**Wednesday, 9am-11am****March 1st, 8th, 15th, 22nd, 29th, April 5th****\$30.00 for a series of 6 classes**

Between 4-8 students min.

Students will need the 2022 Large Print Card

To register, email Linda: lgilmore@westonct.gov

**Pickleball Lessons with Betsy****Friday, March 24th**

9:00-10:00am Beginner

10:00-11:00am Advanced Beginner Clinic

11:00am-12:00pm Intermediate Clinic

\$5.00 per lesson

Signup Required

To Register, email Linda: lgilmore@westonct.gov





Trivia and Lunch with Mary
Sponsored by Wilton Meadows

Tuesday, April 11th, 12:00pm
Join us for a light lunch followed by trivia!

To register email Linda: lgilmore@westonct.gov

Beeyonder Travel Programs (Zoom)

Banff & the Canadian Rockies
Beeyonder, Interactive Tours Around the World
(Live-Walking)
Tuesday, March 7th, 2:00-3:00pm

Welcome to Banff - Canada's first and most famous national park. Nestled in over 6000 square kilometers of majestic wilderness, the Town of Banff helped to finance the trains which assured Canada's creation.

To register, email Linda: lgilmore@westonct.gov



Bingo & St. Patrick's Day Lunch
Friday, March 17th, 12:30pm

Lunch will be served
 Sponsored by the
 Friends of the Weston Senior Center

To register email Linda: lgilmore@westonct.gov

Sunset Walk in Oia, Greece
Beeyonder, Interactive Tours Around the World
(Live-Walking)
Tuesday, April 4th, 11:30am-12:30pm

Learn how a catastrophic natural phenomenon affected and shaped the island's reality up to the present. Get lost in Santorini's narrow alleys and take in the local charm and culture.

To register, email Linda: lgilmore@westonct.gov

Bingo with Angela

Fridays, March 31st, April 14th, 28th
12:30pm



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.

Tax Preparation/Filing with Mark

Monday, March 13th and March 20th
We only have a few spots left so book soon!
For an appointment email
Linda: 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!

Ask a nurse!

Ask the Nurse and Blood Pressure Screening Visiting Nurse of Fairfield County
Monday, March 20th, April 17th, 10:45am (In-House)



Drawing with Chris Goldbach

**Mondays, 1pm-2pm (Zoom) March 13th, 27th
April 3rd, 10th, 17th, 24th. \$24 for a series of 6 classes**

Discover how to look and then draw what you see. Supplies needed: pencil, eraser, drawing paper and sharpener. This is a recurring Zoom meeting link

To register, email Linda: lgilmore@westonct.gov

Art Chat with Chris Goldbach

Tuesday, March 21st, 1pm (Zoom) Free

Join "Mastering the Masters" instructor and artist Christine Goldbach will 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 to Z, abstraction to zinc white. Join Zoom Meeting <https://us02web.zoom.us/j/88689270993?pwd=UFN5V2FUZytmRHBIVUdESGQyd253Zz09>
Meeting ID: 886 8927 0993 Passcode: z

Tips & Tricks with Chris Goldbach

Tuesday, April 18th, 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.

<https://us02web.zoom.us/j/82195264537?pwd=WVB4S2xORTBYbE5yM2JZVINKWWVtQT09>
Meeting ID: 821 9526 4537 Passcode: z

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!

Botanical Drawing Class with Dick Rauh

Fridays, 10am-12pm (Zoom)

**March 10th, 17th, 24th, 31st, April
14th, 21st. \$24 for a series of 6 classes**

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



To register email Linda: lgilmore@westonct.gov

Painting Realism with Cindy Wagner

Tuesdays, 10am-12pm

**April 4th, 11th, 18th, 25th, May
2nd, 9th (In-House) \$24 for series
of 6 classes Bring your own supplies!**



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

To register email Linda: lgilmore@westonct.gov

Open Crafting

Mondays, 10am-12pm

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

Knitting Projects

Mondays, 10am-12pm

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

March and April Art Exhibit: Pat Jenkins
Exhibit Date March 1 thru April 28

Bio

I discovered art when I retired. I attended Norwalk Community College where I attended art history and other classes. It was there that I found a plein air group. It's been a journey! I see so much more with an artistic eye. For me, nature is the most inspiring place to paint. I love the fresh air, sun and natural subjects. My work is mostly landscapes in watercolor but when I'm working in-doors, I use acrylics. .



Brain Games and Lunch
With Danielle Ramos
Friday, April 21st , 12pm

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

To register email Linda: lgilmore@westonct.gov



Shopping at the Miss Dallas' Shop

followed by lunch (location to be determined)

Thursday, March 30th

Meet the Bus at 10:00am at the

Weston Senior Center

Bring Money for Shopping and Lunch



To register, email Linda: lgilmore@westonct.gov



Make a Safety Pin/Beaded Bracelet with
Vera and Susie

Thursday, April 20th and 27th

1:00pm-3:00pm (In-House)

\$5.00 Class Fee

Join Vera and Susie in making a beautiful cuff bracelet using gold safety pins and beads. All supplies are included!

To register email Linda: lgilmore@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

To register, email Linda lgilmore@westonct.gov

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) 6 classes, \$30 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, Tuesdays and Thursdays, 11am-1:00pm (In-House), free.

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

Yoga with Melania: Mondays at 10am (Zoom) 8 classes, \$40 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 Glenda: Mondays at 12:30pm (in-house), 6 classes, \$30 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.

Strength & Stretch with Sonya: Tuesdays at 10:45am (In-House) 8 classes, \$40 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!

Feldenkrais with LeAnn: Tuesdays at 11am (Zoom) 8 classes, \$40 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), 7 classes, \$35 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) 8 classes, \$40 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.

Balance with Sonya: Thursdays at 1pm (In-House), 8 classes, \$40 series. In this class you will perform exercises to increase strength, flexibility, sensory awareness, reflexes and concentration

Gentle Yoga with Gloria: Fridays at 10am (Zoom) 7 classes, \$35 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.

To register email Linda at: lgilmore@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.**

**March 14th: Ticket to Paradise, PG-13**

A man and his ex-wife race to Bali, Indonesia, to stop their daughter from marrying a seaweed farmer. As they desperately try to sabotage the wedding, the bickering duo soon find themselves rekindling old feelings that once made them happy together.

March 21st: Mack & Rita, PG-13

When 30-year-old Mack Martin reluctantly joins a Palm Springs, Calif., bachelorette trip for her best friend Carla, her inner 70-year-old gets released -- literally. The frustrated writer and influencer magically transforms into her future self: aunt Rita. Freed from the constraints of other people's expectations, Rita comes into her own, becoming an unlikely social media sensation and sparking a tentative romance with Mack's adorable dog-sitter, Jack.

March 28th: Fabelmans, PG-13

Young Sammy Fabelman falls in love with movies after his parents take him to see "The Greatest Show on Earth." Armed with a camera, Sammy starts to make his own films at home, much to the delight of his supportive mother.

April 4th: Tár R,

Renowned musician Lydia Tár is days away from recording the symphony that will elevate her career. When all elements seem to conspire against her, Lydia's adopted daughter Petra becomes an integral emotional support for her struggling mother.

April 11th: Don't Worry Darling, R

In the 1950s, Alice and Jack live in the idealized community of Victory, an experimental company town that houses the men who work on a top-secret project. While the husbands toil away, the wives get to enjoy the beauty, luxury and debauchery of their seemingly perfect paradise. However, when cracks in her idyllic life begin to appear, exposing flashes of something sinister lurking below the surface, Alice can't help but question exactly what she's doing in Victory.

April 18th: Women King, PG-13

In the 1800s, a group of all-female warriors protects the African kingdom of Dahomey with skills and fierceness unlike anything the world has ever seen. Faced with a new threat, Gen. Nanisca trains the next generation of recruits to fight against a foreign enemy that's determined to destroy their way of life.

April 25th: Queen Bees, PG-13

While her house undergoes repairs, fiercely independent senior Helen temporarily moves into a nearby retirement community, where she encounters lusty widows, cutthroat bridge tournaments and a hotbed of bullying "mean girls."

MEDICARE INFORMATION

Medicare and You 2023

My meds cost more now in 2023 than last year in 2022! WHY?

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

- Your plan may have raised the co-pay of the drug tiers.
- Your plan may now have flat-rate co-payment for drug tiers.
- The retail price of a drug(s) may have increased.
- Your plan may have changed its formulary tier structure.
- Your plan may have moved the drug(s) to a higher tier.
- Your 2022 drug has been dropped from the 2023 formulary and you must pay full retail price.
- You purchase your meds at a pharmacy that is non-preferred or an out-of-network pharmacy.

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

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

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

Medicare will calculate this fee and contact you by letter. There is a fee for every month that you have not been covered by Part D and should have. For example, if you never enrolled in Part D in 2006 and did in 2023 you would pay monthly 1% of the yearly annual base Part D premium which is \$33.19 x 204 months (from 1/2006). The penalty is \$60+ per month. Fees will fluctuate yearly based on average Part D premium. (To avoid paying a lifetime penalty a letter stating you had creditable coverage from the VA/employer/or other source is need.)

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

Meta Schroeter
CHOICES Counselor

Weston Department of Social Services

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

Diana Medina, Youth & Family 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 Social Services at 203-222-25556 or email Allison at alisbon@westonct.gov to inquire about eligibility for assistance.

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.

After Hours: for urgent matters call **211**, for an emergency call **911**

Caregivers Support Group

With Allison Lisbon, LCSW, MSW
Director of Weston Social Services
Tuesday, March, 21st & April 18st,
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





March 2023

Mon

Tue

Wed

Thu

Fri

<p>****There is no fitness class with Sonya on March 30th.</p>		<p>1 9am Walk in the Gym 9-11am Mahjong Lessons w/Sybl 10am Yoga w/Melania</p>	<p>2 10am Open Art 10am Strength & Fitness w/Sandy 1pm Balance w/Sonya</p>	<p>3 10am Gentle Yoga w/Gloria 11am Chair Aerobics w/Ruth 1pm Canasta</p>
<p>6 10am Open Craft/Knitting 10am Yoga w/Melania 11am Qigong 11am Pickleball 11am Chair Aerobics w/Ruth 12:pm Chess 12:30pm Pilates w/Glenda</p>	<p>7 9am Backgammon 11am Strength w/Sonya 11am Pickleball 2pm Beeyond: Banff 11am Feldenkrais 1pm iPhone w/Lindsey</p>	<p>8 9am-11am Walk in the Gym 9-11am Mahjong Lessons w/Sybl 10am Yoga w/Melania</p>	<p>9 10am Open Art 10am Strength & Fitness w/Sandy 11am Pickleball 1pm Balance w/Sonya</p>	<p>10 10am Gentle Yoga w/Gloria 10am Drawing w/Dick 11am Chair Aerobics w/Ruth 1pm Canasta</p>
<p>13 By appointment: Tax Prep 10am Open Craft/Knitting 10am Yoga w/Melania 11am Qigong 11am Pickleball 11am Chair Aerobics w/Ruth 12pm Chess 12:30pm Pilates w/Glenda 1pm Drawing w/Chris</p>	<p>14 9am Backgammon 11am Strength w/Sonya 11am Feldenkrais 11am Pickleball 12:30pm Movie: Ticket to Paradise 1pm iPhone w/Lindsey</p>	<p>15 9-11am Walk in the Gym 9-11am Mahjong Lessons w/Sybl 10am Yoga w/Melania 11:30am Drive through lunch pick-up at the senior center: Shepard's Pie & salad (Village Market)</p>	<p>16 10am Open Art 10am Strength & Fitness w/Sandy 11am Pickleball 1pm Balance w/Sonya</p>	<p>17 10am Gentle Yoga w/Gloria 10am Drawing w/Dick 11am Chair Aerobics w/Ruth 12:30pm St Patrick's Day Bingo w/ Angela 1pm Canasta</p>
<p>20 By appointment: Tax Prep 10am Open Craft/Knitting 10am Yoga w/Melania 10:45 Ask a nurse 11am Qigong 11am Pickleball 11am Chair Aerobics w/Ruth 12pm Chess 12:30pm Pilates w/Glenda</p>	<p>21 9am Backgammon 11am Strength w/Sonya 11am Feldenkrais 11am Pickleball 1pm Art Chat w/ Chris 12:30 Movie: Mack & Rita 1pm Caregivers Support Group</p>	<p>22 9-11am Walk in the Gym 9-11am Mahjong Lessons w/Sybl 10am Yoga w/Melania</p>	<p>23 10am Open Art 10am Strength & Fitness w/Sandy 11am Pickleball 1pm Balance w/Sonya 1pm The Persian War w/ Joshua</p>	<p>24 9-12pm Pickleball Lessons/Clinic w/Betsy 10am Gentle Yoga w/Gloria 10am Drawing w/Dick 11am Chair Aerobics w/Ruth 1pm Canasta</p>
<p>27 10am Open Craft/Knitting 10am Yoga w/Melania 11am Qigong 11am Pickleball 11am Chair Aerobics w/Ruth 12pm Chess 12:30pm Pilates w/Glenda 1pm Drawing w/Chris</p>	<p>28 9am Backgammon 11am Strength/Sonya 11am Pickleball 11am Feldenkrais 12:30pm Movie: Fabelmans</p>	<p>29 9-11am Walk in the Gym 9am -11 Mahjong w/Sybl 10am Yoga w/Melania 11:30am Drive through lunch @senior center: Chicken Piccata (Village Market) 1pm Make a History Book w/David</p>	<p>30 10am Open Art 10am trip to Miss Dallas' Shop 11am Pickleball 1pm The Peloponnesian War w/ Joshua</p>	<p>31 10am Gentle Yoga w/Gloria 10am Drawing w/Dick 11am Chair Aerobics w/Ruth 12:30pm Bingo W/ Angela 1pm Canasta</p>



April 2023

Mon

Tue

Wed

Thu

Fri

<p>3</p> <p>10am Open Craft/Knitting 10am Yoga w/Melania 11am Pickleball 11am Qigong 11am Chair Aerobics w/Ruth 12pm Chess 1pm Drawing w/Chris</p>	<p>4</p> <p>9am Backgammon 10am Painting Realism w/Cindy 11am Pickleball 11:30 Beeyond Greece 11am Feldenkrais 12:30pm Movie: Tár</p>	<p>5</p> <p>9am-11am Walk in the Gym 10am Yoga w/Melania 9am-11am Mahjong Lessons w/Sybl 1pm The Probate Process w/ Attorney Denise Mortati</p>	<p>6</p> <p>10am Open Art 10am Strength & Fitness w/Sandy 11am Pickleball</p>	<p>7</p> <p>Closed Good Friday</p>
<p>10</p> <p>10am Open Craft/Knitting 10am Yoga w/Melania 11am Qigong 11am Pickleball 11am Chair Aerobics w/Ruth 12pm Chess 12:30pm Pilates w/Glenda</p>	<p>11</p> <p>9am Backgammon 10am Painting Realism w/Cindy 11am Pickleball 11am Strength w/Sonya 12pm Trivia Lunch w/Mary 12:30 Movie: Don't Worry Darling</p>	<p>12</p> <p>9-11am Walk in the Gym 10am Yoga w/Melania 11:30am Drive through lunch pick-up at the senior center: Chicken Pot Pie from Calise's</p>	<p>13</p> <p>10am Open Art 10am Strength & Fitness w/Sandy 11am Pickleball 1pm Balance w/Sonya</p>	<p>14</p> <p>10am Gentle Yoga w/Gloria 10am Drawing w/Dick 10am Open Art 11am Chair Aerobics w/Ruth 12:30pm Bingo 1pm Canasta</p>
<p>17</p> <p>10am Open Craft/Knitting 10am Yoga w/Melania 11am Pickleball 10:45 Ask a nurse 11am Qigong 11am Chair Aerobics w/Ruth 12pm Chess 12:30pm Pilates w/Glenda 1pm Drawing w/Chris</p>	<p>18</p> <p>9am Backgammon 10am Painting Realism w/Cindy 11am Pickleball 11am Strength w/Sonya 11am Feldenkrais 12:30 Movie: Women King 1pm Tips & Tricks w/Chris 1pm Caregivers Support Group w/Allison</p>	<p>19</p> <p>9-11am Walk in the Gym 10am Yoga w/Melania 11:00: Event TBD</p>	<p>20</p> <p>10am Open Art 10am Strength & Fitness w/Sandy 11am Pickleball 1pm Balance w/Sonya 1pm Make a Safety Pin bracelet</p>	<p>21</p> <p>10am Gentle Yoga w/Gloria 10am Drawing w/Dick 10am Open Art 11am Chair Aerobics w/Ruth 12pm Brain Games 1pm Canasta</p>
<p>24</p> <p>10am Open Craft/Knitting 10am Yoga w/Melania 11am Qigong 11am Pickleball 11am Chair Aerobics w/Ruth 12pm Chess 12:30pm Pilates w/Glenda 1pm Drawing w/Chris</p>	<p>25</p> <p>9am Backgammon 10am Painting Realism w/Cindy 11am Pickleball 11am Strength w/Sonya 11am Feldenkrais 12:30pm Movie: Queen Bees</p>	<p>26</p> <p>9-11am Walk in the Gym 10am Yoga w/Melania 11:30am Drive through lunch pick-up at the senior center: Pasta Bolognese & salad from Village Market</p>	<p>27</p> <p>10am Open Art 10am Strength & Fitness w/Sandy 11am Pickleball 1pm Balance w/Sonya 1pm Make a Safety Pin bracelet</p>	<p>28</p> <p>10am Gentle Yoga w/Gloria 10am Open Art 10am Drawing w/Dick 11am Chair Aerobics w/Ruth 12:30 Bingo 1pm Canasta</p>
<p>****There is no fitness class with Sonya on April 4th & 6th.</p>				