



# WESTON SENIOR ACTIVITIES CENTER

203-222-2608  
9 School Road  
Weston, CT 06883

Monday-Friday - 9:00 am to 3:00 pm

[www.westonseniorcenter.info](http://www.westonseniorcenter.info)

## Weston Senior Services and Resources

### Weston Senior Center

9 School Road  
[www.westonseniorcenter.info](http://www.westonseniorcenter.info)  
203-222-2608  
Mailing Address:  
P.O. Box 1007  
Weston, CT 06883

### Center Staff:

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

### Commission on Aging

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

### The Friends of WSAC

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



## May/June 2023

Hello Friends!

I hope you are enjoying the beauty of Spring!

We will celebrate May with a lovely lunch together at Norfield Church on May 17th. In June, we kickoff our Summer lunch and entertainment schedule on Wednesday the 21st. We have other lunch opportunities as well! St. Francis of Assisi Church has generously offered to host us at their Parish Hall, and LaChat Town Farm will host a beautiful tea party. Please see the enclosed details and dates.

Also, we have a new class, Cardio Drumming! I hear from other Senior Centers that this class is FUN! It will be instructed by Jill Franke. For those interested in Pickleball, we will resume lessons with instructor, Alice Addicks. We also added a second Strength and Fitness hybrid class with Sandy on Tuesdays. In addition, we will hit the road! Please peruse our fun trips to enjoy the springtime.

Lastly, I would like to thank those who donated to our Center, in loving memory of Jackie Troxell and Kevin Connaughton. Your generosity is greatly appreciated and their families are truly touched!

See you at the Senior Center,

Rose Cruz  
Weston Senior Center Director

### Holiday Closing:

Memorial Day  
Juneteeth (June 19th)

## 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.*

**Lunch and Shopping at Arthur Avenue in the Bronx****Thursday, May 25th**

Meet the Bus at 9:00am at the Weston Senior Center. Return by 2:30-3pm.  
 Cost \$35 for coach bus transportation, due at sign-up or May 5th.  
 (\$25 of cost is non-refundable).



Let's visit the "old country" and make stops at the specialty shops that made it famous. Watch Borgatti's cut sheets of fresh pasta. Sample Calandra's delicious cheeses. Roam the Arthur Avenue Market. Buy hot, freshly baked bread at Madonia. Eat a fresh cannoli from Egidio! Details to follow. Lunch not included.

**Lunch and Shopping at Captain's Cove Marina****Friday, June 16th**

Meet the bus at the Senior Center at 12:00pm.

Enjoy lunch and shopping with friends at Captain's Cove Marina! Bring money for lunch!

**Wednesday Lunches at Norfield Church at 11:30am (not curbside). \$5 per person****May 17th** at Norfield Church. Entertainment by Brian Gillie.

Cavatelli with sausage & broccoli Rabe, Chicken Francese, salad. Catered by Lily's Weston Market.

**June 21st** at Norfield Church. Entertainment by Gene the Amazing Magician.

Hero sandwiches, garden salad, chips. Catered by Lily's Weston Market.

**June 28th** at Norfield Church. Menu TBD. Catered by Calise's of Westport.**Grace Farms Tour and Lunch****Tuesday, June 27<sup>th</sup>**

Bus Meets at the Senior Center at 9:30am  
 \$15.00 for the Tour (payable at signup)  
 Bring money for lunch.

Comprising nearly 80 acres of natural landscapes in New Canaan, CT. Grace Farms Opened in 2015, Grace Farms is home to nature trails, restored meadows, and a diverse natural habitat that invites exploration and reflection. Additionally, it is the site of the internationally recognized, architecturally significant River building, designed by the Pritzker-prize winning firm SANAA. At Grace Farms, visitors can explore nature trails, come together for a meal, enjoy a moment of peace, and appreciate the architecture of the River building, all in a single day.

**Spring Tea Party at LaChat****Wednesday, May 31st, 2pm-3:30pm**

A special event for our Senior Center!  
 Sign-up is required. Cost is \$15 per person.

LaChat Town Farm and the Weston Senior Activities Center extend a special invitation to members of the senior community for an afternoon tea party on the farm. Tea sandwiches, scones and desserts will be provided by Gruel Britannia. Kindly RSVP by May 15th.



**St. Francis of Assisi Luncheon**

**Wednesday, May 3rd, 12:30pm**

**Sign-up required by May 1st.**

Join us for lunch sponsored by St. Francis of Assisi Church. Mass at 12:00pm (optional)  
On the menu: Chicken parmigiana, ziti, salad, dessert. Catered by Calise's of Westport.



**Cinco de Mayo Bingo with Kevin**

**Friday, May 5th, 12:00pm**

**Sponsored by Comfort Keepers**

Lunch will be served!

**Bingo with Angela**

**Fridays, May 19th, June 9th & 23rd**

**12:30pm**



**Memorial Day Lunch**

**Friday, May 26th, 12:30pm**

Join us in the Memorial Garden at the Senior Center as we fire-up the grill for hamburgers and hot-dogs. Free!



**Plant Container Herbs with Linda**

**Thursday, June 22nd, 11:00am-12:00pm**

\$10.00 class fee

Bring a planter large enough to fit 3, 4 inch herb pots and a small garden shovel. We provide the plants and soil. Class is limited to 10 people.

**Beeyonder Travel Programs (Zoom)**

**The Great Pyramids by Camel**

**Thursday, May 18th, 10:00am-11:00am**

Beeyonder, Interactive Tours Around the World Live Walk Tour.

Come join me as we take a ride through the desert around the Giza plateau, taking in the last of the Seven Wonders of the World. We will get up close to the great pyramids as I take you back to the time of the builder and the pharaohs who commissioned them. We will start off by taking a look the great sphinx before mounting our camel and riding up the giant causeway making our way round the great pyramids out to one of the most iconic views on earth!

**Stratford-Upon-Avon**

**Wednesday, June 21st, 11:30am-12:30pm**

Beeyonder, Interactive Tours Around the World Live Walking Tour.

On this tour, we will be exploring the beautifully preserved English market town of Stratford-Upon-Avon, world famous as the birthplace of William Shakespeare. Walking the streets, lined with timber framed medieval buildings, is like stepping back in time. Discover the peaceful riverside gardens and park, the theatre where some of the world's leading performers take to the stage, the historic town center and, of course, the houses associated with Shakespeare and his family.

**Ask a Nurse!**

**May 9th & June 13th 11:30am-12:30pm (In-House)**

Ask the Nurse and Blood Pressure Screening from Visiting Nurse of Fairfield County. 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.

## Drawing with Chris Goldbach

**Mondays, 1pm-2pm (Zoom)**

**\$30 for a series of 6 classes**

**May 1st, 8th, 15th & 22nd, June 5th & 26th**

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.

## Art Chat with Chris Goldbach

**Tuesday, May 16th, 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, June 20th, 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=WVB4S2xORTBYbE5yM2JZVlNkWWVtQT09>

Meeting ID: 821 9526 4537 Passcode: z

## Botanical Drawing Class with Dick Rauh

**Fridays, 10am-12pm (Zoom) \$30 for a series of 6 classes**

**May 19th & 26th June 2nd, 9th, 16th & 23rd**



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



## Japanese Brush Painting Class with Maj Kalfus

**Tuesdays, 10am-12pm**

**\$20 for a series of 4 classes**

**May 16th, 23rd, June 6th & 13th**

The Philosophy of Sumi-e is contrast and harmony, expressing simple beauty and elegance. Japanese brush painting, known as Sumi-e employs the principles of nature's vitality in its design and execution.

The art of brush painting, aims to depict the spirit, rather than the semblance of the object. Through its brush strokes, Sumi-e attempts to capture the "life spirit" of the subject. The goal of the brush painter is to use the brush with both vitality and restraint, the artist's character and personality then begins to reveal itself in his work. Sumi-e is more than a technique, it is an artistic journey.

## Textured Abstract Painting with Agata

**Tuesdays, 10am-12pm**

**June 20th, 27th, July 11th, 18th, 25th**

**\$25.00 for a series of 5 classes**

Please bring the following supplies to the first class: canvas (no bigger than 11x14), modeling paste.

Explore the joys of texture abstract painting. In this class, you will learn the ins and outs of texture abstract painting using modeling paste, fabric, and other media plus acrylic paint. You will also learn composition, patterns, the impact of Light and shadow and the free nature of abstract painting. Each class you will explore a different technique and different process involved in this medium.

### **An UNwilling Spy by Loraine Sievers**

**Wednesday, May 24th at 1:00pm (in-house)**

Light Refreshments will be served.

Weston Author, Loraine Sievers will be hosting an introduction to her new book "An UNwilling Spy," A Cold War novel set at the United Nations" In 1974, at the height of the Cold War, a traffic accident occurs late one night outside the United Nations Building. Or was it an accident? Anne Thomas, the low-level UN employee who was struck, is at first bewildered by the FBI's interest. Then, as one menacing incident follows another, she starts to share their suspicion that she's being targeted. But by whom? And why? A terrifying discovery finally galvanizes Anne to act with determination to confront the growing threat to her life. *Loraine Sievers has lived in Weston since 1994. She's had a long career at the United Nations and is an expert on the UN art collection, which figures prominently in this novel. Copies of her book will be available for purchase.*

### **The Voyage of Bebinka**

**A 4-year sailing adventure around the world.**

**Wednesday, June 14, 1-2:30pm**

Scott Kuhner shares his slide show presentation of his sailing trip around the world with wife, Kitty by his side .

*"Back in 1969, I met the girl of my dreams and we got married two months later. We took our honeymoon sailing my 23 foot boat from Westport to Nantucket and back. Soon I was able to talk her into getting a bigger boat and do some offshore sailing. We bought a 30 foot Allied Seawind and in the fall of 1971 we quit our jobs and took off on what turned out to be a four year circumnavigation of the world. We went to many places including Tahiti in French Polynesia, Tonga, Fiji, New Zealand, Australia, New Guinea, Bali, South Africa, and the Caribbean. As we were on our last leg home, we got caught in a brutal hurricane but managed to survive. That four year trip was an incredible adventure and defined our lives."*

### **Pickleball Clinics**

**Fridays May 5th, 19th and June 2nd, 16th, 30th.**

Class limit is 8 players.

Please join us in welcoming our new Pickleball Instructor, **Alice Addicks!** She has been teaching Pickleball for Westport Continuing Education since 2016. She will offer 3 clinics for each date:

Beginner level at 9:00am

Advanced Beginner level at 10:00am

Intermediate level at 11:00am

### **Caregivers Support Group**

**Tuesday, May 16th & June 20th, 1-2pm (In-House)**

With Allison Lisbon, LCSW, MSW

Director of Weston Social Services

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 Lisbon at [alisbon@westonct.gov](mailto:alisbon@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!



**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) \$35 for 7 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), free.**

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

**Yoga with Melania: Mondays at 10am (Hybrid) \$35 for 7 classes.**

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), \$35 for 7 classes.** 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 11:00am (In-House) 7 classes, \$35 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! **No class on 5/30.**

**Feldenkrais with LeeAnn: Tuesdays at 11am (Zoom) \$45 for 9 classes.** 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), \$45 for 9 classes.** 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.

**NEW! Cardio Drumming with Jill (In-House) Wednesdays at 2pm, May 17th, 24th, June 7th, 14th, 21st, 28th. 6 classes for \$30 series** Cardio Drumming is a 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.

**Strength & Fitness with Sandy: Tuesdays at 10am (Hybrid) \$45 for 9 classes; Thursdays at 10am (Hybrid) \$45 for 9 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.

**Balance with Sonya: Thursdays at 1pm (In-House), \$40 for 8 classes.** In this class you will perform exercises to increase strength, flexibility, sensory awareness, reflexes and concentration. **No class on 5/25.**

**Gentle Yoga with Gloria: Fridays at 10am (Zoom) \$40 for 8 classes, June 23rd (Hybrid).**

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!

**Walking with Linda: Wednesdays, 10:00am, starting May 10th.** WHS Track (weather permitting). 30 mins .



**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.**



**May 2nd: A MAN CALLED OTTO, PG-13**

Based on the # 1 New York Times bestseller "A Man Called Ove," A Man Called Otto tells the story of Otto Anderson (Tom Hanks), a grump who no longer sees purpose in his life following the loss of his wife. Otto is ready to end it all, but his plans are interrupted when a lively young family moves in next door..

**May 9th: FATHER OF THE BRIDE, PG-13 (2022)**

The story of a father coming to grips with his daughter's upcoming wedding through the prism of multiple relationships within a big, sprawling Cuban-American family.

**May 16th: JOYRIDE, NR**

Fleeing from his father, 12-year-old Mully steals a taxi and is shocked to find a woman, Joy, in the back seat with a baby. Joy has decided to give her child away to a friend, and Mully needs to get some distance from his debt-ridden dad. The unlikely pair head on a journey across Ireland, gradually finding the friendship, love and learning they never knew they needed in each other.

**May 23rd: TRIANGLE OF SADNESS, R**

Master of social discomfort Ruben Östlund trains his unsparing lens on the world of wealth, beauty, and privilege in this audacious, Palme d'Or–winning satire of our status-obsessed culture.

**May 30th: ELVIS, PG-13**

Elvis follows the story of infamous rock 'n' roll star Elvis Presley seen through the eyes of his controversial manager Colonel Tom Parker. The film explores Elvis Presley's highs and lows and the many challenges and controversies he received throughout his career.

**June 6th: 80 FOR BRADY, PG-13**

In this hilarious and heartfelt comedy, inspired by a true story of friendship and adventure, four lifelong friends set out on an unforgettable journey to see their hero Tom Brady play in Super Bowl LI and witness one of the greatest comebacks in sports history, discovering that it's never too late to live life to the fullest.

**June 13th: TILL, PG-13**

Till tells the story of Mamie Till-Mobley (Danielle Deadwyler), whose pursuit of justice for her 14-year-old son Emmett Louis Till (Jalyn Hall) became a galvanizing moment that helped lead to the creation of the civil rights movement.

**June 20th: WOMEN TALKING, PG-13**

In 2010, the women of an isolated religious community grapple with reconciling their reality with their faith. Based on the novel by Miriam Toews.

**June 27th: AT ETERNITY'S GATE, PG-13**

During a self-imposed exile in Arles and Auvers-Sur-Oise, France, Dutch painter Vincent Van Gogh develops his unique, colorful style of painting. While grappling with religion, mental illness and a tumultuous friendship with French artist Paul Gauguin, van Gogh begins to focus on his relationship with eternity rather than the pain his art causes him in the present.

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

## Medicare Information

### Medicare and You 2023

**GOVERNMENT INFO:** “Medicare & You - 2023” is the yearly booklet on basic Medicare information. It lists all CT Medicare programs at the back including the 25 Medicare Part D drug plans for 20223 and the Medicare Advantage health plans under Medicare – C available in Fairfield County. (Part A is regular hospital coverage, Part B is doc & medical service coverage.) Note: Advantage Plans are considered private insurance that meet Medicare standards. Your health care needs are provided by the plan guidelines. For the computer savvy go on the web site: [medicare.gov](http://medicare.gov) to gain information.

**MEDIGAP INSURANCE:** This supplemental coverage to Original Medicare (only) is offered directly by private insurance companies under U.S. government rules. It can be bought/changed at any time of the year. There are many different letter plans. Each letter plan covers a combination of different situations – the hospital deductible, the 20% doc/medical service co-pay, skilled nursing service, etc. Premiums by letter plan vary by insurance company although basic coverage is the same. There are pre-existing restrictions for 3-6 months on most plans. A comparison chart of premiums by company & letter plan offered in CT is available. Just ask me for one. NOTE: PLAN F was retired in 2020 to anyone turning 65 in 2020 or after. Those that are already 65 by December 31, 2019 are and will be Plan F eligible for the future -- whether you currently have Plan F or not. Right now Plan F is the most comprehensive Medigap plan available to those eligible to continue with or to change into as long as you were 65 before 2020. Those who are 65 in 2020 or after should consider Plan G and certainly review other plans offered as well . A Medigap plan can be changed any time in the year. It is considered to be private insurance.

**INITIAL ENROLLMENT:** Starts 3 months before 65<sup>th</sup> birthday, the birthday month and 3 months after totaling 7 months. Part A is free. Part B has a premium.

**SPECIAL ENROLLMENT PERIOD:** if working at 65 covered by employer or spouse’s employer. This SEP lasts 8 months. Begins a month after coverage/employment ends whichever is first.

**MSP (MEDICARE SAVINGS PLAN):** MSP is designed to help those with lower incomes with insurance premiums and drug costs if qualified. Please ask about this program if you need some extra help.

## Medicare and You 2023 (Cont.)

**OPEN ENROLLMENT PERIOD:** Oct 15 – Dec 7 is yearly. Select/change to a more cost savings Medicare Part D plan that carries your prescribed drugs, or another required Medicare D prescription plan (if on Original Medicare). If desired, switch to an Advantage Plan from Original Medicare or from an Advantage Plan to Original Medicare. All coverage starts Jan 1.

**COVID TEST KITS:** May 11 will end government support of Covid testing kits. To order some free kits to keep on hand check Walgreens or CVS. By May11.

*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 on Wednesday mornings. Also appointments are available by phone during these pandemic times. Never a charge for these services. No Walk-ins. Make an appointment through the Senior Center at (203) 222-2608.*

**Meta Schroeter CHOICES Counselor**

## Weston Department of Social Services

Allison Lisbon, MSW, LCSW, Director of Social Services  
[alisbon@westonct.gov](mailto:alisbon@westonct.gov) 203.222.2663

Diana Medina, Youth & Family Social Worker  
[dmedina@westonct.gov](mailto: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](mailto: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**

24/7 National Suicide & Crisis Hotline: **988**  
24/7 Crisis Text Line: Text **HOME** to **741741**





# May 2023

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

1 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	2 9am Backgammon 10am Fitness w/Sandy 11am Strength w/Sonya 11am Pickleball 11am Feldenkrais 12:30pm Movie: A Man Called Otto	3 10am Yoga w/Melania 12:30pm St Francis of Assisi Luncheon	4 10am Open Art 10am Strength & Fitness w/Sandy 1pm Balance w/Sonya	5 9am-12pm Pickleball Clinic w/Alice 10am Gentle Yoga w/Gloria 11am Chair Aerobics w/Ruth 12:30pm Cinco De Mayo Bingo 1pm Canasta
8 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 1pm Drawing w/Chris	9 9am Backgammon 10am Fitness w/Sandy 11am Strength w/Sonya 11am Pickleball 11am Feldenkrais 11:30am Ask A Nurse 12:30 Movie: Father of the Bride	10 10am Yoga w/Melania 10am Walking w/Linda 1pm Pizzelle and Trivia	11 10am Open Art 10am Strength & Fitness w/Sandy 11am Pickleball 1pm Balance w/Sonya	12 10am Gentle Yoga w/Gloria 10am Drawing w/Dick 11am Chair Aerobics w/Ruth 1pm Canasta
15 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	16 9am Backgammon 10am Japanese Brush Painting w/Maj 10am Fitness w/Sandy 11am Strength w/Sonya 11am Feldenkrais 11am Pickleball 12:30pm Movie: Joyride 1pm; Art Chat w/Chris	17 10am Yoga w/Melania 10am Walking w/Linda 11:30am Norfield Lunch & Entertainment catered by Lily's 2pm Cardio Drumming w/Jill	18 9m Beeyonder: Great Pyramids 10am Open Art 10am Strength & Fitness w/Sandy 11am Pickleball 1pm Balance w/Sonya	19 9am-12pm Pickleball Clinic w/Alice 10am Gentle Yoga w/Gloria 10am Drawing w/Dick 11am Chair Aerobics w/Ruth 12:30pm Bingo w/Angela 1pm Canasta
22 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	23 9am Backgammon 10am Sumi-e w/Maj 10am Fitness w/Sandy 11am Strength w/Sonya 11am Feldenkrais 11am Pickleball 12:30: Movie: Triangle of Sadness	24 10am Yoga w/Melania 10am Walking w/Linda 1pm An Unwilling Spy by Loraine Sievers 2pm Cardio Drumming w/Jill	25 9am Arthur Avenue Trip 10am Open Art 10am Strength & Fitness w/Sandy 11am Pickleball	26 10am Gentle Yoga w/Gloria 10am Drawing w/Dick 11am Chair Aerobics w/Ruth 12:30pm Memorial Day Lunch 1pm Canasta
29  <b>Closed for Memorial Day</b>	30 9am Backgammon 10am Strength & Fitness w/Sandy 11am Pickleball 11am Feldenkrais 12:30pm Movie: Elvis	31 10am Yoga w/Melania 10am Walking w/Linda 2pm Spring Tea/LaChat		



# June 2023

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

			1 10am Open Art 10am Strength & Fitness w/Sandy 11am Pickleball	2 9am-12pm Pickleball Clinic w/Alice 10am Gentle Yoga /Gloria 10am Drawing w/Dick 11am Chair Aerobics-Ruth 1pm Canasta
5 10am Open Craft/Knitting 10am Yoga w/Melania 11am Qigong 11am Pickleball 11am Chair Aerobics -Ruth 12pm Chess 12:30pm Pilates w/Glenda 1pm Drawing w/Chris	6 9am Backgammon 10am Sumi-e w/Maj 10am Strength & Fitness w/Sandy 11am Pickleball 11am Strength w/Sonya 11am Feldenkrais 12:30 Movie: 80 For Brady	7 10am Yoga w/Melania 10am Walking w/Linda 2pm Cardio Drumming with Jill	8 10am Open Art 10am Strength & Fitness w/Sandy 11am Pickleball 1pm Balance w/Sonya	9 10am Gentle Yoga w/Gloria 10am Drawing w/Dick 11am Chair Aerobics -w/Ruth 12:30pm Bingo w/Angela 1pm Canasta
12 10am Open Craft/Knitting 10am Yoga w/Melania 11am Pickleball 11am Qigong 11am Chair Aerobics -Ruth 12pm Chess 12:30pm Pilates w/Glenda	13 9am Backgammon 10am Sumi-e w/Maj 10am Fitness w/Sandy 11am Pickleball 11am Strength w/Sonya 11am Feldenkrais 11:30am Ask A Nurse 12:30 Movie: Till	14 10am Yoga w/Melania 10am Walking w/Linda 1pm Sailing Around the World presentation w/Scott Kuhner 2pm Cardio Drumming with Jill	15 10am Open Art 10am Strength & Fitness w/Sandy 11am Pickleball 1pm Balance w/Sonya	16 9am-12pm Pickleball Clinic w/Alice 10am Gentle Yoga /Gloria 10am Drawing w/Dick 11am Chair Aerobics-Ruth 12pm Captain's Cove Trip 1pm Canasta
19 <b>Closed for Juneteenth</b>	20 9am Backgammon 10am Fitness w/Sandy 10am Abstract Painting 11am Strength w/Sonya 11am Feldenkrais 12:30pm Movie: Women Talking 1pm Tips & Tricks -Chris 1pm Caregivers Support Grp.	21 9:00am Beeyond: Stratford-Upon-Avon 10am Yoga w/Melania 10am Walking w/Linda 11:30am Norfield Lunch & Entertainment catered by Lily's 2pm Cardio Drumming with Jill	22 10am Open Art 10am Strength & Fitness w/Sandy 11am Pickleball 11am Container Herbs w/Linda 1pm Balance w/Sonya	23 10am Gentle Yoga w/Gloria 10am Drawing w/Dick 11am Chair Aerobics w/Ruth 12:30pm Bingo w/Angela 1pm Canasta
26 10am Open Craft/Knitting 10am Yoga w/Melania 11am Qigong 11am Pickleball 11am Chair Aerobics - Ruth 12pm Chess 12:30pm Pilates w/Glenda 1pm Drawing w/Chris	27 9am Backgammon 9:30am Grace Farms Trip 10am Fitness w/Sandy 10am Abstract Painting 11am Pickleball 11am Strength w/Sonya 11am Feldenkrais 12:30pm Movie:At Eternity's Gate	28 10am Yoga w/Melania 10am Walking w/Linda 11:30am Norfield Lunch & Entertainment catered by Calise's 12pm Lunch at Norfield Church 2pm Cardio Drumming with Jill	29 10am Open Art 10am Strength & Fitness w/Sandy 11am Pickleball 1pm Balance w/Sonya	30 9am-12pm Pickleball Clinic w/Alice 10am Gentle Yoga w/Gloria 11am Chair Aerobics w/Ruth 1pm Canasta