



# 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 Activities 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: 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](http://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.



## November/December 2023

Hello Friends!

As we head into the holidays, we would like to take this opportunity to thank everyone for coming to our Weston Senior Activities Center over the past year. We enjoy being part of your weekly routine and are grateful to all of you, including our volunteers and instructors, for helping to make it such a welcoming and wonderful place to be.

We are excited to announce the return of our Annual "Re-Gifting" Sale the week after Thanksgiving. We invite you to bring us new or unused items until Friday, November 17th. Then, starting Monday, November 27th, visit us for a perfect opportunity for you and your friends to do some holiday shopping while supporting our Center. Volunteers are also needed for setting up.

This is also a good time of year to think about becoming a volunteer, and if you are interested in helping us here at the Center we would love to have you join us. It's always nice to have volunteers for our holiday lunches as well. We look forward to spending some of the holiday season with you!

Best,  
Rose Cruz  
Weston Senior Center Director

### Holiday Closings

November 10, November 23-24, December 25-26

### Note: Weather Delays and Closures:

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

### Dial-a-Ride

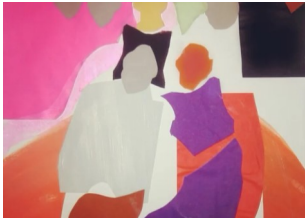
Please call (203) 222-2576 to make an appointment.

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.*

**Maj Kalfus**



Maj Kalfus was born in Brooklyn, New York. Her paintings and drawings are influenced by an extensive career in the fashion industry. After attending the High School of Art and Design and the Fashion Institute of Technology in New York City, as well as classes at the School of Visual Arts, her career, which began in the field of fashion illustration, evolved into fashion merchandising, marketing and design. Re-entering the world of fine art, she joined the Studio Arts Program at SUNY Empire State College to finish her art degree. In Columbia County, NY, where Maj and husband Lonny lived for 17 years after leaving NYC, she took advantage of the natural landscape and gardens creating interpretations of flowers, vegetables and rural vistas in a variety of mediums and began teaching art at the community colleges and local art schools. In 2020 Maj moved to Weston CT. She teaches art in Westport and Weston as well as the Silvermine arts center. She is a member of the Artist Collective of Westport.

*My work is diverse in subject matter, technique and materials. I am often drawn to a subject; explore it for some time and then move on. My materials include oils, acrylics, pastels, collage, graphite, ink, digital art and anything else I can experiment with.*

**Thanksgiving Lunch: Magnetude of Gratitude**

**Wednesday, Nov 15, starts 11:30am**

Thanksgiving lunch at Norfield Church, 11:30am

Performance by Maxine Stone, 12:30pm

Woodstock musicians Maxine and Ira Stone will perform with special guest Joe Meo, multi-instrumentalist



During the concert Maxine will read excerpts from selected written inspirations with instrumental music in the background.

A collaborative, fun community event, and folks will also be invited to sing along.

**Senior Scams:**

**Lecture by Weston Police Sergeant Pat Daubert**  
**Wed, Nov 8, 12:45pm**



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

**Holiday Lunch Concert**  
**with Chris Coogan**

**Wednesday, Dec 20, 12-1pm**

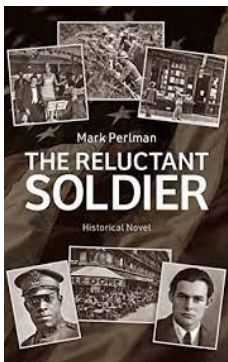
After Holiday lunch at Norfield

Perennial favorite Chris Coogan will play all the holiday favorites.



**“The Reluctant Soldier” Lecture by Author Mark Perlman**

**Wednesday, December 6, 1pm, following lunch**



The Reluctant Soldier follows the adventures and misadventures of Virgil Carpenter, a teacher at the City College of New York, who becomes an unwitting combatant in World War I and joins the famous Negro regiment, the Harlem Hellfighters. His fictionalized story draws him into the most important events of the twentieth century. An extremely rich documentation on Black Americans in the 369th Infantry Regiment.

The post-war years, the interwar period in Paris, provides a vivid backdrop to Virgil's traumatic and complicated life. Racial segregation and prejudice faced by African Americans are an integral part of American history.

*Mark Perlman is a resident of Fairfield County, Conn. He has a passion for military history that has taken him to the battle fields and cemeteries of France.*



**Snacks and Tracks: Trains with Bruce Lorentzen****Thursday, November 9, 10am-11am (bus leaves Center at 9:45)**

Remember the days when railroads glued the nation together? Remember the tales your parents and grandparents told of all the adventures surrounding trains? Remember the thrill of your first train ride? Relive those days as Bruce Lorentzen takes you through these memories as he demonstrates his Lionel trains. Storytelling and mild (or not so mild) fibbing are a must. All ABOARD!

**Brookfield Craft Center****Thursday, November 16 (bus leaves at 10:00am from the Senior Center and returns by 4pm)****Bring money for shopping and lunch**

The Brookfield Craft Center is one of our most popular trips. Includes stops at Bridgewater Chocolates, Lunch at Brisas Latin Fusion, Brookfield Craft Center, Simpson & Vale's Tea Shoppe and Rich's Ice Cream. Max 20 people.

**Miss Dallas Shop in Milford****Thursday, December 7 (bus leaves at 10am from the Center and returns by 4pm)****Bring money for shopping and lunch at Bridge House Restaurant**

If you haven't been to Miss Dallas, you'll be dazzled. You'll find something for everyone on your gift list. Shopping and then lunch at Bridge House located on the Milford Green.

**Holiday Ornament Exchange & Lunch****Friday, December 15, Noon-2pm****Bus leaves at Noon from the Senior Center****Or meet us there for 12:30 reservation**

Join us for our annual ornament exchange. Always a fun event! Bring a **wrapped new ornament** to exchange and money for lunch. We will meet at the restaurant for 12:30 reservation. To look at the menu: [www.thereddingroadhouse.com](http://www.thereddingroadhouse.com)

**Wednesday Lunches!**

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

Nov 1—Penne pasta with grilled chicken + broccoli + bread from Calise

Nov 8—Shepherd's pie from Village Market

Nov 15—Thanksgiving celebration lunch @ Norfield Church with turkey, stuffing & mashed potatoes from Calise, followed by performance by Maxine Stone

Nov 22—no lunch

Nov 29—Pizza party + salad from Lunch Box

Dec 6—Baked ziti + meatballs + salad from Lily's Market

Dec 13—Crustless quiche + salad from Village Market

Dec 20—Holiday celebration lunch @ Norfield Church with Chicken piccata + salad from Calise, followed by Christmas concert with Chris Coogan

Dec 27—no lunch

**Brain Games****with Danielle****Lunch (free) will be served!****Thursday, Dec 14, 12pm**

Join us for a light lunch followed by brain stimulating teasers!

**Trivia with Mary****Lunch (free) will be served!****Tuesday, Nov 14 and Fridays Dec 8 & 22, 12pm**

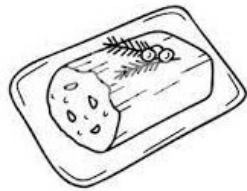
Sign up for lunch followed by Trivia. Sponsored By Wilton Meadows

**Wilton**  
*Meadows*

*Nursing & Rehabilitation*

To register, email Julia: [jbraden@westonct.gov](mailto:jbraden@westonct.gov)

**Decorate a Fresh Wreath with Linda, Friday, Dec 1, 10-11am**  
 \$10.00 class fee includes decorations. Bring an undecorated wreath or swag, and clippers, we will provide the rest!

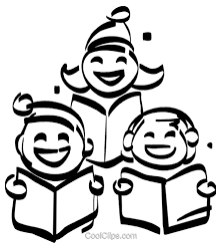


**Stollen Bread Making Class**  
**Monday, December 4, 9am**  
 Lauren teaches us how to make classic German stollen bread.

**Holiday Cookie Swap**  
**Tuesday, December 12, 12pm**  
 Spend some time with friends at the Weston Senior Center Holiday Cookie Swap! Bring 2 dozen cookies and your recipe! Bring home 2 dozen cookies!



**Weston Intermediate School Carolers**  
**Tuesday, Dec 13, 10am**  
 Get in the holiday spirit with festive refreshments and a concert by the Weston Intermediate School Carolers!  
 And then stay for lunch!



**Walking With Linda**  
**Thursdays @ 10:00am**  
**Leave from Senior Center (weather permitting)**



Get your 30 minutes of exercise with friends! We walk (and talk!) about 1 mile.

**Caregivers Support Group**  
**Tuesday, Nov 21 & Dec 19, 1:00-2:00pm**  
**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)

**Ask a Nurse!**  
**Tuesday, Nov 14 & Dec 12, 11:30am-12:30pm**  
 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.

**Holiday Greens Centerpiece Workshop**  
**Tuesday, December 19, 11am**

Join Betty as she leads the group through creating homemade centerpieces just in time for the holiday season. Fresh greens guarantee it will last until the new year!  
 Cost \$10 per person, 10 people max, so register early.

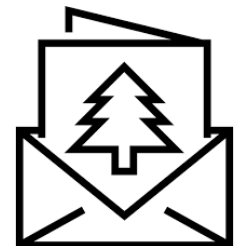


**BINGO!** with Linda

**Friday, Nov 3, 12:30pm**  
 Always lively! Join the Bingo madness and get a prize!

**Holiday Card Painting Class**  
**With Gisselle & snacks**  
**Friday, Nov 17, 1pm**

Gisselle will take us through an easy painting project so join the fun!





**Painting Realism with Cindy Wagner**

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

Nov 21, 28, Dec 5, 12, 19

\$25 for series of 5 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.

**SPECIAL ONE DAY CLASS**

**Create a Poured Acrylic Painting with Cindy Wagner**

Tuesday, November 7  
10am-12pm (In-House)

\$15 Includes all paint

BRING TWO 12x12 or smaller canvases.



Create your own poured acrylic painting. Learn to mix and pour acrylic paint to create an abstract painting. Students will learn how to thin acrylic paints for pouring techniques, Dirty pours and Dutch pours will be demonstrated. Learn to use strings, squirt bottles, palette knives and straws to create different effects. This is a messy, but easy and fun painting process. No previous painting experience is needed. Dress for the mess!

**Tips & Tricks with Chris Goldbach**

Tuesday, November 21, 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, December 19, 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.

**Drawing on Zoom with Chris Goldbach**

Mondays, November 13-December 18

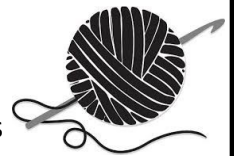
1pm-2pm (Zoom)

\$30 for series of six classes. Sign-up required. Look and then draw what you see. Supplies needed: pencil, eraser, drawing paper and sharpener.

**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!



**Holiday Card Stamping Class**

With Agata Tria (Free)

Wednesday, Dec 13, 1pm

'Tis the season... to create your very own creative and beautiful holiday cards! Unleash your creativity and discover your inner-artist as you relax, feel inspired, and have fun in this not-to-be-missed Workshop! Learn a variety of artistic techniques so you can create hand painted, personalized cards for your loved 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).**

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 \$35 for 7 classes.**

**Thursdays at 11:15am (In-House), \$5 Drop-in or \$40 for 8 classes.**

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!

**Yoga with Maxine: Wednesdays at 10am (In House), \$45 for 9 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), \$40 for 8 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.

**Walking with Linda: Thursdays at 10am.** Free & fun. Leave from the center and do a lively 30 minute walk while chatting with others (weather permitting). Meet at Senior Center at 10am. (No walking on Trip days)

**Gentle Yoga with Gloria: Fridays at 10am (Zoom) \$35 for 7 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!

**No Cardio Drumming**

Class will resume in January.

**Holidays—No Classes**

**November 10**

**November 23 & 24**

**December 25 & 26**

**Attention all Intermediate Pickleballers!**

**Pickleball Clinics**

**Intermediate Players Only**

**Fridays, Nov 3, 17, Dec 1, 15**

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](mailto:jbraden@westonct.gov)**

**Wednesday Movies at 12:45pm**  
**Popcorn will be available!**



**November 1st: Little Mermaid (PG, 2023)** A young mermaid makes a deal with a sea witch to trade her beautiful voice for human legs so she can discover the world above water and impress a prince.

**November 8th:** no movie, Lecture with Weston PD about Senior Scams.

**November 15th:** no movie, Lunch at Norfield followed by Magnetude of Gratitude performance.

**November 22th:** no movie

**November 29th: Barbie (PG-13, 2023)** Barbie suffers a crisis that leads her to question her world and her existence.

**December 6th:** no movie, Lecture "Reluctant Solider" with Author Mark Perlman.

**December 13th: The Holiday (PG-13, 2006)** Two women troubled with guy-problems swap homes in each other's countries, where they each meet a local guy and fall in love.

**December 20th:** no movie, Lunch at Norfield followed by Chris Coogan performance.

**December 27th: When Harry Met Sally (R, 1989)** Harry and Sally have known each other for years, and are very good friends, but they fear sex would ruin the friendship.

**Gaming**

**Chess**

**Mondays, 12 pm**

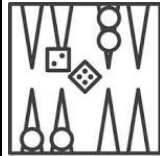
Suddenly popular again! From Beginners to Competitive, come join a very friendly group!



**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!



**Holiday Gift Sale**

**Monday, November 27-Friday, December 1**

**9am-2pm**

We have great items and something for everyone. Come and start your holiday shopping with us.

**All of the money raised directly supports the Senior Center.** This year, the sale will be set up in two rooms.

We will have one room just dedicated to jewelry. The jewelry ranges in price low to high, vintage to new, Carolee, Trifari and Coro brands.

### 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, 2024. 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 2024. 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 Senior Center (203) 222-2608.**

Meta Schroeter

CHOICES COUNSELOR

Rashida Miller

CHOICES COUNSELOR

### 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, your Medicare current coverage Plan which would be either 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 "2024 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 either drop off or 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.

### Weston Department of Human Services

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

Diana Medina  
Family & Youth 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 Human Services at 203-222-2556 or email Allison at [alisbon@westonct.gov](mailto: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





# November 2023

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

		1 10am Yoga – Maxine 11:30am Lunch 12:45 Movie: Little Mermaid	2 10am Open Art 10am Strength – Sandy 10am Walking – Linda 11am Pickleball 11:15am Strength – Sonya	3 10am Gentle Yoga-Gloria 11am Chair Aerobics-Ruth 11am Pickleball Clinic 12:30 Bingo 1pm Canasta
6 10am Open Craft/Knitting 11am Qigong w/Bill 11am Pickleball 11am Chair Aerobics w/Ruth 12pm Chess NO DRAW w/ CHRIS	7 9am Backgammon 10am Cindy’s Pour Class 11:15am Strength – Sonya 11am Pickleball  <b>ELECTION DAY</b>	8 10am Yoga – Maxine 11:30am Lunch NO Movie 12:45pm Lecture: Senior Scams with Weston PD	9 10am Snacks/Tracks Trip 10am Open Art 10am Strength – Sandy NO Walking – Linda 11am Pickleball 11:15am Strength – Sonya	10 <b>Closed – Veteran’s Day</b> 
13 10am Open Craft/Knitting 10am Ukraine Workshop 11am Qigong w/Bill 11am Pickleball 11am Chair Aerobics w/Ruth 12pm Chess 1pm Draw w/Chris	14 9am Backgammon 11:15am Strength – Sonya 11am Pickleball 11:30 Ask a Nurse 12pm Trivia-Mary + lunch	15 10am Yoga – Maxine 11:30am Lunch @ Norfield w/Entertainment: Maxine and Ira Stone NO Movie	16 10am Brookfield Trip 10am Open Art 10am Ukraine Workshop NO Walking – Linda 10am Strength – Sandy 11am Pickleball 11:15am Strength – Sonya *6-8 Maj’s Art Reception*	17 10am Gentle Yoga-Gloria 11am Chair Aerobics-Ruth 11am Pickleball Clinic 1pm Canasta 1pm Card Making w/ Gisselle + snacks
20 10am Open Craft/Knitting 11am Qigong w/Bill 11am Pickleball 11am Chair Aerobics w/Ruth 12pm Chess 1pm Draw w/Chris	21 9am Backgammon 10am Cindy’s art class 11:15am Strength – Sonya 11am Pickleball 1pm Caregivers Support Group 1pm Tips & Tricks – Chris	22 10am Yoga – Maxine NO Lunch NO Movie	23 <b>Closed Thanksgiving</b> 	24 <b>Closed</b> 
27 10am Open Craft/Knitting 11am Qigong w/Bill 11am Pickleball 11am Chair Aerobics w/Ruth 12pm Chess 1pm Draw w/Chris	28 9am Backgammon 10am Cindy’s art class 11:15am Strength – Sonya 11am Pickleball	29 10am Yoga – Maxine 11:30am Lunch 12:45pm Movie: Barbie	30 10am Open Art 10am Walking – Linda 10am Strength – Sandy 11am Pickleball 11:15am Strength – Sonya	
<b>Holiday Gift Sale</b> -----				----->



# December 2023

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

				1 10am Wreath Making 10am Gentle Yoga-Gloria 11am Chair Aerobics-Ruth 11am Pickleball Clinic 1pm Canasta
4 9am Stollen Bread Making 10am Open Craft/Knitting 11am Pickleball 11am Qigong w/Bill 11am Chair Aerobics -Ruth 12pm Chess 1pm Draw w/Chris	5 9am Backgammon 10am Painting w/Cindy 11am Pickleball 11:15am Strength-Sonya	6 10am Yoga – Maxine 11:30am Lunch NO Movie 1pm Lecture-Reluctant Soldier	7 10am Miss Dallas Trip 10am Open Art NO Walking – Linda 10am Strength – Sandy 11am Pickleball 11:15am Strength-Sonya  Happy Hanukkah!	8 10am Gentle Yoga-Gloria 11am Chair Aerobics-Ruth 12pm Trivia-Mary + lunch 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 Painting w/Cindy 11am Pickleball 11:15am Strength-Sonya 11:30am Ask a Nurse 12pm Cookie Exchange	13 10am Yoga – Maxine 10am Holiday Carolers from WIS 11:30am Lunch 12:45 Movie: The Holiday 1pm Card Stamping with Agata	14 10am Open Art 10am Walking – Linda 10am Strength – Sandy 11am Pickleball 11:15am Strength-Sonya 12pm Brain Games + lunch	15 10am Gentle Yoga-Gloria 11am Chair Aerobics-Ruth 11am Pickleball Clinic 12pm Ornament Exchange at Redding Roadhouse 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 Painting w/Cindy 11am Pickleball 11am Holiday Green Centerpiece Workshop 11:15am Strength-Sonya 1pm Caregivers Support Group 1pm Art Chat – Chris	20 10am Yoga – Maxine 11:30am Lunch @ Norfield with Chris Coogan NO Movie	21 10am Open Art 10am Walking – Linda 10am Strength – Sandy 11am Pickleball 11:15am Strength-Sonya	22 10am Gentle Yoga-Gloria 11am Chair Aerobics-Ruth 12pm Trivia-Mary+Lunch 1pm Canasta
25  <b>Closed</b>    Merry Christmas!	26  <b>Closed</b>  	27 10am Yoga – Maxine NO Lunch 12:45 Movie: When Harry Met Sally	28 10am Open Art NO Walking – Linda 10am Strength – Sandy 11am Pickleball 11:15am Strength-Sonya	29 10am Gentle Yoga-Gloria 11am Chair Aerobics-Ruth 1pm Canasta