



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
Driver: Lovie Hurd
(24-hour notice required)

Dept. of Human Services

203-222-2663
Director: Allison Lisbon
Case Worker-Rashida Miller
Family & Youth 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
Francine Goldstein
Alison McElhone
Richard Wolf

The Friends of WSAC

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



September/October 2023

Hello Friends!

I hope you all had a delightful summer! Thankfully we have more nice weather coming our way for some great fall trips! Come tour the Westport Playhouse and see the makings of a play. Join us for a stroll around historic Wooster Square in New Haven. Always a fall favorite is our annual trip to beautiful Kent!

Also please peruse our September lectures. For classical music lovers, David Stein will present an interesting way of appreciating Mozart. I have heard from other senior centers that this lecture is amazing, so please make the time and attend with a friend! Our own probate judge, Lisa Wexler, will visit us to answer your probate questions on September 6th and we will serve lunch.

Thank you to artist Linda McClellan for gracing our walls this season with her art exhibit. We are so lucky to enjoy a rotation of such talented artists who bring our walls to life! Speaking of art, for those who enjoy Dick Rauh's art class on Fridays, please know he will return with another series of classes in November.

Even though we are focused on the fall, please keep us in mind for any gift or jewelry donations that we can sell during our annual Holiday Gift Sale beginning November 27. If you are doing a fall purge of items around the house, we will gladly take new or unused items to sell until November 17. All proceeds will benefit our senior center.

Lastly, please pay special attention to page 8. Medicare Open Enrollment begins October 15. It's very important to review your Part D plan each and every year!

See you at the Senior Center!

Rose Cruz
Weston Senior Center Director

Dial-a-Ride

Please call (203) 222-2576 to make an appointment.
(Appointments must be made 24 hours in advance.)

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.

Linda McClellan



Linda is a native New Yorker but has called scenic Westport home for many years.

Linda studied at the Tyler School of Art at Temple University in Philadelphia and the Wooster Art Center in Danbury, CT. While studying at Tyler she was one of two freshman students whose artwork was purchased by the university for permanent exhibit at their downtown campus. She also has studied independently with artist Betsy Beach, artist Lisa Arnold of the Silvermine Guild, Richard Byrnes of the Greenwich Art Society and more recently with Peter Konsterle, Gallery Director of The Schelfhault Gallery University of Bridgeport.

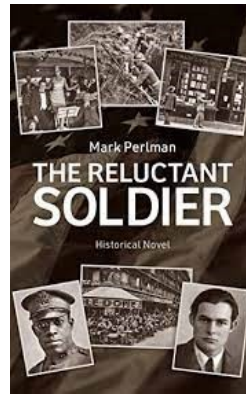
McKie McClellan finds the great outdoors a constant source of inspiration for her work. She has been experimenting with many different art forms, and is intrigued by new mediums. She works with oils, pastels, acrylics, watercolors, mono prints, and mixed media. She will often combine her paintings with organic material, found objects and interference acrylic paint.

“The Reluctant Soldier”

Lecture by Author Mark Perlman

Thursday, September 14, 1pm

CANCELED



A Novel by Connecticut Author Mark Perlman Revives the Fascinating Story of the Harlem Hellfighters and Much More

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.

Virgil becomes an ex-patriot in Paris during the exciting “jazz era” of interwar period and meets famous ex-patriots such as Josephine Baker, Ernest Hemingway, Eugene Bullard and Sylvia Beach, to name a few. When World War II breaks out, he is recruited into the intrigue of the French Resistance.

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. This novel addresses this difficult legacy. It also addresses the slow, but steady progress of Black minorities to be accepted and valued in the complex American culture.

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.



Ways of Listening: The Music of Mozart

Program by David Stein, Thursday, September 28, 1-2pm

(Sponsored by the Friends of the Weston Senior Activities Center)

This program will help attendees to appreciate Mozart’s music more deeply and understand why it is so beloved. In a one-hour presentation David Stein will explore the Gran Partita for Winds, a Mozart masterpiece that plays a crucial role in the movie *Amadeus*. The program uses video clips of performances and animations combined with live illustration at the piano. It is non-technical and accessible to anyone with an interest in classical music.



David Stein has studied music history and music theory at Columbia University, music therapy at New York University and piano performance at the New England Conservatory of Music, where he was awarded the Conservatory Prize in performance of modern music. He has been playing and studying Mozart for over 50 years.

To register, email Linda: lgilmore@westonct.gov

Westport Playhouse Tour**Thursday, September 7** (bus leaves at 9:45am from the Senior Center and returns by 12:30pm)

Take a backstage tour of the historic Westport Country Playhouse. Learn how a play gets from the page to the stage. You'll see set designs and models, costumes and props. You'll get to stand on stage and then tour the shop where the sets are built. The tour ends back stage in the actors' dressing rooms and Greenroom.

Historical Wooster Square in New Haven Walking Tour**\$10/pp for lunch****Tuesday, October 3** (bus leaves at 9:30am)

Famous Sally's Pizza (or Modern Pizza) for lunch, Libby's pastry and other fun stops along the easy walking tour. Lots of opportunity to bring home treats! Sign up early!

Beautiful Downtown Kent (FULL—WAITLIST ONLY)**Friday, October 27** (bus leaves at 10am from the Senior Center)

Beautiful foliage the whole way up and back. Shopping in downtown Kent, followed by lunch at Fife and Drum. Bring money for shopping and lunch.

Wednesday 11:30am Lunches this Fall! Sponsored by the Friends of the Weston Senior Center

Please RSVP by noon the Monday prior. All lunches will be served at the Senior Center. \$5 per person.

September 13—Chicken Piccata with salad & crusty bread (Calise)

September 20—Varied Sandwich choices & potato salad (Lily's Market)

September 27—Pizza Party & salad (Lunch Box)

October 4—Picchi Pacchi (cold pasta w/tomatoes, garlic and grilled chicken), salad & crusty bread (Village Mkt)

October 11—Choice of Chicken or Eggplant Parmesan & salad (Calise)

October 18—no lunch due to Flu Shot Clinic

October 25—Halloween Lunch*—Choice of Beef or Veggie Lasagna & salad (Calise)

*Don't forget to dress for the Costume Competition

**Lunch & Lecture with Lisa Wexler****Everything You Always Wanted to Know About Probate Court ***

* But were afraid to ask

Wednesday, Sept 6, complimentary Lunch at 12:15pm, followed by Lecture at 12:45pm

Probate Judge Lisa Wexler gives an overview of what to expect when filing an estate in probate court and answers your questions.

Brain Games and Lunch (free)**With Danielle Ramos**

Friday, October 20, 12pm

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

Sponsored by National Healthcare Associates 

**Arts and Crafts with Mary****After lunch, snacks will be served!**

Wednesday, Sept 20, 1pm

DIY sunflower coasters are perfect to celebrate the end of summer and to welcome Fall!

Sponsored by Wilton Meadows

Wilton
Meadows
Nursing & Rehabilitation

To register, email Linda: lgilmore@westonct.gov



Trivia with Mary

Friday, Sept 15 & Oct 6 at 12pm
with Lunch

Wednesday, October 25 at 1pm
with Refreshments

Wilton
Meadows

Nursing & Rehabilitation

Sponsored by Wilton Meadows

Friday Bingo

September 8, 22, October 13

12:30pm



AARP Safe Driving Course @ Senior Center

Thursday, October 12, 9:15am-1:15pm

\$20 for AARP Members and \$25 Non members

Payable to Instructor before course

Refresher course specifically designed for drivers age 50 and older. In CT drivers may get 15% discount on auto insurance liabilities upon completing the course. And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned. Bring brown bag lunch.

Please register by Friday, October 6.

Caregivers Support Group

Tuesday, Sept 19 & October 17, 1:00-2:00pm

With Allison Lisbon, LCSW, MSW

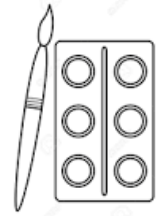
Director of Weston Human Services

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

Crafts & Snacks with Gisselle

Wednesday, Sept 27, 1pm



These lovely watercolor paint by number sets are designed for the beginner and hobby artist. Contents include one 12" x 12" stretched canvas, 1 watercolor paint palette with 9 colors, one fine-point paintbrush, and a separate printed number guide. An enjoyable way to relax! Choice of succulents, produce, or coastal designs.

Sponsored by Always Caring of CT

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!

Ask a Nurse!

Tuesday, September 12 & Tuesday, October 10
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.

Blood Pressure Screening

Wednesday, September 13 & October 11
10:45-11:30am (In-House)

Weston EMS does Blood Pressure Screenings on the 2nd Wednesday of each month before lunches.

**Colors of Autumn:
Making art inspired by the season
with Maj Kalfus**

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

Sept 12, 19, 26, Oct 3

\$20 for 4 week session

CANCELED

A 4 week class to employ the beauty of the autumn colors in drawings, collage and color compositions....with the use of graphite, pastels, paper collage and paint...each week will focus on a different medium and technique and move from leaves to landscapes and will look at interpretations by well known artists.

Supplies:

11x14 drawing pad (white paper)

Dark graphite pencil #7,8, or 9

Set of soft pastels

Water colors or color pencils

Brushes

Glue stick

A bag filled with autumn leaves

A small collection of paper clippings for collage

Scissors



**Special Craft with Weston HS Senior
Gianna**

Tile painting, Monday, Sept 25, 10am-Noon

Calling all artists and creative enthusiasts! High school senior Gianna Tomanelli has had a passion for art ever since she was a little girl. Please join her in painting a tile!! This assignment aims to answer the question, **"What does the senior center mean to you."** Your tile will then be made into a beautifully crafted handmade mosaic. Would love to have you!

Felt Class with Rachel

**Friday, October 13
9:30am-12:30pm**

Max of 8 students,
Cost \$20 includes all
supplies needed to
make a felt gourd.



**Acrylic Painting with Nature's Textures
with Agata Tria**

Tuesdays, October 10, 17, 24, 31, 10am-12pm

\$20 for series of four classes. Sign-up required.

In this class, you will learn a new form of print. See the magic happen when you take a real object of nature and apply paint to it, making a study of texture, shape, composition and space. Please bring to the first class: Acrylic paint, Brushes, Canvases

Drawing with Chris Goldbach

**Mondays, September 11-October 23 (No class 10/9)
1pm-2pm (Zoom)**

\$30 for series of six classes. Sign-up required.

Discover how to look and then draw what you see with the "Mastering the Masters" instructor Chris Goldbach.

Supplies needed: pencil, eraser, drawing paper and sharpener.

Tips & Tricks with Chris Goldbach

Tuesday, September 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.

[https://us02web.zoom.us/j/82195264537?](https://us02web.zoom.us/j/82195264537?pwd=WVB4S2xORTBYbE5yM2JZVlNKWWVtQT09)

[pwd=WVB4S2xORTBYbE5yM2JZVlNKWWVtQT09](https://us02web.zoom.us/j/82195264537?pwd=WVB4S2xORTBYbE5yM2JZVlNKWWVtQT09)

Meeting ID: 821 9526 4537 Passcode: z

Art Chat with Chris Goldbach

Tuesday, October 17, 1pm (Zoom) Free

Chris 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.

Join Zoom Meeting [https://us02web.zoom.us/j/88689270993?](https://us02web.zoom.us/j/88689270993?pwd=UFN5V2FUZytmRHBIVUdESGQyd253Zz09)

[pwd=UFN5V2FUZytmRHBIVUdESGQyd253Zz09](https://us02web.zoom.us/j/88689270993?pwd=UFN5V2FUZytmRHBIVUdESGQyd253Zz09)

Meeting ID: 886 8927 0993 Passcode: z

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 Monday, Sept 25**

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.

Strength & Balance with Sonya: Tuesdays (9 classes-\$45) and Thursdays (8 classes-\$40) at 11:15am (In-House), pay for the series or \$5 Drop-in. Strength and Balance is a 50-minute full body strength class using light weights and your own bodyweight. Strengthen lower and upper body, increase flexibility, sensory awareness, coordination and posture. Boost energy and have fun at the same time!

Yoga with Maxine: Wednesdays at 10am (In House), \$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. **No class September 13**

Cardio Drumming with Jill : Wednesdays at 2pm (In-House), \$40 for 8 classes. Cardio Drumming is a low-impact 45 minute 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: 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.

Gentle Yoga with Gloria: Fridays at 10am (Zoom) \$35 for 7 classes. Class starts September 15.

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: Thursdays @ 10:00am. WHS Track (weather permitting). 30 mins. Meet at Senior Center at 9:45 or track by 10am.

No classes, including Zoom, September 4 and October 9.

Note: Pilates with Glenda on Mondays is no longer available

Pickleball Clinics

Fridays, Sept 8, 22, Oct 6, 20

Class limit is 8 players. \$5/lesson non-refundable

Please join our Pickleball Instructor **Alice Addicks!**

She has been teaching Pickleball for Westport Continuing Education since 2016. She will offer 3 clinics for each date:

Advanced Beginner level at 9:00am

Intermediate level at 10:00am

Intermediate level at 11:00am

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



September 6th: NO MOVIE—CHECK OUT LECTURE (with Lisa Wexler page 3)

September 13th: BOOK CLUB: NEXT CHAPTER, PG13 (2023 COMEDY)

Follows the new journey of four best friends as they take their book club to Italy for the fun girls trip they never had.

September 20th: DEATH ON THE NILE, PG13 (2022 MYSTERY)

While on vacation on the Nile, Hercule Poirot must investigate the murder of a young heiress.

September 27th: ABOUT MY FATHER, PG13 (2023 COMEDY)

When Sebastian tells his old-school Italian immigrant father Salvo that he is going to propose to his all-American girlfriend, Salvo insists on crashing a weekend with her tony parents.

October 4th: SUN MOON, PG (2023 DRAMA/ROMANCE)

After being left at the altar, a young woman escapes to Taiwan on a quest for hope and healing.

October 11th: NO HARD FEELINGS, R (2023 COMEDY/ROMANCE)

On the brink of losing her home, Maddie finds an intriguing job listing: helicopter parents looking for someone to bring their introverted 19-year-old son out of his shell before college.

October 18th: NO MOVIE (due to Flu Clinic, see below)

October 25th: THE OTHERS, PG13 (2001 THRILLER)

During World War II, a woman who lives with her two photosensitive children on her darkened old family estate in the Channel Islands becomes convinced that the home is haunted.

Save the Date

Flu Shot Clinic

Wednesday, October 18

11am-1:30pm

with Westport/Weston Health Department

**By Appointment: call Weston Senior Center to
reserve your spot (203) 222-2608**

Flu shots will be given at the **Weston Senior Center**, by appointment. Forms can be filled out ahead of time. Please bring your Medicare/Insurance cards with you.

To register, email seniorcenterdirector@westonct.gov

Holiday Gift & Jewelry Sale

Monday, Nov 27—Friday, Dec 3

9am-2pm

We are very happy to announce the return of our Annual “Re-Gifting” Sale taking place the week after Thanksgiving. So come by with your friends and do some holiday shopping while supporting our community Activities Center!

Bring us new or unused items to sell until Fri, Nov 17. Jewelry donations especially welcome.

All funds support the Weston Senior Activities Center.

To register, email Linda: lgilmore@westonct.gov

Medicare Open Enrollment Appointments Medicare Changes and Medicare Part D Review

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

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

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

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

Meta Schroeter
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 "2023 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
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

September 2023

Mon	Tue	Wed	Thu	Fri
				<p>1</p> <p>11am Chair Aerobics-Ruth 1pm Canasta</p>
<p>4</p> 	<p>5</p> <p>9am Backgammon 10am Painting w/Cindy 11am Pickleball 11:15am Strength-Sonya</p>	<p>6</p> <p>10am Yoga w/Maxine 12:15am Lecture & Lunch & Wexler Probate Talk 2pm Cardio Drumming w/Jill</p>	<p>7</p> <p>9:45am Westport Play- house Tour 10am Open Art 10am Strength & Fitness w/Sandy 10am Walking w/Linda 11am Pickleball 11:15am Strength-Sonya</p>	<p>8</p> <p>9am-12pm Pickleball Clinic w/Alice 10am Gentle Yoga-Gloria 11am Chair Aerobics-Ruth 12:30 Bingo 1pm Canasta</p>
<p>11</p> <p>10am Open Craft/Knitting 11am Qigong w/Bill 11am Pickleball 11am Chair Aerobics - Ruth 12pm Chess 1pm Drawing w/Chris</p>	<p>12</p> <p>9am Backgammon 11am Pickleball 11:15am Strength-Sonya 11:30 Ask a Nurse</p>	<p>13</p> <p>10am NO YOGA 10:45am EMS BP Screen 11:30am Lunch in Cafe 12:45pm Movie: Book Club: Next Chapter 2pm Cardio Drumming w/Jill</p>	<p>14</p> <p>10am Open Art 10am Strength & Fitness w/Sandy 10am Walking w/Linda 11am Pickleball 11:15am Strength-Sonya 1pm Author Mark Perl- man <i>Reluctant Soldier</i></p>	<p>15</p> <p>10am Gentle Yoga-Gloria 11am Chair Aerobics-Ruth 12pm Trivia w/Mary and Lunch 1pm Canasta</p>
<p>18</p> <p>10am Open Craft/Knitting 11am Qigong w/Bill 11am Pickleball 11am Chair Aerobics - Ruth 12pm Chess 1pm Drawing w/Chris</p>	<p>19</p> <p>9am Backgammon 11am Pickleball 11:15am Strength-Sonya 1pm Tips/Tricks w/ Chris 1pm Caregiver Support Group</p>	<p>20</p> <p>10am Yoga w/Maxine 11:30am Lunch in Cafe 12:45pm Movie: Death on the Nile 1pm Arts & Crafts w/ Mary plus snacks 2pm Cardio Drumming w/Jill</p>	<p>21</p> <p>10am Open Art 10am Strength & Fitness w/Sandy 10am Walking w/Linda 11am Pickleball 11:15am Strength-Sonya</p>	<p>22</p> <p>9am-12pm Pickelball Clinic w/Alice 10am Gentle Yoga-Gloria 11am Chair Aerobics-Ruth 12:30 Bingo 1pm Canasta</p>
<p>25</p> <p>10am Tile Project w/Gianna 10am Open Craft/Knitting 11am Qigong w/Bill 11am Pickleball 12pm Chess 1pm Drawing w/Chris</p>	<p>26</p> <p>9am Backgammon 11am Pickleball 11:15am Strength-Sonya</p>	<p>27</p> <p>10am Yoga w/Maxine 11:30am Lunch in Cafe 12:45pm Movie: About My Father 1pm Painting Craft & Snacks with Gisselle 2pm Cardio Drumming w/Jill</p>	<p>28</p> <p>10am Open Art 10am Strength & Fitness w/Sandy 10am Walking w/Linda 11am Pickleball 11:15am Strength-Sonya 1pm Music of Mozart w/David Stein Lecture</p>	<p>29</p> <p>9am Port Jefferson Trip 9am-12pm Pickelball Clinic w/Alice 10am Gentle Yoga-Gloria 11am Chair Aerobics-Ruth 1pm Canasta</p>

October 2023

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
2 10am Open Craft/Knitting 11am Qigong w/Bill 11am Pickleball 11am Chair Aerobics -Ruth 12pm Chess 1pm Drawing w/Chris	3 9am Backgammon 9:30am Trip to Wooster Square, New Haven 11am Pickleball 11:15 Strength – Sonya	4 10am Yoga w/Maxine 11:30am Lunch in Cafe 12:45pm Movie: Sun Moon 2pm Cardio Drumming w/Jill	5 10am Open Art 10am Strength & Fitness w/Sandy 10am Walking w/Linda 11am Pickleball 11:15am Strength – Sonya	6 9am-12pm Pickleball Clinic w/Alice 11am Chair Aerobics-Ruth 12:30pm Trivia w/Mary & lunch 1pm Canasta
9 	10 9am Backgammon 10am Painting w/Agata 11am Pickleball 11:15am Strength – Sonya 11:30am Ask a Nurse	11 10am Yoga w/Maxine 10:45am EMS BP Screen 11:30am Lunch in Cafe 12:45pm Movie: No Hard Feelings 2pm Cardio Drumming w/Jill	12 9:15 AARP Safe Driving Course On-Site 10am Open Art 10am Strength & Fitness w/Sandy 10am Walking w/Linda 11am Pickleball 11:15am Strength – Sonya	13 9:30am Felt Class-gourd 10am Gentle Yoga – Gloria 11am Chair Aerobics-Ruth 12:30 Bingo 1pm Canasta
16 10am Open Craft/Knitting 11am Pickleball 11am Qigong w/Bill 11am Chair Aerobics -Ruth 12pm Chess 1pm Drawing w/Chris Reminder: MEDICARE Open Enrollment Begins	17 9am Backgammon 10am Painting w/Agata 11am Pickleball 11:15am Strength – Sonya 1pm Art Chat w/Chris 1pm Caregivers Support Group	18 10am Yoga w/Maxine 10am Walking w/Linda 11am-1:30pm Flu Shot Clinic NO LUNCH NO MOVIE 2pm Cardio Drumming w/Jill	19 10am Open Art 10am Strength & Fitness w/Sandy 10am Walking w/Linda 11am Pickleball 11:15am Strength – Sonya	20 9am-12pm Pickleball Clinic w/Alice 10am Gentle Yoga – Gloria 11am Chair Aerobics-Ruth 12pm Brain Games w/ Danielle & Lunch 1pm Canasta
23 10am Open Craft/Knitting 11am Pickleball 11am Qigong w/Bill 11am Chair Aerobics -Ruth 12pm Chess 1pm Drawing w/Chris	24 9am Backgammon 10am Painting w/Agata 11:00am Pickleball 11:15am Strength – Sonya	25 10am Yoga w/Maxine 11:30am Lunch with Halloween Dress 12:45pm Movie: The Others 1pm Trivia with Mary & Refreshments 2pm Cardio Drumming w/Jill	26 10am Open Art 10am Strength & Fitness w/Sandy 10am Walking w/Linda 11am Pickleball 11:15am Strength – Sonya	27 10am Trip to Kent 10am Gentle Yoga – Gloria 11am Chair Aerobics-Ruth 1pm Canasta
30 10am Open Craft/Knitting 11am Qigong w/Bill 11am Pickleball 11am Chair Aerobics - Ruth 12pm Chess NO DRAWING – CHRIS	31 9am Backgammon 10am Painting w/Agata 11am Pickleball 11:15am Strength – Sonya			