



## 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**

Thank you to the Friends of the  
Weston Senior Activities Center  
for sponsoring events.

### Winter 2024

Hello Friends,

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

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

The best in 2024 and hope to see you soon!

Best,

Rose Cruz

Weston Senior Center Director

#### *A Note from the Friends of the Weston Senior Activities Center*

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

### Dial-a-Ride

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

If you have any questions about Dial-a-Ride  
call (203) 222-2608.



*The mission of the Weston Senior Activities Center is to serve as the hub of programs and events supporting the well being of community members as they age.*

## Carmen Navarra

(Jan-Feb show)

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



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

## Phyllis Satin

(Mar-Apr show)

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



## Cooking Safety with Weston Fire Chief John Pokorny

Wed, Jan 17, 12:45pm

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



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

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

Wed, Jan 24, 11:30am

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



**Wilton**  
Meadows

*Nursing & Rehabilitation*

Sponsored By Wilton Meadows



## Senior Scams: Lecture by Weston Police Sergeant Pat Daulbert

Wed, Feb 21, 12:45pm

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

## Owl Lecture with Wild Birds Unlimited's Chris Petherick

Wed, Feb 7, 1pm, following lunch

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



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



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

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

## Music Lecture with David Stein

### The Marriage of Figaro: Journey of the Countess



Thur, Feb 8, 1pm

This popular "Ways of Listening" program explores *The Marriage of Figaro*, which has been called "the most perfect opera ever created." It is a romantic comedy that evokes both Shakespeare and Broadway with divine music, bawdy humor and rich

characters. Using videos and illustrations at the piano, we will focus on the fascinating person and the music of the Countess Rosina as she grows into self-knowledge and reforms her philandering husband. The program is non-technical and accessible to anyone with an interest in classical music. *Sponsored by Friends of WSAC*

## Presentation by Weston Librarian Anne Mastroianni:

Learn About Libby (and Hoopla!)  
Wed, Feb 14, 12:45pm after lunch

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

more than you think!

Bring your device for hands-on demo.



## Navigating the Senior Care Continuum

### (Or Senior Care 101)

Presentation by Craig Oshrin of Care Patrol (with lunch)  
Wednesday, Feb 28, 11:45pm

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

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



## Denise Mortati Lecture

### Document Emergency Preparedness

Wed, Mar 6, 12:45pm after lunch



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

## Diane Lowman Lecture

### Letting Go of Stress

Wed, Mar 13, 12:45pm after lunch



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

## Tech Savvy Seniors with Lindsey Burk

Thursdays, March 7, 14 & 21, 12-1pm

Bring your iPhone or iPad and learn how to use it more efficiently and discover things you had no idea it could do! Before you know it, you will be a Tech Savvy Senior!  
Mar 7—Intro & Basics  
Mar 14—Learn About Apps  
Mar 21—Communication  
*Sponsored by Friends of WSAC*



## Seniors Helping Seniors Winter Soiree

### Karaoke & Hot Chocolate Extravaganza!

Wed, Mar 20, 12:45pm after lunch

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



### Workshop for MyActiveCenter

Wednesday, Jan 3, 11am

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

*my active center*



### Ask a Nurse!

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

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

### Knitting for a Good Cause!

Join our Monday morning 10am knitting group, who donate dozens of knitted hats, scarves, mittens, lap warmers and will continue to knit through the cold winter months! Open Doors Shelter in Norwalk is the most recent happy recipient. All knitting levels welcome!



### Want help with Tax Day?

Mark Spicack is back! Make an appointment if you need tax preparation or tax filing help.

*Happy*  
**Tax Day**

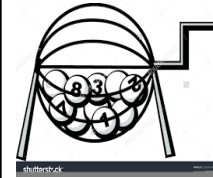


Spots available on  
**Monday March 11**  
**Monday March 18**  
**9am—Noon**

Must register for a spot!

### B-I-N-G-O !!

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



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

### Special BINGO with Gisselle

Wed Mar 27, 1pm, after lunch

Get lucky and not only win—but win a gift bag as your prize!



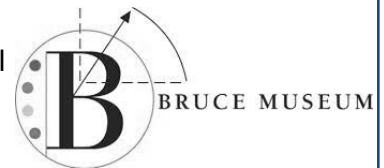
## Trips

### Bruce Museum

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



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



### Ikea Trip

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



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

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



### Crafts with Gisselle

Friday, Jan 12, Monday, Feb 12 and Monday, March 11 at 1pm,  
Snacks will be served

*Sponsored by Gisselle Vaz-McCann, owner of G-Vaz Care Services, providing care for people, pets, and places. Go to [gvazservices.com](http://gvazservices.com)*



### Crafts with Mary

Friday, Jan 19, Feb 16, March 15 at Noon, lunch (free)  
will be served

**Wilton**  
*Meadows*

*Nursing & Rehabilitation*



### Trivia with Mary from Wilton Meadows

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

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

Test your knowledge with this always popular event!

### Open Crafting & Knitting

**Mondays, 10am-12pm**

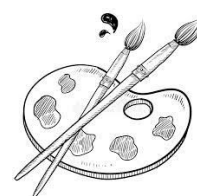
Bring your knitting, sewing, quilting, needlepoint, beading or other projects you are working on to this open craft group.



### 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



### Wednesday Lunches!

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

Jan 3—no lunch

Jan 10—Lily's Soup & Sandwiches

Jan 17—Lunch Box Pizza & Salad

Jan 24—Lunch provided with Mary's Alzheimer's Disease Lecture

Jan 31—Calise's Shephard's Pie & Salad

Feb 7—Village Market's Turkey Chili, Rice & Cornbread

Feb 14—Calise's Veggie Lasagna

Feb 21—Lily's Chicken Parm & Salad

Feb 28—Lunch provided by Care Patrol

Mar 6—Village Market's Chicken Tetrazzini & salad

Mar 13—Lily's pasta Bolognese & Salad

Mar 20—Calise's Penne Pasta with Grilled Chicken and Broccoli

Mar 27—Village Market's Fried Chicken & Mashed Potatoes

### BP Check With Weston EMS

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

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



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

### Painting Realism with Cindy Wagner

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

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

\$30 for series of 6 classes

Each Class will begin with a demonstration. This course will help students compose a well designed painting. Will teach accurate drawing with paint. Will help students see and interpret value and color relationships. Will give students an organized method to mix the correct color and value resulting in three dimensional forms and paintings with atmosphere. All levels of painting skills welcome. Students may work from a photograph of a landscape, or portrait. Or students may set up their own still life and work from life. Atelier style with each student working on their own project at their own level.

Oil paint or acrylic paint may be used.

Bring your own supplies.



### SPECIAL CLASS

### Create Beaded Jewelry with Carmen

2 Classes

Tuesday, Feb 6 & Feb 13

10am-12pm (In-House)

\$10 Includes all necessary items, including beads.

Instructions will be sent once you register.

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



### Tips & Tricks with Chris Goldbach

Tuesday, Jan 16 and Mar 19, 1pm (Zoom) Free

Discussion and demonstration of some of the most common issues regarding your art. Learn how making a grid can help you, how to hold the pencil when shading, what kind of eraser is good for different mediums, and what colors to mix to get skin tones.

### Art Chat with Chris Goldbach

Tuesday, Feb 20, 1pm (Zoom) Free

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

Sponsored by Friends of WSAC



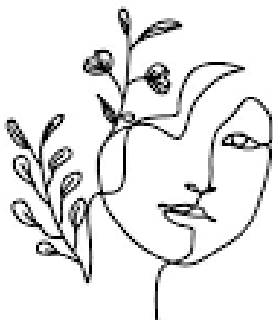
### Drawing on Zoom with Chris Goldbach

Mondays, January 8-March 25 (10 classes)

1pm-2pm (Zoom)

\$50 for series of ten classes. Sign-up required.

Look and then draw what you see. Supplies needed: pencil, eraser, drawing paper and sharpener.



### Art Class with Agata

Tuesday, Jan 9, 16, 23, 30

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

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

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

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

**Holidays—No Classes**

**January 1 & 15**

**February 19**

**March 29**

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

This class will focus on easy to learn exercises that build internal strength, flexibility and resiliency. These mind body practices help us cultivate more energy in our bodies while calming and clearing our minds.

**Pickleball Drop-In Play: Mondays, Tuesdays and Thursdays, 11am-1:00pm (In-House).**

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

**Strength & Stretch with Sonya:**

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

**Thursdays at 11:15am (In-House), \$5 Drop-in or \$65 for 13 classes.**

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

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

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

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

Utilizing balls, stretch bands and weights while sitting and standing, you will stretch and strengthen all muscle groups. Emphasis is on flexibility and balance.

**Gentle Yoga with Gloria: Fridays at 10am (Zoom) \$60 for 12 classes.**

Gentle Yoga is a therapeutic practice with emphasis on mindful movement, safe stretching and relaxation. This class includes a mix of gentle warm-ups, chair yoga, classic and creative yoga postures (with modifications for different body types) and a guided relaxation/meditation at the end. Leave feeling more balanced, peaceful and ready to face the world!

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

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

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

**Attention all Pickleballers!****Pickleball Clinics**

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

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

Class limit is 8 players.



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

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

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



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

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

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

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

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

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

**Feb 8:** no movie, Lecture with David Stein.

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

**Feb 22:** Movie TBD

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

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

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

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

**Mar 28:** Movie TBD

**Gaming**

**Chess**

**Mondays, 12 pm**

Suddenly popular again!

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



**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.

**Game Central!**

**10am-3pm (closing) Tuesdays**

**Don't let winter isolate you!**

Come play your favorite games.

Bring friends or make new ones.

Learn how to play Mexican Train Dominoes, Rummikub, Scrabble, card games, and more!



## MEDICARE INFORMATION

### Medicare and You - 2024

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

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

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

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

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

Meta Schroeter  
CHOICES COUNSELOR

Rashida Miller  
CHOICES COUNSELOR

### Caregivers Support Group

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

With Allison Lisbon, LCSW, MSW

Director of Weston Social Services

Monthly meetings are held every third

Tuesday (\*February moved to 2nd Tuesday),

1-2pm at the Weston Senior Center.

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

## Weston Department of Human Services

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

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

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

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

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

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

# January 2024

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<b>1</b> 	<b>2</b> 10am-3pm Games in Cafe 11am Pickleball 11:15am No Sonya class	<b>3</b> 10am Yoga – Maxine 11am MyActiveCenter Workshop with Rose 11:30am No Lunch 2pm Cardio Drum – Jill	<b>4</b> 10am Open Art No Sandy class 11am Pickleball 11:15am Strength – Sonya 12:30 Movie: Quartet	<b>5</b> 10am Gentle Yoga-Gloria 11am Chair Aerobics-Ruth 12pm Trivia-Mary + lunch 1pm Canasta
<b>8</b> 10am Open Craft/Knitting 11am Qigong w/Bill 11am Pickleball 11am Chair Aerobics – Ruth 12pm Chess 1pm Draw w/Chris	<b>9</b> 10am-3pm Games in Cafe 10am Agata Art Class 11am Pickleball 11:15am Strength – Sonya 11:30 Ask a Nurse	<b>10</b> 10am Yoga – Maxine 11:30am Lunch: Lily’s soup & sandwiches 2pm Cardio Drum – Jill	<b>11</b> 10am Open Art 10am Strength – Sandy 11am Pickleball 11:15am Strength – Sonya 12:30 Movie: What Happens Later	<b>12</b> 10am Gentle Yoga-Gloria 10am Pickleball Clinic-Beg 11am Pickleball Clinic-Int 11am Chair Aerobics-Ruth 1pm Gisselle Craft + snack 1pm Canasta
<b>15</b> <b>Closed</b> <b>Martin Luther King Jr Day</b> 	<b>16</b> 10am-3pm Games in Cafe 10am Agata Art Class 11am Pickleball 11:15am Strength – Sonya 1pm Tips & Tricks – Chris	<b>17</b> 10am Yoga – Maxine 11am EMS PP Screen 11:30am Lunch: Lunch Box pizza & salad 12:45 Lecture with FD Chief John Pokorny 2pm Cardio Drum – Jill	<b>18</b> 10am Open Art 10am Strength – Sandy 11am Pickleball 11:15am Strength – Sonya 12:30 Movie: Get Low	<b>19</b> 10am Gentle Yoga-Gloria 11am No Ruth class 12pm Craft-Mary + lunch 1pm Canasta
<b>22</b> 10am Open Craft/Knitting 11am Qigong w/Bill 11am Pickleball 11am No Ruth class 12pm Chess 1pm Draw w/Chris	<b>23</b> 10am-3pm Games in Cafe 10am Agata art class 11am Pickleball 11:15am Strength – Sonya 1pm Caregivers Support Group (re-scheduled)	<b>24</b> 10am Yoga – Maxine 11:30am Alzheimer Lecture by Mary + Lunch 2pm Cardio Drum – Jill	<b>25</b> 10am Open Art 10am Strength – Sandy 11am Pickleball 11:15am Strength – Sonya 12:30 Movie: Asteroid City	<b>26</b> 10am Gentle Yoga-Gloria 10am Pickleball Clinic-Beg 11am Pickleball Clinic-Int 11am Chair Aerobics-Ruth 12:30 Bingo 1pm Canasta
<b>29</b> 10am Open Craft/Knitting 11am Qigong w/Bill 11am Pickleball 11am Chair Aerobics – Ruth 12pm Chess 1pm Draw w/Chris	<b>30</b> 10am-3pm Games in Cafe 10am Agata art class 11am Pickleball 11:15am Strength – Sonya	<b>31</b> 10am Yoga – Maxine 11:30am Lunch: Calise shephard’s pie & salad 2pm Cardio Drum – Jill		

# February 2024

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
			1 10am Open Art 10am Strength—Sandy 11am Pickleball 11:15am Strength-Sonya 12:30 Movie: Everything Everywhere All at Once	2 10am Gentle Yoga-Gloria 11am Chair Aerobics-Ruth 12pm Trivia-Mary + lunch 1pm Canasta
5 10am Open Craft/Knitting 11am Pickleball 11am Qigong w/Bill 11am Chair Aerobics -Ruth 12pm Chess 1pm Draw w/Chris	6 10am-3pm Games in Cafe 10am Carmen Bead Class 11am Pickleball 11:15am Strength-Sonya 11:30am Ask a Nurse	7 10am Yoga—Maxine 11:30am Lunch: Village Mkt chili & cornbread 1pm Lecture-Owls with Wild Birds Unlimited 2pm Cardio Drum—Jill	8 10am Open Art 10am Strength—Sandy 11am Pickleball 11:15am Strength-Sonya 12:30 No Movie 1pm David Stein Music Lecture	9 10am Gentle Yoga-Gloria 10am Pickleball Clinic-Beg 11am Pickleball Clinic-Int 11am Chair Aerobics-Ruth 1pm Canasta
12 10am Open Craft/Knitting 11am Pickleball 11am Qigong w/Bill 11am Chair Aerobics -Ruth 12pm Chess 1pm Draw w/Chris 1pm Gisselle Craft + snack	13 10am-3pm Games in Cafe 10am Carmen Bead Class 11am Pickleball 11:15am Strength-Sonya 1pm Caregivers Support Group	14 10am Yoga—Maxine 11:30am Lunch: Calise veggie lasagna 12:45 Library Hands on Demo/Lecture 2pm Cardio Drum—Jill	15 10am Open Art 10am Strength—Sandy 11am Pickleball 11:15am Strength-Sonya 12:30pm Movie: The Sting	16 10am Gentle Yoga-Gloria 11am Chair Aerobics-Ruth 12pm Crafts-Mary + lunch 1pm Canasta
19 <b>Closed</b> <b>Presidents' Day</b> 	20 10am-3pm Games in Cafe 10am Cindy Art Realism 11am Pickleball 11:15am Strength-Sonya 1pm Art Chat—Chris	21 10am Yoga—Maxine 11am EMS BP Screen 11:30am Lunch: Lily's chicken parm & salad 12:45 Lecture-Weston PD: Spotting Senior Scams 2pm Cardio Drum—Jill	22 10am Trip to Bruce Museum in Greenwich 10am Open Art 10am Strength—Sandy 11am Pickleball 11:15am Strength-Sonya 12:30 Movie TBD	23 10am Gentle Yoga-Gloria 10am Pickleball Clinic-Beg 11am Pickleball Clinic-Int 11am Chair Aerobics-Ruth 12:30pm Bingo 1pm Canasta
26 10am Open Craft/Knitting 11am Pickleball 11am Qigong w/Bill 11am Chair Aerobics -Ruth 12pm Chess 1pm Draw w/Chris	27 10am-3pm Games in Cafe 10am Cindy Art Realism 11am Pickleball 11:15am Strength-Sonya	28 10am Yoga—Maxine 11:45am Senior Continuum Lecture + Lunch with Care Patrol 2pm Cardio Drum—Jill	29 10am Open Art 10am Strength—Sandy 11am Pickleball 11:15am Strength-Sonya 12:30 Movie: The King's Speech	

# March 2024

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
				1 10am Gentle Yoga-Gloria 11am Chair Aerobics-Ruth 12pm Trivia-Mary + lunch 1pm Canasta
4 10am Open Craft/Knitting 11am Pickleball 11am Qigong w/Bill 11am Chair Aerobics -Ruth 12pm Chess 1pm Draw w/Chris	5 10am-3pm Games in Cafe 10am Cindy Art Realism 11am Pickleball 11:15am Strength-Sonya	6 10am Yoga – Maxine 11:30am Lunch: Village Mkt chicken tetrazzini 12:45pm Lecture- Document Preparedness with Denise Mortati 2pm Cardio Drum – Jill	7 10am Open Art 10am Strength – Sandy 11am Pickleball 11:15am Strength-Sonya 12pm Tech Savvy Senior 12:30pm Movie: Argo	8 10am Gentle Yoga-Gloria 10am Pickleball Clinic-Beg 11am Pickleball Clinic-Int 11am Chair Aerobics-Ruth 1pm Gisselle Craft + snack 1pm Canasta
11 9am-Noon Tax Help 10am Open Craft/Knitting 11am Pickleball 11am Qigong w/Bill 11am Chair Aerobics -Ruth 12pm Chess 1pm Draw w/Chris	12 10am-3pm Games in Cafe 10am Cindy Art Realism 11am Pickleball 11:15am Strength-Sonya 11:30am Ask a Nurse	13 10am Yoga – Maxine 11:30am Lunch: Lily's pasta Bolognese & salad 12:45 Stress Lecture with Diane Lowman 2pm Cardio Drum – Jill	14 10am Open Art 10am Strength – Sandy 11am Pickleball 11:15am Strength-Sonya 12pm Tech Savvy Senior 12:30pm Movie: The Artist	15 10am Gentle Yoga-Gloria 11am Chair Aerobics-Ruth 12pm Craft-Mary + lunch 1pm Canasta
18 9am-Noon Tax Help 10am Open Craft/Knitting 11am Pickleball 11am Qigong w/Bill 11am Chair Aerobics -Ruth 12pm Chess 1pm Draw w/Chris	19 10am-3pm Games in Cafe 10am Cindy Art Realism 11am Pickleball 11:15am Strength-Sonya 1pm Caregivers Support Group 1pm Tips & Tricks – Chris	20 10am Yoga – Maxine 11am EMS BP Screen 11:30am Lunch: Calise penne pasta + chicken 12:45pm Seniors Helping Seniors Karaoke/Cocoa 2pm Cardio Drum – Jill	21 10am Open Art 10am Strength – Sandy 11am Pickleball 11:15am Strength-Sonya 12pm Tech Savvy Senior 12:30pm Movie: Terms of Endearment	22 10am Gentle Yoga-Gloria 10am Pickleball Clinic-Beg 11am Pickleball Clinic-Int 11am Chair Aerobics-Ruth 12:30pm Bingo 1pm Canasta
25 10am Open Craft/Knitting 11am Pickleball 11am Qigong w/Bill 11am Chair Aerobics -Ruth 12pm Chess 1pm Draw w/Chris	26 10am-3pm Games in Cafe 10am Cindy Art Realism 11am Pickleball 11:15am Strength-Sonya	27 10am Yoga – Maxine 11:30am Lunch: Village Mkt fried chicken 1pm Gisselle Bingo + gifts 2pm Cardio Drum – Jill	28 10am Trip to IKEA 10am Open Art 10am Strength – Sandy 11am Pickleball 11:15am Strength-Sonya 12:30pm Movie TBD	29  <b>Closed</b> 