



WESTON SENIOR ACTIVITIES CENTER

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

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

www.westonseniorcenter.info

Weston Senior Services and Resources

Weston Senior Center

9 School Road
www.westonseniorcenter.info
203-222-2608

Mailing Address:
P.O. Box 1007
Weston, CT 06883

Center Staff:

Director: Wendy Petty
Program Coordinator:
Carla Jegen
Asst. Program Coordinators:
Linda Gilmore
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
Assistant: Rose Cruz

Weston Town Hall

www.westonct.gov
203-222-2500 Main
203-222-2656

Commission on Aging

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

The Friends of WSAC

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



April 2021

Hello Everyone!

We hope you are enjoying the warmer days and early-blooming flowers.

We are working towards offering a few in-house programs in June, following all CDC guidelines, as well as many that will continue online. In the meantime, we are excited to be able to meet outside for some upcoming events, including our next curbside lunch at Norfield on April 14th, catered by Lombardi's Trattoria of Georgetown.

Starting next week, Linda will meet those of you wanting some outdoor exercise (and some good company) at the track to walk on Tuesdays and Thursdays, weather permitting. Also, Ray Rauth is putting his plans together for pop-up hikes on good weather days, which will be labeled according to ability. So stay tuned and get your walking shoes ready. On April 22nd you can join us at Colorblends House and Spring Garden in Bridgeport to view an abundance of spring flowers in full bloom. All social distancing guidelines will be followed for all outside programs.

Finally, we're glad that our ten weeks of summer lunches AND the fire department picnic are back again this year! All will be held outside; the menus, entertainment and location will be announced in the May newsletter.

Save these dates to enjoy lunch on us:

May 26, June 2, 9, 16, 23 & 30, July 7,
14, 21, & 28, August 4.

We look forward to seeing you soon.

Wendy, Carla, Linda, Angela, and Roy



Donations In Memory

Were made by Meta Schroeter in Memory of Nancy Coley



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.

Humphrey Bogart**Mark Albertson, Historian****Friday, April 9th, 1pm**

Actor Humphrey Bogart became a legend for his roles in 1940s-era films. He began his career on Broadway in the 1920s, which led to B-movie parts in 1930s Hollywood. Bogart's turning point came in the 1940s, with his legendary roles in *The Maltese Falcon*, *Casablanca*, and *To Have and Have Not*.

<https://us02web.zoom.us/j/86911363192>

Meeting ID: 869 1136 3192

Bingo w/Carla**Tuesday, April 13th, 11am**

<https://us02web.zoom.us/j/83481292576>

Meeting ID: 834 8129 2576

One tap mobile

+19292056099,,83481292576# US (New York)

Meeting ID: 834 8129 2576

Bingo Baker: <https://bingobaker.com#6a6fd3874c4900e9>

Introduction to Long Term Care & Understanding Your LTC Insurance Policy Benefits**Bryan Knust, Collaborative Home Care****Wednesday, April 14th, 11am**

Interested in learning about long term care for a loved one? Do you have long term care insurance and want to re-familiarize yourself with your benefits? If so, join us for a two-part discussion presented by Bryan Knust, owner of Collaborative Home Care. When might care be right for me? What are the considerations for someone caring for a spouse? What does my long term care insurance policy cover? How do I start the process? We will cover these questions and much more. To Register, email Carla, cjegen@westonct.gov

Rara avis: John James Audubon: Artist, Naturalist, and Early Conservationist**Roberta Olson, Curator/Professor****Wednesday, April 14th, 5pm**

Roberta Olson, Curator of the New-York Historical Society and Professor of Art History Emerita at Wheaton College, will give a virtual lecture titled "Rara avis: John James Audubon: Artist, Naturalist, and Early Conservationist". This event is presented in conjunction with the exhibition *Birds of the Northeast: Gulls to Great Auks*.

<https://quickcenter.fairfield.edu/thequicklive/index.html>

Hosted by the Fairfield University Art Museum

Japan: A Cultural Exploration**Presented by Jared Day, Ph.D. Carnegie Mellon University****Tuesday, April 20th and Thursday, April 22nd, 10am**

This set of lectures will examine the emergence of modern Japan beginning in the mid-19th century and up to the 1970s. We will look at the profound cultural and economic changes that occurred as Japan went from a largely closed tradition-bound society to one driven by industrialization and western values, culminating in the creation of the Japanese Empire of the 1930s and eventually the cutting-edge economic powerhouse of the late 20th century.

<https://us02web.zoom.us/j/84561324072>

Sponsored by Granby Senior Center

The 160th Anniversary of Abraham Lincoln's Inaugural Address**Mark Albertson, Historian****Friday, April 30th, 1pm**

This year marks the 160th anniversary of the inauguration of Abraham Lincoln. The year 1861 was a tumultuous year for the United States, and President Lincoln's Inaugural Address discussed many of the complex issues of the time. Join us to learn more about this historic speech.

Mark Albertson is the historical research editor for the Army Aviation magazine, and the historian for the Army Aviation Association of America. He has taught classes on military history at Norwalk Community College.

<https://zoom.us/j/94373159585?pwd=TStTc1BnbVozNGc2OXF5cjRhbzk0UT09>

Meeting ID: 943 7315 9585

Passcode: Albertson

Sponsored by the Bigelow Center of Fairfield

Sutton Hoo

William Preinitz, Historian

Early Anglo-Saxon Britain and the Royal Ship Burial at Sutton Hoo

Thursday, April 8th, 2pm

This presentation covers the history of Britain as it is transformed from a Roman province to a land of many fragmented kingdoms. These kingdoms were fractious and limited in power, and constantly realigning to meet their own limited self-interests.

When the Romans abandoned Britain in 474 CE, regional administrative, economic, and military frameworks collapsed. Britain was now exposed to two new threats. The first were the aspirations of the Pictish (Scottish) kingdoms north of the now deserted Hadrian's Wall. The second were raiding bands of Germanic/Scandinavian seafaring expeditions landing along what was then known as the "Saxon Shore".

These Saxons, Angles, and Jutes would eventually come to settle, expanding their numbers, and using the numerous rivers to penetrate deeper and deeper into the British interior. They would eventually rule all Britain south of the ruins of Hadrian's Wall.

In time they would form major kingdoms, embrace Christianity, and serve as a bulwark against their cousins, the Vikings. This is the story of the death and burial of a powerful regional king who lived in the tumultuous era of the early 8th century.

The Sutton Hoo Treasures – Glitter and Understanding of a Vanished Time

Thursday, April 15th, 2pm

The Sutton Hoo burial ship is the largest hoard when measured comprehensively over both variety and value in the British Isles to date. Some hoards have many more coins, broaches, or torques; others have more gold or silver, none match the range, workmanship, and embedded value found in the Sutton Hoo royal burial ship.

Aside from the exquisite workmanship of the individual accoutrements, we find the personal gameboard of the king. The name of this game is "Rebels and Thanes". It consists as larger force of rebels who are attempting to immobilize and capture the king while his loyal thanes (royal retainers) are screening his movements as they try to reach safety in any one of four loyal fortresses. A poignant glimpse of the 8th century CE political landscape if there ever was one! Equally interesting are feasting bowls and other banquet items some from as far away as Byzantium. Nothing is forgotten, there are even pieces of a tarlike substance, bitumen, to patch the funeral boat (should it leak) and payment for the steersman, sailing master, and crew in the form of golden coins and bars. Join us for comprehensive view of these items and many others.

We will also cover the scientific methods applied to determine the markup, origin, hidden stories of particular items of the hoard. These laboratory archeology insights will complete the picture.

To register, email Wendy: wpetty@westonct.gov.

Colorblends House Meet-Up



Thursday, April 22nd,
1:30pm

Meet at Colorblends House and Spring Garden (no van service) 893 Clinton Ave., Bridgeport

Outdoor only, meet-up, enjoy the spring flowers!

To register, email Linda: lgilmore@westonct.gov

Travel Talks

A Virtual Passport to Eastern Europe

Cromwell Senior Center

Thursday, April 1st, 1pm

Begin an epic Eastern European tour by visiting Warsaw Poland and Vilnius, Lithuania. The history of both countries is fraught with both tragedy and a sense of rebuilding and renewal. Delve into the history, architecture and cuisine of these two unique countries. From castles to museums to religious sites, this tour will provide new insights into these historical capital cities.

To register, email Carla: cjegen@westonct.gov

Nostalgic New York (1950's, 1960's and 1970's)

Susan and Art Zuckerman, NYC Tour Guides

Tuesday, April 6th, 3pm

During this presentation you will experience New York in the 1950's, 1960's and 1970's. It is a time capsule visit and nostalgic approach to these decades. We will discuss themes such as clothing styles, architecture, music, entertainment, civil rights, political accomplishments and disasters, and many more. Remember how old you were and where you were when such events as Kennedy's assassination, Elvis's appearance on the Ed Sullivan show, the World's Fair, Freedomland, Marilyn Monroe at Madison Square Garden, as well as, some of your childhood toys, what movies were must see's, your first car purchase and many other memories. Join us for memorable journey back throughout the New York of past decades.

To register, email Wendy: wpetty@westonct.gov.

An Armchair Tour Through the Solar System

Presented by the Astronomical Society of Greater Hartford

Wednesday, April 7th, 1pm

Sit back and enjoy a tour through the Solar System that you see in your own backyard. It's so much more than just eight (or is it 9?) planets. We will uncover some of its strange and little known facts as we discuss our Solar System together from the Sun out to its farthest reaches.

Sponsored by Granby Senior Center

<https://us02web.zoom.us/j/83003388061>

Weston Public Library

<https://www.westonpubliclibrary.org/>
(203) 222-2665

National Poetry Month: Haiku Poetry Contest

April 17th is Haiku Poetry Day and to celebrate, the Library will hold a Haiku poetry competition to be judged by Weston's own Ray Rauth and a special guest judge. The winner will receive a poetry-themed gift basket. A traditional Japanese haiku is a three-line poem with seventeen syllables, written in a 5/7/5 syllable count. Haiku poems often feature natural themes and the structure is simple, intense and direct. Original Haiku poems will be accepted through April 17th.

Entries should be emailed to westonlibrary@westonct.gov.

National Library Week: April 4-10

The theme for this year's National Library Week is "Welcome To Your Library." This past year, the Library adapted to meet new needs brought about by the pandemic. While we can't wait to get back to more in-person services and programs, we have learned new ways to reach more community members and we plan to continue and grow those services, too! We are ready to welcome patrons in whichever way they are most comfortable.

From April 5-10, the Library will raffle off two stainless steel Contigo travel mugs with the Library's logo to the two lucky winners who have the closest guess to how many physical books the Library has and how many eBooks the Library provides access to. Guesses can be emailed to westonlibrary@westonct.gov or patrons can enter their guesses in the jar at the Library.

Museum Lecture Series with Riva Blumenfeld: Yayoi Kusama April 8th, 7pm via Zoom

Please join art historian and educator Riva Blumenfeld for a discussion of Yayoi Kusama – Cosmic Nature. One of the most popular artists in the world, known for her use of dense patterns of polka dots and nets, as well as her intense, large-scale environments, Yayoi Kusama works in a variety of media, including painting, drawing, sculpture, film, performance, and immersive installation. Born in Japan in 1929, Kusama came to the United States in 1957 and quickly found herself at the epicenter of the New York avant-garde. This talk will look at work spanning Kusama's career. The New York Botanical Gardens will be presenting a show of Kusama's work beginning in April. Please register at www.westonpubliclibrary.org.

The Glass House (Virtual) Talk and Tour

Monday, May 3rd, 2pm

Hilary Lewis, Chief Curator/Creative Director of the Glass House

Join us to visit one of Connecticut's most innovative architectural environments, the Glass House in New Canaan. This former home was owned by architect, Philip Johnson and first built in 1949 but later expanded and is now a center for art, architecture and culture. Now a site of the National Trust of the Historic Preservation, The Glass House continues to preserve a nearly 50 acre landscape that is as much a part of the visual design as the architecture itself.

This program is hosted and sponsored by Lapham Center in New Canaan.

To register, email Wendy: wpetty@westonct.gov.

New and Continued Series

Introduction to Mindfulness

With Hilary Misiano

Thursdays in March, 9am-9:30am (this is a new day and time)

Join Hilary Misiano, a certified "Mindful Schools" Instructor, for her on-line classes in March. She will introduce you to secular mindfulness, explain how the brain and body benefit from it, and teach you some practical steps for exercising it. This series is open to new students.

<https://us02web.zoom.us/j/84307009558?pwd=RXNDTjIWBtNkZlVXaUFRl21hbkJhZz09>

Meeting ID: 843 0700 9558

Passcode: 670737

French Lessons (Level Beginner to Intermediate)

With Sylvie Lobenz

Thursdays in April, 3pm-4pm

Sylvie Lobenz is a French professor from the South of France. Her French programs are unique and completely different from other French programs before. During this course, she will take you "to visit" places such as "le marche" in the south of France, while speaking the language spoken by the locals. You will explore French architecture, cultural events, art, literature, cuisine and traditions. Her classes are fun, interesting and highly interactive and focusing on conversation. **\$25 for series of five classes. Space is limited.**

To register, email Linda: lgilmore@westonct.gov.

Bonjour!



COOKING DEMO

Food as Medicine

Jennifer Ayala, Nutritionist

Friday, April 9th, 11am

Jennifer is a graduate of the Human Nutrition Master's program at the University of Bridgeport, and earned her Certified Nutrition Specialist license shortly after graduating.

Wondering if there is truly a way to have food as medicine? This presentation will focus on nutrition strategies you can easily do at home to support your body through mental and physical health challenges including her favorite allergy support techniques and of course there will be plenty of time for all your nutrition myth busting questions! Fasting? Keto? Low carb? High carb?

To register, email Carla: cjegen@westonct.gov.

Downsized Gourmet

Susan and Paul Doyle, Oasis Senior Advisors

Monday, April 26th, 12pm

It can be hard to cook for one or two. Susan and Paul bring you a cooking demo via Zoom to solve the problem of how to enjoy cooking on a smaller scale during and after the pandemic.

<https://us02web.zoom.us/j/88913552335>

Meeting ID: 889 1355 2335

Drawing with Chris Goldbach

April 5, 12, 19, 26, May 3, 17, 24
\$28 for series

Discover how to look and then draw what you see. Supplies needed: pencil, eraser, drawing paper and sharpener. All levels welcome.

To register, email Wendy: wpetty@westonct.gov.

ART CHAT with Chris Goldbach

Tuesday, April 20th, 1pm



Join "Mastering the Masters" instructor and artist Christine Goldbach to 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-z, abstraction to zinc white. So have your art supplies -- in any medium -- handy and be ready to explore. This class will look into the wide world of art, will answer your questions, and solve your art problems from a-z, abstraction to zinc white! Play along with Chris, have your art supplies (any medium) handy and be ready to explore.

<https://zoom.us/j/91432461509?pwd=QkhKaVFXQ0VLYXBPN1N1Z3BhQXNtZz09>

Meeting ID: 914 3246 1509

Password: ArtChat

Hosted by the Bigelow Center in Fairfield.

Tips and Tricks with Chris Goldbach

Monday, April 5th, 3pm

Tips and Tricks in all Mediums

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. Ask a question and she will do her best to answer it.

<https://us02web.zoom.us/j/82195264537?pwd=WVB4S2xORTBYbE5yM2JZVlNkWWVtQT09>

[pwd=WVB4S2xORTBYbE5yM2JZVlNkWWVtQT09](https://us02web.zoom.us/j/82195264537?pwd=WVB4S2xORTBYbE5yM2JZVlNkWWVtQT09)

Meeting ID: 821 9526 4537

Colored Pencil Techniques with Lisa Arnold

Thursdays in April, 2pm (Offered via Zoom)
\$15.00 for series of 4 classes. Class is full, waitlist only.

This quiet yet beautiful medium lends itself to both color and bold exploration! We don't have to drip and clean brushes and paints; colored pencils are all about line, hatching, and layering. Colored pencils are about containment in an artistic medium. Find out what these classic pencils can do for you when you are introduced to various techniques.

- Colored pencils of choice- (suggested to avoid Crayola)
- Sketch paper of choice- no smaller than 8 1/2" by 11"
- Vanish eraser or kneaded eraser
- HB drawing pencil

If you are interested in taking the next series in May, email Carla: cjegen@westonct.gov.



add a little color
to your life

spring break painting event

All ages welcome (no experience or expertise necessary). Join us at the Norfield Grange to **create your own fabulous acrylic floral painting on canvas** following guided instruction by **Weston artist Agata Tria**.



Workshops limited to provide suitable spacing. Masks are required, and proper health guidelines are to be followed.

Also...Check out our outdoor pop-up shop at the Grange!

Saturday, April 17th + Sunday, April 18th
12:00am-4:00pm

Shop for local artisanal eco-friendly home goods brought to you by Eco-Evolution and sculptures by Weston artist Andrew Hamilton Peas.

support local arts

Day Workshops (all ages welcome)

Dates: April 10th, 11th, 15th, 16th, 17th, 18th

Times: 11:00am-1:00pm
1:30pm-3:30pm

Evening Paint & Sip Workshops

Bring your own snack and beverages and or order from Tony's pizza truck which will be outside at the Grange 4-7pm (perfect adult night out)

Dates: Thurs. April 15th + Sat. April 17th
Time: 7:00pm-9:00pm

Place: Norfield Grange
12 Good Hill Road, Weston CT 06883

Fee: \$39.00 per person
10% discount for groups of 6+ people
(Fees includes all materials necessary to paint one 16" x 20" acrylic painting)

Tickets available at: westonarts.org

WestonArts, Inc. is a CT 501(c)(3) non profit volunteer organization dedicated to the arts in our community.

Botanical Drawing Class with Dick Rauh

New Series Begins Friday, April 30th-June 4th , 10am (Zoom)



Class is full, waitlist only.



Andrew Wyeth - Art History Presentation

with Lisa Arnold

Friday, April 16th, 2pm

Being part of an artistic legacy was only part of the artist's interesting life. Andrew Wyeth is almost a household name as his works of art in gouache, watercolor and pen and ink cast a magic spell upon his viewers. N.C. Wyeth, Andrew's father, was a very famous illustrator and Andrew's son, Jaime, commands the fine art world. Let's explore the incredible talent of this artist as we learn and view his works ranging from "Christina's World" to the "Helga Paintings", and learn about his realistic and mysterious style.

To register, email Carla, cjegen@westonct.gov

Paint and Sip

with Autumn Chase of Sheridan Caregivers

Monday, April 19th, 11am

Sip coffee or tea as you paint a picture with Autumn. The canvases will have a rough sketch of the picture you will be painting and you can pick up at your canvas at the Weston Senior Center on Thursday, April 15th from 10am-1pm. **You need to register by Friday, April 9th** so we know how many canvases are needed. \$5 for all supplies or free if you use your own acrylic paints and brushes.

To register, email Carla: cjegen@westonct.gov.



Weston Department of Social Services

Allison Lisbon, MSW, LCSW, Director of Social Services

alisbon@westonct.gov

203.222.2663

Rose Cruz, Assistant

rcruz@westonct.gov

203.222.2556

For more information, visit their website:

<https://www.westonct.gov/government/municipal-departments/social-services>

Weston Social Services is available to assist any Weston resident having financial difficulty or in need of being connected to local mental health or related services, regardless of financial need.

Would you like to be added to the Reassurance list?

The Reassurance list is a list of Weston residents who would like to be called by an employee of the Weston Social Services Dept in times of Town emergencies or inclement weather. We encourage those who live alone, don't drive, have medical needs, or disabilities to register as this list is also shared with Emergency Responders in times of Town emergencies

Weston Warm Up Fund

For a generation, the Weston Warm Up Fund has assisted Weston's low-income households stay warm during the winter months.

Our mission is to assist low-income Weston residents in paying for:

- The oil, gas or electricity energy needed to heat their homes
- Critically needed repairs or replacement of heating equipment
- Home improvements to increase energy efficiency

To get more information or apply for the Weston Warm-Up Fund (deadline of May 1, 2021) please call WSS at 203-222-2663 or email rcruz@weston.ct.gov

MEDICARE INFORMATION 2021 Medicare and You

If you would like to discuss Medicare issues, we can set up half hour appointments by phone, available from 10am – 12pm twice a month on the first and third Mondays of the month.

MAKE AN APPOINTMENT BY THE PREVIOUS THURSDAY AT THE WESTON SENIOR CENTER (203) 222 - 2608. Never a fee!

Meta Schroeter
CHOICES Counselor

Office of Tax Collector

Cathleen Neblett (203) 222-2696,

Asst. Tax Collector, Irene Nohavec (203) 222-2697

<https://www.westonct.gov/government/municipal-departments/tax-collector>

Elderly Tax Relief:

The Tax Collector is currently accepting applications for the Abatement, Deferment and Freeze programs through May 15, 2021 for the upcoming Grand List year. You must apply every year for all programs. You can request an application from the Tax Collector's office.

Please call 203-222-2696 or 2697 and leave a message or email cneblett@westonct.gov or Inohavec@westonct.gov

You will be required to attach a copy of your completed 1040 and all back up material showing all income sources including your 1099 with your application. You also need to provide documentation about your net worth. Examples are any mortgage or loans on your home and any checking, savings and retirement accounts.

After completing your application, you can either mail it to: Tax Collector 56 Norfield Road Weston, CT 06883. Or you may put your application in the drop box located on the library side entrance to the Town Hall. You can also email your application. Please be sure you have included copies of all supporting documents. Appointments will not take place this year due to the current virus outbreak and closings.

To qualify, you must be age 65 by the end of December 2020. You must not be delinquent on your taxes by the closing date of May 15, 2021. Income cannot exceed \$49,000 for Abatement; \$125,000 for Deferment and \$100,000 for Freeze. Net worth cannot exceed \$1,000,000 for Abatement. There is no net worth ceiling for the Deferment or Freeze programs. Benefit will apply to only the first \$400,000 of assessment for Abatement and Deferment and for the first \$800,000 of assessment for the Freeze. A downloadable application is available in the link below:

[Weston Elderly Tax Assistance app 02-25-2021](#)

Caregivers Support Group

Facilitated by Laura Cleary, MSW

Director of Weston Youth Services

April 21st, 1pm via Zoom

The May meeting will be held on the back patio.
(weather permitting)

This group is a chance to get support and share information with other caregivers, who are facing similar challenges. It will meet once a month, alternating months between support group discussion style and speaker groups.

To register or ask questions, email Laura: lcleary@westonct.gov.



**Exercise classes must be paid by the month. Try any class first time, free.
Checks can be mailed to Weston Senior Center, PO Box 1007, Weston, CT 06883**

Qi Gong with Bill: Mondays at 11am via Zoom.

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.

Pilates with Karen: Tuesdays at 1pm via Zoom.

Designed to realign the spine to its natural skeletal position, rebalancing the muscles around the spine, abdominals, and the extremities to build core strength, stability, and longer leaner muscle tone to improve posture and enhance coordination.

Feldenkrais with Peggy: Wednesdays at 11:30am via Zoom.

Feldenkrais is a gentle class that helps to improve posture, flexibility, and coordination for those with reduced movement or pain.

Strength & Fitness with Sandy: Thursdays at 11am via Zoom.

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 via Zoom.

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

April Curbside Lunch at Norfield

Wednesday, April 14th, 11:30am *Curbside Lunch*

Catered by Lombardi's of Georgetown

On the menu: Chicken Parmesan, Pasta, Green Salad (served warm and ready to enjoy!)

Sign up by April 12th. \$5.00 to Weston Senior Center



**(203) 222-2608
To sign up!**

Parkinson's Disease Discussion Group

Tuesday, April 13th, 2pm

Approximately 60,000 people are diagnosed with Parkinson's Disease in the U.S. every year. Join Lynn Hagerbrant, Chuck Hendricks and Jim Stratoudakis, Ph.D. as they share their insights for those diagnosed with PD. Lynn is a Co-Founder of Shaker's Anonymous PD support group, Co-Founder of Parkinson's Body and Mind Program and serves on the Michael J. Fox Foundation for Parkinson's Research Patient Council. Chuck is a Co-Founder of Parkinson's Body and Mind Program and a member of Shaker's Anonymous. Jim is a retired Clinical Psychologist and a member of Shaker's Anonymous support group and Parkinson's Body and Mind Program.

To register, email Wendy: wpetty@westonct.gov.

This program is hosted by Lapham Center in New Canaan

Walking Club and Pop Up Hikes are Back!

Pop Up Hikes

Join Ray Rauth, the Weston Bike and Pedestrian Committee and Weston Senior Center for various levels of hikes. Ray will lead these groups, all hikes will give you the level of difficulty, so you decide!

If interested, email: rayrauth@optonline.net



Walking Club

Tuesdays and Thursdays at 11am. Meet Linda at the track. Let her know if you are interested so she can notify the group of cancellations or time changes.

If interested, email: lgilmore@westonct.gov.



Parkinson's Support Group

Wednesday, April 26th, 10:15am-11am

Facilitated by Maureen Matuszewski

This group will share challenges, techniques, support, and knowledge. Guest speakers are often invited.

To learn more, please email Maureen at: maureenmatuszewski@gmail.com.

Hosted by Westport Center for Senior Activities





April 2021

Mon

Tue

Wed

Thu

Fri

			<p>1</p> <p>9am Mindfulness</p> <p>11am Strength & Fitness</p> <p>1pm Passport Eastern Europe</p> <p>3pm French Lessons</p>	<p>2</p> <p>Senior Center Closed</p> 
<p>5</p> <p>9:30am Commission on Aging Meeting</p> <p>11am Qigong</p> <p>1pm Drawing w/Chris</p> <p>3pm Tips and Tricks w/Chris</p>	<p>6</p> <p>11am Walking Club</p> <p>1pm Pilates</p> <p>3pm Nostalgic NYC with Susan and Art Zuckerman</p>	<p>7</p> <p>11:30am Feldenkrais</p> <p>1pm Solar Systems Armchair Travelers</p> <p><i>National Walking Day is the first Wednesday in April.</i></p>	<p>8</p> <p>9am Mindfulness</p> <p>11am Walking Club</p> <p>11am Strength & Fitness</p> <p>2pm Colored Pencils w/Lisa</p> <p>2pm Sutton Hoo part 1 with Bill Preinitz</p> <p>3pm French Lessons</p>	<p>9</p> <p>10am Yoga</p> <p>11am Nutrition Series With Jennifer Ayela</p> <p>1pm Humphrey Bogart with Mark Albertson</p>
<p>12</p> <p>11am Qigong</p> <p>1pm Drawing w/Chris</p>	<p>13</p> <p>11am Walking Club</p> <p>11am Bingo w/Carla</p> <p>1pm Pilates</p>	<p>14</p> <p>11am Long Term Insurance, with Bryan Kunst</p> <p>11:30am Feldenkrais</p> <p>11:30am-12pm Curbside Lunch Catered by Lombardi's</p> <p>5pm John James Audubon with Roberta Olson</p>	<p>15</p> <p>9am Mindfulness</p> <p>11am Walking Club</p> <p>11am Strength & Fitness today</p> <p>2pm Colored Pencils w/Lisa</p> <p>2pm Sutton Hoo part 2 with Bill Preinitz</p> <p>3pm French Lessons</p>	<p>16</p> <p>10am Yoga</p> <p>2pm Andrew Wyeth with Lisa Arnold</p> <p>April 17th is Haiku Poetry Day! See page 4 for details on the contest at the library.</p>
<p>19</p> <p>11am Qigong</p> <p>11am Sip and Paint</p> <p>12pm Downsized Gourmet</p> <p>1pm Drawing w/Chris</p>	<p>20</p> <p>10am Japan: A Cultural Exploration w/Jared Day</p> <p>11am Walking Club</p> <p>1pm Pilates</p> <p>1pm Art Chat with Chris</p>	<p>21</p> <p>10am Parkinson's Support Group</p> <p>11:30am Feldenkrais</p> <p>1pm Caregivers Support Group w/Laura</p>	<p>22</p> <p>9am Mindfulness</p> <p>10am Japan: A Cultural Exploration w/Jared Day</p> <p>11am Walking Club</p> <p>11am Strength & Fitness</p> <p>1:30pm Colorblends Trip</p> <p>2pm Colored Pencils w/Lisa</p> <p>3pm French Lessons</p>	<p>23</p> <p>10am Yoga</p> <p>WWHD Vaccine clinic</p>
<p>26</p> <p>11am Qigong</p> <p>12pm Downsized Gourmet</p> <p>1pm Drawing w/Chris</p>	<p>27</p> <p>11am Walking Club</p> <p>1pm Pilates</p>	<p>28</p> <p>11:30am Feldenkrais</p>	<p>29</p> <p>9am Mindfulness</p> <p>11am Walking Club</p> <p>11am Strength & Fitness</p> <p>2pm Colored Pencils w/Lisa</p> <p>3pm French Lessons</p>	<p>30</p> <p>10am Yoga</p> <p>10am Drawing w/Dick</p> <p>1pm 160th Anniversary of Lincoln's Inaugural with Mark Albertson</p>