



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 Activities Center

9 School Road
www.westonseniorcenter.info
203-222-2608
Mailing Address:
P.O. Box 1007
Weston, CT 06883

Center Staff:

203-222-2608
Director: Allison Lisbon
Program Coordinators:
Julia Braden
Linda Gilmore
Anne Bigin

Dial-a-Ride

203-222-2576
Wyn Clark
(48-hour notice required)

Dept. of Human Services

203-222-2556
Director: Allison Lisbon
Youth & Family Social
Worker: Rashida Miller

Commission on Aging

Bruce Lorentzen, Chair
Terry Castellano
Mary Francois
Francine Goldstein
David Goodman
Alison McElhone
Richard Wolf

The Friends of WSAC

Richard Wolf, Chair
Theresa Brasco
Diane Hartman
Bruce Lorentzen
Bruce Missett
Woody Bliss
Thomas Watson

July & August 2024

Hello Friends,

Why don't oysters share their pearls? Because they're shellfish!

Hope you're laughing a little more this summer! If not, come visit and we'll put you in a good mood. The Weston Senior Center is at full staff and in full swing with classes every day of the week. Try something new, or enjoy long-time favorites. We have a full schedule of events and trips.

Per Mayo Clinic, the key to a sharper mind boils down to four things:

1. Keeping your mind active by learning something new
2. Switching up your routine
3. Taking care of your body with a healthy diet and exercise
4. Playing brain games

The Senior Center can help with all those points. So check out the calendar. Here are some highlights:

- Special One-Day Pour Class with Cindy Wagner on Friday, July 5
- Port Jefferson Day Trip via Ferry ride on Thursday, July 18
- Super-Duper Art Camp with Chris Goldbach, starts Wednesday, August 7
- Lavender Pond Farm in Killingsworth on Thursday, August 8
- Dr. Sachin monthly lectures followed by group exercise clinics

You may sign up using www.myactivecenter.com, by calling us or coming in. We look forward to seeing you! And as we have said before - please bring a friend and show them what a hidden gem the Weston Senior Activity Center is.

See you soon!

Julia Braden
Weston Senior Center

Holiday Closings

Thursday, July 4 for Independence Day

*A Note from the Friends of the Weston Senior Activities Center:
All donations directly benefit the Weston Senior Center and the many programs
offered by the Center. Thank you for your support!*

*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.*



Elizabeth Petrie DeVoll

(July-August show)

Elizabeth Petrie DeVoll’s art is hard to classify. “Assemblage” is close, but her work is ever evolving. Sometimes editorial. Sometimes illustrational. Sometimes just fun to look at. She incorporates seemingly unrelated items into one cohesive piece. Her art often inspires a nostalgic emotion in the viewer, but it means something unique to each person.

Elizabeth is a full-time artist, with an additional business in antiques and collectibles at the Stratford Antique Center. She is an active member of the Artists Collective of Westport, and her art has featured in many solo and group shows throughout the tri-state area.

After becoming a regular pickleballer at the Weston Senior Center, she enthusiastically agreed to show her eclectic collection.

Art Classes

Draw with Chris Goldbach

Each Monday on Zoom

**Mondays, July 8—August 26 (no July 1 or 29),
1pm-2pm (Zoom)**

\$35 for series of 7 classes. Sign-up required.

Draw what you see! Chris walks you through everything you need to know.

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



Tips & Tricks with Chris Goldbach

Tuesday, July 16, 11am (Zoom) Free

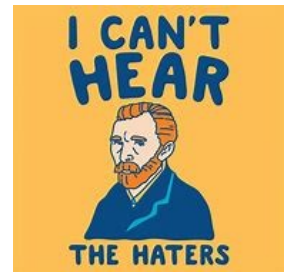
Discussion and demonstration of some of the most common issues regarding your art. Learn new techniques, see new products, ask questions and Chris will try to answer them.

Art Chat with Chris Goldbach

Tuesday, August 20, 11am (Zoom)

Free

Chris will continue teaching us about Van Gogh through his letters.



Sponsored by Friends of WSAC

ONE DAY CLASS

Pour Class with Cindy Wagner, Friday, July 5, 10am-Noon

\$10 per canvas (cost includes all materials)

Everything included to create unique artwork. Learn to mix and pour acrylic paints for pouring techniques. “Dirty” and “Dutch” pours will be demonstrated. Cindy will show you how to use strings, squirt bottles, palette knives and straws to create different effects.

Perfect outing with the grandkids. Join in the messy fun!



To register, email Julia: jbraden@westonct.gov

Painting Realism with Cindy Wagner

Tuesdays, 10am-Noon (In-House)

July 2, 9, 16, 23, 30

\$25 for series of 5 classes



Each Class begins with a demonstration. This course will help you compose a well designed painting, teach accurate drawing with paint, help you see and interpret value and color relationships, give you 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. Contact center for recommended list.

Watercolor Painting

Techniques with Agata

Tuesdays, 10am-Noon (In-House)

August 13, 20, 27

\$5 per class or \$15 for Series

Understand how to mix colors to create washes, gradients and textures. Students learn to control the flow and opacity of watercolors by using various techniques such as wet-on-wet, dry-on-dry, and wet-on-dry techniques.

Combining watercolor and line media, students will build a unique masterpiece.



Supplies needed: watercolor paper, watercolor paints, brushes, acrylic markers and Sharpies.

Super Duper Art Camp

with Chris Goldbach

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

August 7, 14, 21 & 28

\$10 per class or \$40 for series, 15 pp max

(Plus \$10 material fee paid to instructor)

Must pre-register, No Drop-ins

Join us every Tuesday in August, for an in-person art camp! It will be a fun exploration of various mediums and techniques. Come try some new art tricks! All levels are welcome. Old clothes are a must! And stay afterwards with a brown bag lunch for more laughs.

August 7—Etching

August 14—Composition and design

August 21—Flowers with ink

August 28—Collage



Dr. Sachin Gianchandani Lectures

Summer Soothers: Hydration & Safety

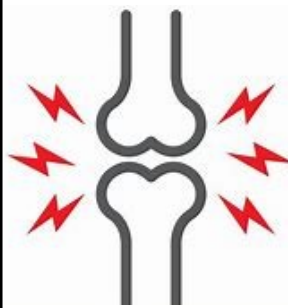
Wednesday, July 10, 10:30-11:30am, Free

Seniors are more susceptible to dehydration which can lead to a range of health issues, such as UTI's, kidney problems, and even confusion or delirium. In addition to water, seniors can also stay hydrated by consuming foods with high water content, such as fruits and vegetables. Ensure you are staying properly hydrated for optimal health and well-being.



Navigating Arthritis: Diet and Exercise

Wednesday, August 7, 10:30-11:30am, Free



Arthritis is a complex condition that can affect more than just your hands. This lecture is designed to help seniors recognize and manage their arthritis symptoms. Dr. Sachin will advise us on how to help reduce pain, increase mobility, or just stay active. Follow up with his arthritis

group class later in the month. Join us today and start feeling better!

Dr Sachin Gianchandani is a Doctor of Physical Therapy, specialist for Parkinson's and other movement disorders, and a certified Exercise Expert for Aging Adults at RGG Health in Stamford.

Program sponsored by a generous donation from the Thomas Family.

Brain Fitness

with Mary Sourivah

Wednesday, Aug 14, 1pm

Brain fitness has many benefits for your mental health and well-being. Improves your mood, enhances your memory and boosts your creativity and productivity.



Aging & Nutrition Lecture

with Mary & Allison

Wednesday, July 31, 12:45pm (after lunch)

Nutrition insufficiencies and weight changes are concerns for everybody, but especially for seniors. And what are the Superfoods that we should eat?

Learn more about diet choices from Mary and Allison who have the most current information & advice.



NUTRITION

Wilton Meadows

BROOKDALE
-SENIOR LIVING SOLUTIONS-

Nursing & Rehabilitation

Dr. Sachin Gianchandani Group Exercise Clinics Strong & Balanced

Wednesday, July 24 and Aug 28, 10:30-11:30am, Free

Based on the monthly lectures, join Dr. Sachin's group exercise class. He shows you tried-and-true moves that you can incorporate in your everyday life. Staying Strong & Balanced is crucial for ALL adults, no matter the age. Continue living a full and happy life by taking knowledge away with you during these friendly exercise routine.

Program sponsored by a generous donation from the Thomas Family.



To register, email Julia: jbraden@westonct.gov

Clear Captions Lecture

with John Noonan

Wednesday, July 10,
12:45pm



See on-screen captions on your phone. Do you or someone you know have hearing problems—this will help!

The Nurse Knows Lecture: Strong Skeleton

Tuesday, August 13, Noon

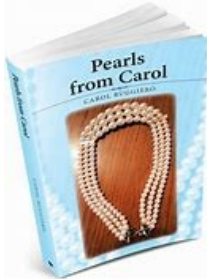
Keep your bones as strong—and as long—as possible. You have them to the end!

Tips and advice from Christine Burns, a registered nurse from Visiting Nurse & Hospice of Fairfield County.



Pearls with Carol Presentation with Albert Ruggiero

Wed, July 24, 1pm



Join the discussion with the late author's husband and editor while he reviews over 300 whimsical poems and short stories she created.

Crafts with Mary

Friday, July 19 & Aug 16 at Noon, lunch (free) will be served

Love doing crafts with Mary. She always has something different and fun so join us!



Beaded Serving Spoon

Class with Vera
Thursday, July 11
and Aug 15, 10am, Free
(Spoons provided)



She taught us how to design cute little spoons, now we're going to make a perfect hostess gift for upcoming holidays.

Wilton Meadows July—DIY Bug Repellent Candle
August—Summer Snow Globes
Nursing & Rehabilitation Sponsored by Wilton Meadows

Open Crafting & Knitting

Every Monday, 10am-12pm



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

Currently finding patterns for our one-skein (rather impressive) yarn collection that we house. Any ideas? Come in and share! But be ready to chat!

Open Art

Every Thursday, 10am-12pm

Bring art projects you are working on to this open art group. A great group of friendly and knowledgeable artists who support and encourage each other!



" AND YOU REMEMBER DAVID. HE'S INTO MODERN ART NOW. "

July 2024

Mon

Tue

Wed

Thu

Fri

| | | | | |
|---|--|---|--|--|
| <p>1</p> <p>10am Open Craft & Knitting 11am Qigong – Bill ZOOM 11am Pickleball 11am Chair Aerobics-Ruth 12pm Chess 1pm Tech Help w/Ben No Draw w/ Chris</p> | <p>2</p> <p>10am Cindy Realism Art Class #1 11am Pickleball 11:15am Sonya – Strength 12:30pm Qigong w/Deby</p> | <p>3</p> <p>10am Yoga – Maxine 11:30 No Lunch</p> | <p>4</p>  | <p>5</p> <p>10am Cindy's SPECIAL One Day Pour Class 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 11am Chair Aerobics-Ruth 12pm Trivia – Mary +Lunch</p> |
| <p>8</p> <p>10am Open Craft & Knitting 11am Qigong – Bill ZOOM 11am Pickleball 11am Chair Aerobics-Ruth 12pm Chess 1pm Draw w/Chris ZOOM</p> | <p>9</p> <p>10am Cindy Realism Art Class #2 11am Pickleball 11:15am Sonya – Strength 12:30pm Qigong w/Deby</p> | <p>10</p> <p>10am Yoga – Maxine 10:30am Dr. Sachin Lecture: Hydrate 11:30am Lunch: Indian Food (vegetarian) 12:45pm Clear Caption Hearing Lecture</p> | <p>11</p> <p>10am Open Art 10am Beaded Spoon Craft 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya 1pm Tech Help w/Ben 1pm Yoga-lates *NEW*</p> | <p>12</p> <p>10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int No Ruth Aerobic Class 12pm Brain Games + Lunch w/ Danielle</p> |
| <p>15</p> <p>10am Open Craft & Knitting 11am Qigong – Bill ZOOM 11am Pickleball 11am Chair Aerobics-Ruth 12pm Chess 1pm Draw w/Chris ZOOM 1pm Tech Help w/Ben</p> | <p>16</p> <p>10am Cindy Realism Art Class #3 11am Pickleball 11:15am Sonya – Strength 11am Tips & Tricks w/Chris ZOOM 12:30pm Qigong w/Deby 1:30pm Caregiver Group</p> | <p>17</p> <p>10am Yoga – Maxine 11am EMS PP Screen 11:30am BBQ at Fire-house on Lyons Plain</p> | <p>18</p> <p>9am Trip – Port Jefferson 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya 1pm Yoga-lates *NEW*</p> | <p>19</p> <p>10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 11am Chair Aerobics-Ruth 11am Pickleball Clinic-Int 12pm Crafts – Mary +Lunch</p> |
| <p>22</p> <p>10am Open Craft & Knitting 11am Qigong – Bill ZOOM 11am Pickleball 11am Chair Aerobics-Ruth 12pm Chess 1pm Draw w/Chris ZOOM</p> | <p>23</p> <p>10am Cindy Realism Art Class #4 11am Pickleball 11:15am Sonya – Strength 12:30pm Qigong w/Deby 1:30pm Bereavement Group</p> | <p>24</p> <p>10am Yoga – Maxine 10:30am Dr. Sachin Clinic 11:30am Lunch: Chix Pasta/Salad Choice 1pm Pearls from Carol Presentation</p> | <p>25</p> <p>9am Port Jeff RAINDATE 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya 1pm Tech Help w/Ben 1pm Yoga-lates *NEW*</p> | <p>26</p> <p>10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 11am Chair Aerobics-Ruth 11:30am Coffee w/ Cop 12:30pm Bingo w/ Dean + snacks</p> |
| <p>29</p> <p>10am Open Craft & Knitting 11am Qigong – Bill ZOOM 11am Pickleball 11am Chair Aerobics-Ruth 12pm Chess NO Draw w/Chris ZOOM</p> | <p>30</p> <p>10am Cindy Realism Art Class #5 11am Pickleball 11:15am Sonya – Strength 12:30pm Qigong w/Deby</p> | <p>31</p> <p>10am Yoga – Maxine 11:30am Lunch: Lily's Sloppy Joe's + Pasta Salad (Brookdale) 12:45pm Nutrition & Aging Lecture</p> | | |

August 2024

| <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> |
|--|--|---|--|---|
| | | | 1 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength-Sonya 12:30pm Bingo w/Giisselle 1pm Yoga-lates | 2 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 11am Chair Aerobics-Ruth 12pm Trivia – Mary +Lunch |
| 5 10am Open Craft/Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Chair Aerobics -Ruth 12pm Chess 1pm Draw w/Chris ZOOM | 6 11am Pickleball 11:15am Strength-Sonya 12:30pm Qigong – Deby | 7 10am Super Duper Art Camp w/ Chris #1 10am Yoga – Maxine 10:30am Dr. Sachin Lecture: Arthritis 11:30am Lunch: Calise’s Veggie Lasagna + Salad 12:45pm Magic Genie | 8 8:30 Bus Trip to Lavender Pond Farms 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength-Sonya 1pm Yoga-lates | 9 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 11am Chair Aerobics-Ruth 12:30pm Bingo w/ Dean + snacks |
| 12 10am Open Craft/Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Chair Aerobics -Ruth 12pm Chess 1pm Draw w/Chris ZOOM | 13 10am Agata Art Class #1 11am Pickleball 11:15am Strength-Sonya 12pm Nurse Knows: Strong Skeleton 12:30pm Qigong – Deby | 14 10am Super Duper Art Camp w/ Chris #2 10am Yoga – Maxine 11am EMS BP Screen 11:30am Lunch: Lily’s Wrap Sandwich + Salad Final Lunch of Summer 1pm Brain Fitness-Mary | 15 10am Open Art 10am Beaded Spoon Craft 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength-Sonya 1pm Yoga-lates | 16 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 11am Chair Aerobics-Ruth 12pm Crafts – Mary +Lunch |
| 19 10am Open Craft/Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Chair Aerobics -Ruth 12pm Chess 1pm Draw w/Chris ZOOM | 20 10am Agata Art Class #2 11am Pickleball 11:15am Strength-Sonya 12:30pm Qigong – Deby 11am Art Chat ZOOM NO Caregivers Group | 21 10am Super Duper Art Camp w/ Chris #3 10am Yoga – Maxine No Lunch | 22 10am Open Art 10am Strength-Sandy ZOOM 11am Pickleball 11:15am Strength-Sonya 1pm Yoga-lates | 23 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 11am Chair Aerobics-Ruth 12:30pm Price is Right Game w/ Helen |
| 26 10am Open Craft/Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Chair Aerobics -Ruth 12pm Chess 1pm Draw w/Chris ZOOM | 27 10am Agata Art Class #3 11am Pickleball 11:15am Strength-Sonya 12:30pm Qigong – Deby No Bereavement Group | 28 10am Super Duper Art Camp w/ Chris Final 10am Yoga – Maxine 10:30am Dr. Sachin Clinic No Lunch | 29 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength-Sonya 12pm Trip to Captain’s Cove Shop & Lunch 1pm Yoga-lates | 30 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 11am Chair Aerobics-Ruth 12:30pm Bingo |



Trivia with Mary
 Friday, July 5 and Aug 2 at Noon, lunch (free) will be served

Test your knowledge with this always popular event!



Nursing & Rehabilitation

Sponsored by Wilton Meadows



**** Bingo!! ****
 with Gisselle & snacks
 Thursday, Aug 1, 12:30pm

Lots of laughs while you win prizes!

Sponsored by GVaz Care Services



BINGO

| | | | | |
|----|----|----|----|----|
| 1 | 17 | 43 | 50 | 70 |
| 3 | 19 | 34 | 48 | 74 |
| 4 | 20 | ★ | 46 | 67 |
| 6 | 18 | 32 | 60 | 69 |
| 14 | 16 | 33 | 47 | 75 |

Bingo with Dean
 Friday, July 26, Aug 9,
 12:30pm, with snacks

Get lucky and win! Yummy desserts as well!

Sponsored by
 Epoch Senior Living



Brain Games & Lunch with Danielle
 Friday, July 12, Noon, Free

Always popular Danielle and her Brain Games. Let's see how sharp your brain is!

Sponsored by National Healthcare Assoc. Inc.



Caregivers Support Group

Tuesday, July 16, 1:30pm (no August meeting)

With Allison Lisbon, LCSW, MSW

Director of Weston Human Services & Senior Center

Monthly meetings are held every third Tuesday (no August meeting), at the Weston Senior Center. For questions or to be added to the Caregiver Support Group email list, contact Allison Lisbon at alison@westonct.gov

Bereavement Support Group

Tuesday, July 23, 1:30pm (no August meeting)

Monthly meetings are held every fourth Tuesday (no August meeting). It is difficult to navigate through the grieving process, which is why we invite you to join our bereavement group meeting. This is a safe space where you can share your thoughts and emotions, connect with others who are also experiencing loss, and receive support from Rashida Miller, Weston's trained professional. Whether you have recently lost a loved one or still coping with a past loss, we can help each other heal. For questions or to be added to the Support Group email list, contact Rashida at rmiller@westonct.gov.



To register, email Julia: jbraden@westonct.gov



**The Price is Right
Game with Helen**
Friday, Aug 23, 12:30pm

Come on down! You're the next player for fun and prizes!

Sponsored by First Light

B-I-N-G-O !!
Fridays, Aug 30,
12:30pm

Come play, win prizes and laugh with the Bingo gang as Linda calls your lucky numbers!



Trips

Port Jefferson Village

Thursday, July 18th (Raindate July 25)

Bus leaves at 9am from the Senior Center and returns after 5pm, \$20 paid at sign-up.

Step off the ferry and walk this charming Long Island village with shops, restaurants and great ice cream! A minimum of 15 people signed up by July 12th for the trip to be confirmed. Bring money for shopping and lunch.



Lavender Pond Farm (in Killingsworth)

Thursday, August 8

Bus leaves promptly at 8:30am from Center, \$10 per person, 12 people max

With over 10,000 lavender plants on a sprawling 25-acre property, Lavender Pond Farm is a relaxing and inviting oasis for the body and the mind. Their mission is to spread beauty one lavender plant at a time. Lunch details to follow.

Captain's Cove Seaport (in Bridgeport)

Thursday, August 29th

Bus leaves at Noon from Center, Free, 12 people max

Please indicate if you are meeting us there or taking the bus at signup.

First a seafood lunch, and then a full day of browsing at the cute little boardwalk shops. Bring money or your sugar daddy for lunch & shopping. We plan to be back in Weston by 3pm



To register, email Julia: jbraden@westonct.gov

Tech Support with High Schooler Ben

**Mondays July 1, 15 and Thursdays, July 11, 25
1-3pm**

Drop in and ask Ben to fix an annoying problem with your phone, or explain a quirk, or whatever little question you have.



We all wish we had a teenager on hand as a personal IT guy, so take advantage of Ben's summer break as he spends a few hours with us.

(Iced) Coffee with a Cop

**(& a cookie!)
Friday, July 26, 11:30am**

Sit and chat with a Weston officer in a casual setting. Meet one of the officers who serve and protect Weston on a daily basis.

Availability depends on their schedules so we'll confirm the date in the weekly bulletin.



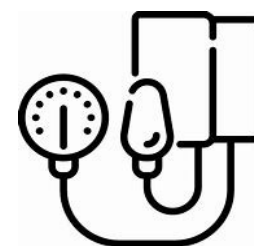
**Chess
Every Monday,
12 pm**

From Beginners to Competitive, every level is welcome to join a very friendly and growing group! Check us out (haha).

Blood Pressure Check

**With Weston EMS
Wednesdays, July 17
& Aug 14
11am, before lunch**

Sit and chat before the luncheons. EMT's will check your Blood Pressure, talk about any concerns you have, and you can thank them for the 24/7 medical service they provide to Weston for FREE.



Lunches

Wednesday Lunches!

All summer lunches are free. Sponsored by Friends of the Weston Senior Center.

Please RSVP by noon on Monday.

*All lunches served at the Senior Center *except the July 17 Fire Department BBQ*

Jul 3 —no lunch

Jul 10—Indian food (veggie & chicken) from Saffron Restaurant

Jul 17—Fire Department BBQ at Lyons Plain Stationhouse *not the Center

Jul 24—Village Market choice of chicken kale pasta OR chicken Caesar salad

Jul 31—Lily's Sloppy Joe's + Pasta Salad (Sponsored by Brookdale)

Aug 7 —Calise's Veggie Lasagna + Salad + Garlic Bread (Vegetarian)

Aug 14—Lily's wrap sandwiches + bean salad contest

Aug 21—no lunch

Aug 28—no lunch

Chair Aerobics with Ruth: Mondays and Fridays at 11am (In-House), Free
(no class Friday, July 12)

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.

Please note that Zoom classes must be prepaid. No credit given for missed classes.

Qi Gong with Bill: Mondays at 11am (Zoom), \$45 for 9 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, Free

Drop in for open play on Mondays, Tuesdays and Thursdays. Note that Tuesdays are beginner-friendly. Stop in and play, or reserve the court for another time throughout the week. Free to play.

QiGong/Meditation with Deby: Tuesdays, 12:30-1:30pm (In-House), \$5 Drop-in

Each session covers ancient martial art moves, balance activities, mindfulness, community building, strength, and a minute or two of cardio. All who attend will leave smiling, renewed and awakened with energy, guaranteed.


Strength & Stretch with Sonya:

Tuesdays at 11:15am (In-House), \$5 Drop-in

Thursdays at 11:15am (In-House), \$5 Drop-in

Each class includes varied exercises and movement patterns to help with daily activities, and improve posture and balance, all while having fun! A 50-minute full body strength class seated and standing dynamic warmup; 30 minutes of strength and balance using weights and resistance bands, and about 5 minutes of stretching.

Yoga with Maxine: Wednesdays at 10am (In House), \$5 Drop-in

Inspiring movement, music, laughter, bone building, flexibility and deepening  intention.

Strength & Fitness with Sandy: Thursdays at 10am (Zoom), \$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.

No Classes on Thursday, July 4

***NEW* Yoga-lates with Laurie: Thursdays at 1pm (In House), \$5 Drop-in**

An hour class of combining Yoga and Pilates. First class is Free!

Gentle Yoga with Amanda: Fridays at 10am (Zoom) \$45 for 9 classes.

Gentle Yoga is a therapeutic practice with emphasis on mindful movement, safe stretching and relaxation. This class is 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!

Attention all Pickleballers!

Pickleball Clinics Every Friday, Class Limit of 8 players, \$5
Advanced Beginner Level 10-11am & Intermediate Level 11am-Noon



Pickleball

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

MEDICARE INFORMATION

Medicare and You—2024 Medicare Billing Issues

Medicare does billing by code(s) that come from the doctor(s) office. If the code for a treatment or for a procedure or for an office visit is forgotten or incorrectly entered the Medicare client will be billed for the supposedly non-covered charge. We have to be our own advocates – before you leave a doc office be sure the correct code(s) have been entered for any and all tests, lab work or visits. Ask the doctor to double check to avoid possible future confusion and time expended getting a correction in billing. Unpaid medical bills left over a period of time will be reported to the three credit agencies and could threaten your credit scores.

Many Medicare-D plans in CT have some prescription meds that are “step” meds. These are meds that are usually very expensive or in a high tier (3 or 4) so that before a particular Medicare-D plan will consider covering any part of the cost of the med the doc must try other meds first. (Not all formularies in the 21 plans in CT for 2024 are the same nor rate the meds carried in the same tiers.) In a “step” situation the doc must submit paper work as to why this more expensive drug is being ordered. The client must talk with the insurance company that handles their Medicare-D plan for very specific instructions.

A hospital stay of three days or more qualifies you for rehab in a facility if it is necessary. If you have just been under observation in an emergency room Medicare will not consider you to be eligible for a rehab facility and you will pay out of pocket for rehab. When you are in an emergency room be sure to understand if you have been admitted to the hospital OR if you are just under observation. Do not be caught owing money unknowingly . Many hospitals keep clients under observation to avoid penalties that would have to be paid if clients are re-admitted within 30 days for the same med issue.

NEWS: Several medigap plans now have annual billing year dates of June to June (and no longer December to December.) To discuss Medicare issues: MAKE AN APPOINTMENT THROUGH THE WESTON SENIOR CENTER at (203) 222 - 2608. NO WALK-INS.

Meta Schroeter, CHOICES Counselor
Rashida Miller, CHOICES Counselor



Thank
You

To the Friends of the Weston
Senior Activities Center

for the FREE Summer Lunches!

Thank You
Weston Fire Dept
for the
BBQ
Party



17 JULY, 2024 - 11:30 AM

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