



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
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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
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

September & October 2024

Hello Friends,

September is Healthy Aging Month. Physically, mentally, socially—a positive lifestyle depends on a balance of your health in all these areas. So time to get motivated! Try something new, get organized or let your inner artist out. We can help!

Want to feel younger & happier in one minute?

- * Stand up straight
- * Smile
- * Step outside
- * Play a favorite song
- * Count your blessings
- * Give someone a compliment

Got more than a minute?

- * Call a friend
- * Go for a walk
- * Read through the newsletter and sign up for something

Not sure how to start? Call us at the center and we'll find something you'll enjoy.

And let's add one more tip for your health—make sure to laugh!

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!

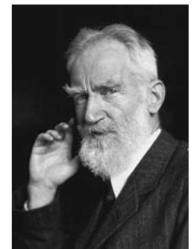
Julia Braden
Weston Senior Center

Holiday Closings

Monday, September 2 for Labor Day
Monday, October 14 for Columbus/Indigenous Peoples' 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!*

You don't stop
laughing when
you grow old,
you grow old
when you stop
laughing.



George Bernard Shaw

*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.*

Beth Lubliner
 (September-October Art Show)

As a professional in Marketing Research, I was immersed in numbers and statistics. Arts and Crafts, provided a creative outlet for me. I enjoyed taking art classes: ceramics, sculpture, watercolor painting, drawing, beadwork, collage making, furniture painting, tie-dyeing, and even cake decorating! At one point I had a balloon decorating business, and later designed and created centerpieces for parties and events. One day I took an acrylic pour painting class with Weston artist and resident Cindy Wagner right here at the Senior Center. I fell in love with this style of painting. Every painting is colorful, vibrant, and new... every design interesting. I hope you enjoy my paintings as much as I enjoy creating them. —Beth Lubliner



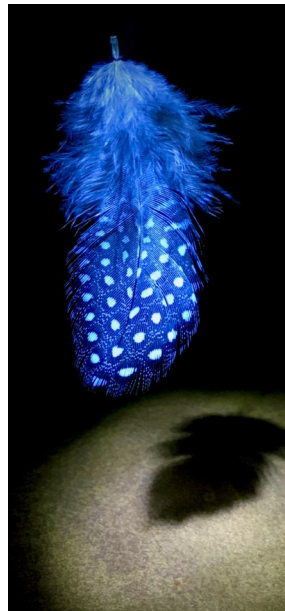
Art Classes

iPhone Photography Class with Veronica

Tuesday, Oct 22, 10am-Noon
Max 10 people, Free

Technology has changed dramatically over the last few years. iPhones now provide us a great opportunity to capture amazing pictures that were once exclusive to professional photographers.

Learn how to handle certain features to make a great photo spectacular. Please bring your iPhone, and an enthusiastic desire to learn.



Monoprint Class with Tate

Tuesday, Oct 29, 10am-Noon
 Max 10 people, \$5 per person

Monoprinting is a simple yet highly energized way of printing. As the title suggests, you only get one (mono) print from your endeavors. But the results can be striking and as there is no duplicating, these works become original “prints” with no possibility of reproduction. Using sheets of plexiglass and small rollers, we will create unique and beautiful 2-D one-of-a-kind print which will defy one’s imagination.

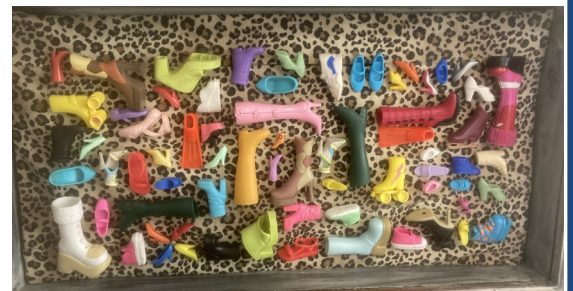


Assemblage Art Class with Elizabeth

Tuesday, October 8 & 15, 10-11:30am, Max 10 people, \$10 for both classes. Must pre-register, 16 x 20 canvas provided

You have seen it on our walls, now create your own. Incorporate seemingly unrelated items into one cohesive, nostalgic piece. Bring in small mementos, charms or knick-knacks that fit in a shoebox or jar.

Oct 8—Background Day • Oct 15—Assemblage Day



To register, email Julia: jbraden@westonct.gov

Painting Realism with Cindy Wagner

Tuesdays, 10am-Noon

Sept 3, 10, 17, 24, \$20 for series of 4 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 skill welcome. Students may work from a photograph of a landscape or a portrait. Or students may set up their own still 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: Center has recommended list.

Draw with Chris Goldbach
Each Monday on Zoom

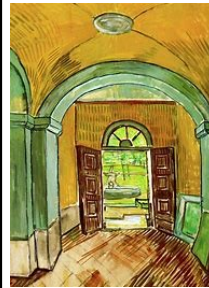
Mondays, Sept 9—Oct 28 (no Sept 30 or Oct 14), 1pm-2pm (Zoom) \$30 for 6 classes.

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



Tips & Tricks with Chris Goldbach
Tuesday, Sept 17, 11am, on Zoom, Free

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



Art Chat with Chris Goldbach
Tuesday, Oct 15, 11am, Zoom, Free

Van Gogh is at the asylum. He's not going to make it much longer, but boy he's painting a lot! What's he writing brother Theo about?

Beaded Bracelet Class

Monday, Sept 23 & 30, 10:30am, Free

Made with safety pins and beads. All materials provided. You'll love how they look. Great as a present!



Wood Centerpiece Class
with Betty

Mon, Oct 7, 10:30am-Noon, Free
Must pre-register, 10 people max

Round wood pieces turned into rustic, charming centerpieces. All materials provided.



Open Knitting Group for everyone

Every Monday, 10am-Noon

Beginner? Want to learn? We have yarn and needles so drop by and learn or re-learn.

Are you a home knitter? Stop by and see our stash. Maybe make a little something to donate along with the group. We make regular donations to local shelters.



Open Art for everyone
Every Thursday, 10am-Noon

Whatcha working on? 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!



Dr. Sachin Gianchandani Lectures



Successful Aging

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

- Maintain a Healthy Lifestyle
- The Benefits of Lifelong Learning
- Stay Socially Active
- Financial Planning for the Golden Years
- The Role of Technology
- Volunteering Opportunities
- Prevent and Manage Chronic Diseases

Diabetes Prevention & Management

Wednesday, Oct 9, 10:30-11:30am, Free

Learn valuable information and resources to help prevent and manage diabetes. Friendly and knowledgeable Dr. Sachin will discuss the latest strategies, including healthy eating habits, exercise, and regular blood sugar monitoring.



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.

Mark Albertson

Edward Bernays Lecture

Thurs, Sept 12, 1pm, Free

Who? Known as The Father of Public Relations and deemed one of the most influential Americans of the 20th century, Bernays helped to change America and the modern view of propaganda.



Electoral College

Thurs, Oct 3, 1pm, Free

A vastly misunderstood aspect of the unique American voting process. The winner of an election is NOT who gets the most votes, so how does it work?



Dr. Sachin "Strong & Balanced" Group Exercise Classes

Wednesday, Sept 25 and Oct 23, 10:30-11:30am, Free

Join Dr. Sachin's group exercise class as 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. improve your strength, balance, and overall well-being while being social with the group!



Dr. Sachin's programs sponsored by a generous donation from the Thomas Family.

UN Headquarters Architecture and Art Collection Lecture/Slide Show with Loraine Sievers

Wednesday, Sept 25 at 12:45pm (after lunch), Free



The design of the UN Headquarters buildings (finished in 1952) is so impressive that today it is still taught in architecture schools around the world. This lecture/slide show will tell of the challenges faced by the team of eleven international architects in transforming a building site occupied by slaughterhouses and tenements into the striking architectural ensemble we know today.

The lecture will also spotlight the remarkable gifts of art donated by UN member governments to enhance the buildings, and will recount some of the touching, and occasionally amusing, stories behind those donations.



Person to Person Presentation

With Juri Garone

Wednesday Sept 4, 12:45pm (after lunch), Free

Person to Person provides essential services to residents of lower Fairfield County. Juri will explain who P2P impacts and talk about how you can help. Video followed by a Q & A.



“This Is Your Life” Samantha Nestor

with interviewer Rozanne Gates

Wednesday, Sept 18, 12:45pm (after lunch), Free

The program moderated by interviewer Rozanne Gates returns with First Selectwoman Samantha Nestor being the interviewee.

The program gives members of our community the chance to learn about the lives of the people who live among us. We will learn not what we know but what we don't know. Both entertaining and educational, “This Is Your Life” helps us understand, appreciate, and connect with our friends and neighbors.



Learn CPR

Monday, Sept 23, Noon-1pm, Free

Learn what to do in an emergency when someone needs CPR to survive. Instructors Julia and Adria will explain the signs to look for and how to leap into action. Manikins will give you hands-on experience.



- Check
- Call
- Compress

Estate Planning and Elder Law

With Attorney Denise Mortati

Wednesday Sept 11, 12:45pm (after lunch), Free

Last Will and Testament: Learn specifics of how your estate and assets will be distributed after your death. The discussion will include considerations in choosing an Executor, providing for your family, and making sure your wishes are followed.

Wednesday Oct 23, 12:45pm (after lunch), Free

Durable Power of Attorney: Learn how to appoint a financial agent and the various powers that can be granted. Who should you choose? Please join us for this important conversation.



Backyard Birds of CT

With Thomas Kosturko

Thursday, Sept 19, 1-2:30pm, Free



A 90-minute engaging presentation covers:

- Birds commonly found in your backyard.
- How to identify and share information about local birds.
- Migration habits and myths of birds in CT.
- Bird sightings and stories, both personal and from fellow birders.
- Bird feeder advice so you attract certain species.
- Q & A about birds.

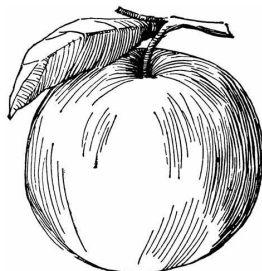
Wonderful opportunity to share information about our feathered friends.

Sponsored by Compassion Home Care

Baking with Caryn: Apple Season

Monday, Sept 16, 11am, \$5

Join in as we learn some fun ideas of how to cook with apples. Making apple –berry salsa, apple nachos and mini caramel apples. Tasting the recipes created are the best part of the workshop!



Crafts with Caryn: Fall Centerpiece

Monday, Oct 21, 11am, \$5



Join us and make a fun fall centerpiece. No crafting experience necessary. We will have an assortment of materials to make each tabletop masterpiece unique to your style.

Capture the Stories of Your Life

With Brenda Sorrels

Wednesday, Oct 16, 12:45-2:45pm, Free One Day Writing Workshop!

Come write and play in this generative workshop that will help you explore and recover the stories that are unique to you whether it's something you'd like to pass on to future generations or hold on to for yourself.



Based on the Amherst Writers & Artists Method, which believes that every person is a writer.

Varied prompts will give you the inspiration and freedom to write. Participants write together. Feedback is focused on what you like, what you remember, and what stays with you.

There is no story like the one you are about to tell!

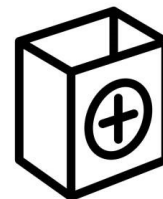
Brenda Sorrels is a certified Amherst Writers & Artists workshop facilitator with an MFA in Creative Writing from Fairfield University.

The Nurse Knows Lecture:

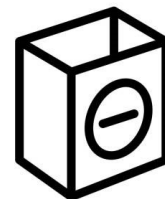
De-clutter Your Life

Tuesday, Sept 10, Noon Free

De-clutter your life and live better. Christine will discuss what the benefits are to cleaning out, organizing and making your home a safe haven for both your physical and mental well-being.



KEEP



DISCARD!

Medication Safety

Tuesday, Oct 8, Noon, Free



Be educated about your medications and how to take them. Don't cross the line from helpful to harmful.

Tips and advice from Christine Burns, an RN at Visiting Nurse & Hospice of Fairfield County.

Organize Your Space

With Ana

Monday, Oct 7 1pm, Free

Need to tidy your space but don't know where to start? Ana is a

professional organizer and derives great pleasure from helping her clients restore peacefulness and order to their busy lives. Let's get it in order!



"If only I had a system."

Everything You Always Wanted to Know About Probate Court (but were afraid to ask)

with Probate Judge Lisa Wexler

Thursday, Oct 24, 1pm, Free

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



Superfoods

With Cindy Sherlock
 Wednesday, Oct 2
 12:45pm (after lunch)
 Free



Superfoods offer maximum nutritional benefits for minimal calories. They are packed with vitamins, minerals, and antioxidants. Okay, sounds good, but let's chew it over and see if we're convinced—literally.

Walking with Linda

Thursday mornings at 10am, Free



Meet at Center and walk. Talking optional. The walk around Weston's school "campus" takes approximately 45 mins, so join us and check out the new sidewalks!

Sticker Book with David: Legends

Wednesday, Oct 9, 12:45pm (after lunch), Free



Culturally, musically, militarily, technologically, diplomatically, intellectually – no matter how you measure it, the mid-20th century was perhaps the most important and influential time in American history. Let's see how well you remember it!

Caregivers Support Group

Tuesday, Sept 17 & Oct 15, 1:30pm, Free



With Allison Lisbon, LCSW, MSW
 Director of Weston Human Services &
 Senior Center

Monthly meetings are held every third Tuesday, at the Weston Senior Center. For questions or to be added to the Caregiver Support Group email list, contact Allison Lisbon at alisbon@westonct.gov

Lotus Flower Lantern Lecture & Workshop

Thursday, Oct 17, 1pm, Free

The Korean Spirit and Culture Promotion Project will present a documentary and presentation about the Lotus & Lantern Festival including making your own traditional Korean lotus lantern.



Bereavement Support Group

Tuesday, Sept 24 & Oct 22, 1:30pm, Free

Monthly meetings are held every fourth Tuesday. Whether you have recently lost a loved one or still coping with a past loss, we can help each other heal, guided by Rashida Miller, MSW. For questions or to be added to the Support Group email list, contact Rashida at rmiller@westonct.gov.



September 2024

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>2</p> <p>CLOSED</p>  <p>labor day</p>	<p>3</p> <p>10am Cindy Realism Art Class #1</p> <p>11am Pickleball</p> <p>11:15am Sonya – Strength</p> <p>12:15pm Qigong w/Deby</p>	<p>4</p> <p>10am Soul Yoga – Max</p> <p>11:30 Lunch: Layla’s Falafel (veggie)</p> <p>12:45 Juri with Person to Person Program Presentation</p>	<p>5</p> <p>10am Open Art</p> <p>10am Walk with Linda</p> <p>10am Strength-Sandy ZOOM</p> <p>10am PB Adv Beg Clinic</p> <p>11am Pickleball</p> <p>11:15am Strength – Sonya</p> <p>12:30 Dig-n It Plant Group</p>	<p>6</p> <p>10am Mahjong Class #1</p> <p>10am Yoga-Amanda ZOOM</p> <p>10am PB Clinic-Adv Beg</p> <p>11am Pickleball Clinic-Int</p> <p>11am Chair Aerobics-Laurie</p> <p>12:30pm Bingo w/Linda</p>
<p>9</p> <p>10am Open Craft & Knitting</p> <p>11am Pickleball</p> <p>11am Qigong – Bill ZOOM</p> <p>11am Chair Aerobics-Laurie</p> <p>12pm Chess</p> <p>1pm Draw w/Chris ZOOM</p>	<p>10</p> <p>10am Cindy Realism Art Class #2</p> <p>11am Pickleball</p> <p>11:15am Sonya – Strength</p> <p>12pm Nurse Knows: De-Clutter Your Life</p> <p>12:15pm Qigong w/Deby</p>	<p>11</p> <p>10am Soul Yoga – Max</p> <p>10:30am Dr. Sachin: Successful Aging</p> <p>11:30am Lunch: Lily’s Meatloaf & Potatoes</p> <p>12:45pm Denise Mortati Lecture: Wills</p>	<p>12</p> <p>10am Open Art</p> <p>10am Walk with Linda</p> <p>10am Strength-Sandy ZOOM</p> <p>10am PB Adv Beg Clinic</p> <p>11am Pickleball</p> <p>11:15am Strength – Sonya</p> <p>12:30pm Gisselle Craft</p> <p>1pm Mark Albertson Lecture: Edward Bernays</p>	<p>13</p> <p>10am Mahjong Class #2</p> <p>10am Yoga-Amanda ZOOM</p> <p>10am PB Clinic-Adv Beg</p> <p>11am Pickleball Clinic-Int</p> <p>11am Chair Aerobics-Laurie</p> <p>12:30pm Bingo w/ Dean + Snacks</p>
<p>16</p> <p>10am Open Craft & Knitting</p> <p>11am Apple Season Foods with Caryn</p> <p>11am Pickleball</p> <p>11am Qigong – Bill ZOOM</p> <p>11am Chair Aerobics-Laurie</p> <p>12pm Chess</p> <p>1pm Draw w/Chris ZOOM</p>	<p>17</p> <p>10am Cindy Realism Art Class #3</p> <p>11am Pickleball</p> <p>11:15am Sonya – Strength</p> <p>11am Tips & Tricks w/Chris ZOOM</p> <p>12:15pm Qigong w/Deby</p> <p>1:30pm Caregiver Group</p>	<p>18</p> <p>10am Soul Yoga – Max</p> <p>11am EMS BP Screen</p> <p>11:30am Lunch: Point Break Tacos</p> <p>12:45pm This is Your Life: Sam Nestor & Rozanne Gates</p>	<p>19</p> <p>10am Open Art</p> <p>10am Walk with Linda</p> <p>10am Strength-Sandy ZOOM</p> <p>10am PB Adv Beg Clinic</p> <p>11am Pickleball</p> <p>NO Strength – Sonya</p> <p>1pm Backyard Birds of CT</p>	<p>20</p> <p>10am Mahjong Class #3</p> <p>10am Yoga-Amanda ZOOM</p> <p>10am PB Clinic-Adv Beg</p> <p>11am Chair Aerobics-Laurie</p> <p>11am Pickleball Clinic-Int</p> <p>12pm Trivia + Lunch with Allison</p>
<p>23</p> <p>10am Open Craft & Knitting</p> <p>10:30am Beaded Bracelet #1</p> <p>11am Pickleball</p> <p>11am Qigong – Bill ZOOM</p> <p>11am Chair Aerobics-Laurie</p> <p>12pm Chess</p> <p>12pm CPR Class</p> <p>1pm Draw w/Chris ZOOM</p>	<p>24</p> <p>10am Cindy Realism Art Class #4</p> <p>11am Pickleball</p> <p>11:15am Sonya – Strength</p> <p>12:15pm Qigong w/Deby</p> <p>1:30pm Bereavement Group</p>	<p>25</p> <p>10am Soul Yoga – Max</p> <p>10:30am Dr. Sachin Exercise Class</p> <p>11am Accessible Book Show & Tell</p> <p>11:30am Lunch: Village Mkt Chix Marsala</p> <p>12:45pm UN Architecture & Art Presentation</p>	<p>26</p> <p>10am Bartlett Arboretum Trip (Stamford)</p> <p>10am Open Art</p> <p>10am Strength-Sandy ZOOM</p> <p>10am PB Adv Beg Clinic</p> <p>11am Pickleball</p> <p>11:15am Strength – Sonya</p>	<p>27</p> <p>10am Mahjong Class #4</p> <p>10am Yoga-Amanda ZOOM</p> <p>10am PB Clinic-Adv Beg</p> <p>11am Pickleball Clinic-Int</p> <p>11am Chair Aerobics-Laurie</p> <p>12:30 Bingo w/Linda</p>
<p>30</p> <p>10am Open Craft & Knitting</p> <p>10:30am Beaded Bracelet #2</p> <p>11am Pickleball</p> <p>11am Qigong – Bill ZOOM</p> <p>11am Chair Aerobics-Laurie</p> <p>12pm Chess</p> <p>NO Draw w/Chris ZOOM</p>				

October 2024

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
	1 11am Pickleball 11:15am Strength-Sonya 12:15pm Qigong – Deby	2 <i>*Happy Rosh Hashanah*</i> 10am Soul Yoga – Max 11:30am Lunch: Calise’s Pork Tenderloin + veg 12:45pm Superfoods with Cindy Sherlock	3 10am Open Art 10am Walk with Linda 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength-Sonya 12:30 Dig’n It Plant Group 1pm Mark Albertson Lec- ture: Electoral College	4 10am Mah Jong Class #5 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 11am Chair Aerobics-Laurie 12:30pm Bingo with Dean + Snacks
7 10am Open Craft/Knitting 10:30am Wood Craft – Betty 11am Pickleball 11am Qigong – Bill ZOOM 11am Chair Aerobics-Laurie 12pm Chess 1pm Draw w/Chris ZOOM 1pm Organize with Ana	8 10am Elizabeth’s Assemblage Class #1 11am Pickleball 11:15am Strength-Sonya 12pm Nurse Knows: Medication Safety 12:15pm Qigong – Deby	9 10am Soul Yoga – Max 10:30am Dr. Sachin Lec- ture: Diabetes 11:30am Lunch: Saffron Indian (veg & chix) 12:45pm Sticker Book: Legends	10 9:45am Bus Trip to New Pond Farm (Redding) 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength-Sonya	11 <i>*Yom Kipur at Sundown*</i> 10am Mah Jong Final Class 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 11am Chair Aerobics-Laurie 12pm Brain Games with Danielle + Lunch
14 CLOSED  COLUMBUS DAY  INDIGENOUS PEOPLES DAY	15 10am Elizabeth’s Assemblage Class #2 11am Pickleball 11am Art Chat w/ Chris 11:15am Strength-Sonya 12:15pm Qigong – Deby 1:30pm Caregivers Group	16 10am Soul Yoga – Max 11am EMS BP Screen 11:30am Lunch: Village Market Chix Parm 12:45pm One-Day Writ- ing Class with Brenda	17 10am Historical Society Peter Thorpe Exhibit 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength-Sonya 1pm Lotus Workshop	18 10am-Noon Flu Clinic – pre- register w/Health District 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 11am Chair Aerobics-Laurie
21 10am Open Craft/Knitting 11am Crafts with Caryn 11am Pickleball 11am Qigong – Bill ZOOM 11am Chair Aerobics-Laurie 12pm Chess 1pm Draw w/Chris ZOOM	22 10am i-Phone Photog- raphy with Veronica 11am Pickleball 11:15am Strength-Sonya 12:15pm Qigong – Deby 1:30pm Bereavement Group	23 10am Soul Yoga – Max 10:30am Dr Sachin class 11:30am Lunch: Truly Greek (veg & chix) 12:45pm Denise Mortati Lecture: Power of Atny	24 10am Open Art 10am Walk with Linda 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength-Sonya 1pm Probate Law with Judge Lisa Wexler	25 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 11:30am Coffee with a Cop 11am Pickleball Clinic-Int 11am Chair Aerobics-Laurie 12pm Trivia with Mary + Lunch
28 10am Open Craft/Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Chair Aerobics-Laurie 12pm Chess 1pm Draw w/Chris ZOOM	29 10am Monoprint Class with Tate 11am Pickleball 11:15am Strength-Sonya 12:15pm Qigong – Deby	30 10am Soul Yoga – Max 11:30am Lunch: Baked Potato Blast Halloween Party 12:45 Karaoke + Cider + Donuts	31 10am Open Art 10am Walk with Linda 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength-Sonya	

**Accessible Book Show & Tell
with Karen from Weston Library
Wednesday, Sept 25, 11am**

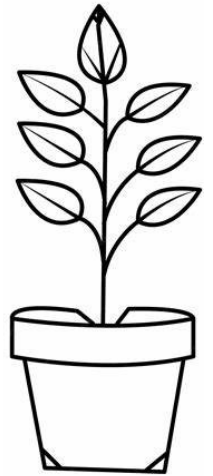
Love books but your eyesight makes it impossible? Karen will have equipment on hand so you can learn of a free, easy solution.



Apply for service and access more than 130,000 books and magazines. Registered patrons can use a digital talking book player and receive books at home by mail or by download.

**Dig'n It Plant Group *NEW*
Thursday, Sept 5 and Oct 3,
12:30-1:30pm, Free
First Thursday of every month.**

You've seen our horticultural corner in the front office. Time to make it official and start a new club. Come join us to sit and share tips and tricks to keep plants healthy. Linda is our resident plant whisperer, so she'll be the lead. So contact her and find out more details.



**Bingo with Linda
Friday, Sept 6, 27, 12:30pm**

Linda, our favorite caller, will be ready to make your Bingo dreams come true. Treats & prizes!

Flu Clinic

Friday, October 18, 10am-Noon

Please pre-register with the Health District: Call 203-227-9571, ext 235.

Call Center if any questions!



**Bingo with Dean
Friday, Sept 13 & Oct 4, 12:30pm,
with snacks**



Get lucky and win!
Plus yummy desserts!

BINGO

14	29	38	52	74
4	18	33	46	62
7	16	★	60	71
9	27	44	51	67
12	23	35	47	73



Crafts with Gisselle

Thursday, Sept 12, 12:30pm, Free

Making bandanas for shelter dogs. All materials provided. Please join in and help the poor pooches!



**Brain Games + Lunch
with Danielle**

Friday, Oct 11, Noon, Free

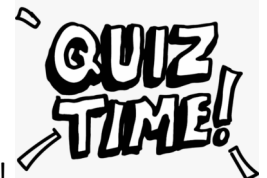
Brain Games with Danielle.

Sponsored by National Healthcare Associates

**Trivia + Lunch
With Allison**

Friday, Sept 20, Noon, Free

Test your knowledge with Allison!



**Karaoke + Cider + Donuts
Wednesday, Oct 30, 12:45pm**

Sing our way into Fall and create some laughter and good times together.

Sponsored by CarePatrol



**Trivia + Lunch
with Mary**

Friday, Oct 25, Noon, Free

Questions and trivia to keep your mind sharp.



**Blood Pressure Check
With Weston EMS**
Wednesdays, Sept 18 and
Oct 16, 11am



Sit and chat before lunch. 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.

Coffee with a Cop
Friday, Oct 25, 11:30am

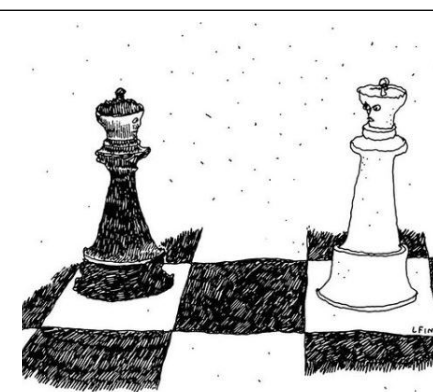
Sit and chat with a Weston officer in a casual setting.



Meet one of the officers who serve and protect Weston on a daily basis.

Note: Availability depends on their schedules so watch the weekly email blast where we'll confirm the date.

Coffee with a Cop



Chess
Every Monday,
12 pm

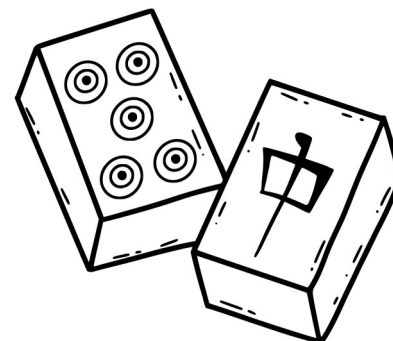
From Beginners to Competitive, every level is welcome to join a very friendly and growing group!

"We need to unite against our common enemy—checkers."

Learn (re-learn?) Mahjong

Every Friday, Sept 6—Oct 11, 10am-Noon, Free
6 classes in session

Ever wanted to learn? Don't remember exactly how to play? Beginner class with Sybl will teach you fundamentals so you'll enjoy playing!



Lunches

Wednesday Lunch

Please RSVP by noon on Monday.

All lunches served at 11:30am at the Senior Center Café.

\$5 per person.

- Sept 4 — Layla's Falafel (veggie)
- Sept 11—Lily's Meatloaf & Mashed Potatoes
- Sept 18—Point Break Tacos
- Sept 25—Village Market Chicken Marsala & Rice
- Oct 2—Calise's Pork Tenderloin & Roasted Vegetables
- Oct 9—Safron Indian (veggie & chicken)
- Oct 16—Village Market Chicken Parmesan
- Oct 23—Truly Greek (veggie & chicken)
- Oct 30—Lily's Halloween Baked Potato Blast

To register, email Julia: jbraden@westonct.gov

Bartlett Arboretum (in Stamford)

Thursday, September 26

Bus leaves at 10am from the Senior Center and returns by 3pm, Free

8 people max on bus, 14 people max on tour

Tour the tropics without leaving Connecticut! By mid to late summer, the Tropical Garden is reaching its crescendo, with Banana Tree and Colocasia leaves fanning out, spanning 4 feet or more in length, flapping in the breeze. We will join Bartlett Grounds Keeper and Tropical Garden curator, Lenny Macari to learn how he plants, cares for, and preserves this special garden that delights visitors year after year.



New Pond Farm Tour (in Redding)

Thursday, October 10

Bus leaves at 9:45am from Center, \$10 per person

15 max, 8 people max on bus

Tour of the Farm & Property!
Tea and Lemonade while overlooking the pastures!

For over 30 years, the 102-acre New Pond Farm has been a small working farm dedicated to *On every acre, in all we do, we plant seeds for a lifetime of active engagement with the natural world.*



Weston Historical Society:

What Lies Beneath Exhibit + Coley House Tour

Thursday, October 17

Meet at Historical Society at 10am, Free but must pre-register

New owners of the Peter Thorpe House in Weston found so many things—they made an exhibit!

Join us for a personal tour with owner Maryclare who will give stories of all her treasures. We will also tour the newly-refurbished Coley House.



To register, email Julia: jbraden@westonct.gov

Chair Aerobics with Laurie: Mondays and Fridays at 11am (In-House), Free

A low-impact way to stay active and improve your fitness. The class is designed to help you get moving and grooving while seated comfortably. Whether you are recovering from an injury, have limited mobility, or just prefer a seated workout, this class is perfect for all fitness levels. Seated and standing options during each class.

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

Qigong with Bill: Mondays at 11am (Zoom), \$35 for 7 classes

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

Pickleball Drop-In Play: Mondays, Tuesdays and Thursdays, 11am-1:00pm, Free

Drop in for open play on Mondays, Tuesdays and Thursdays. Stop in and play, or reserve the court for another time throughout the week. Free to play.

Note that Tuesdays are Beginner-Friendly.

Qigong/Meditation with Deby: Tuesdays, 12:15-1:15pm (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 (No Class Sept 19)

Each class includes varied exercises and movement patterns to help with daily activities, and improve posture and balance, all while having fun! A 45-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 for Soul & Body 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), \$45 for 9 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
Monday, Sept 2
or
Monday, Oct 14

Gentle Yoga with Amanda: Fridays at 10am (Zoom), \$40 for 8 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, Class Limit of 8 players, \$5 per class
Advanced Beginner Level Every Thursday AND Friday: 10-11am
Intermediate Level Every Friday: 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

SENIOR CENTER HOLIDAY TAG SALE

NOW ACCEPTING NEW & GENTLY USED DONATIONS

SALE

Accepting jewelry, kitchen goods, home decor and miscellaneous household items. No clothing please.

SALE IS TUESDAY, DECEMBER 3 THRU THURSDAY, DECEMBER 5

 WESTON SENIOR CENTER

VOLUNTEERS NEEDED



We could use a little extra help with upcoming programs and events so we're looking for friendly faces to assist with

- Holiday lunches in November and December
- Holiday Tag Sale in December

Please contact:
Julia Braden
jbraden@westonct.gov
203-222-2608

Important and Noteworthy

Medicare Open Enrollment Appointments Medicare Changes and Medicare Part D Review

Open Enrollment (October 15 - December 7) allows the Medicare client to change prescription medication suppliers under Medicare Part D, to switch to/ from Original Medicare to/from Advantage Plans and other adjustments to Medicare which then take effect January 1, 2025. Weston Senior Center will be providing Open Enrollment half hour sessions, either by in-person appointments or by telephone. Please indicate your preference. All who use this free of charge service must submit their prescription information ahead of time and/or any questions you have about Medicare via snail mail or drop off at the Weston Senior Center. Once your information is received, someone from the Center will call you to schedule your 30 minute appointment (couples will need a 60 minute one). Wearing a mask is optional. All prescription information provided by you will be destroyed once you indicate that you have made your Medicare decisions.

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

A special reminder -- you should participate in Open Enrollment, especially if you have not reviewed your insurance coverage in the last few years, and even if you did it last year -- insurance company drug formularies change so drugs can be dropped or added at any time, drug prices can also change, and plans may be dropped while others are added. The least expensive insurance programs for current prescriptions will be generated by the Medicare information for 2025.

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

Meta Schroeter
CHOICES COUNSELOR

Rashida Miller
CHOICES COUNSELOR

Open Enrollment Medicare Information Needed Before An Appointment Can Be Made

- Name (First and Last)
- Town and zip code
- Telephone number
- Appointment choice: Telephone or In-person
- Current Medicare Coverage
 - Original (A,B & D, with State Name of D-Plan)
 - Advantage HMO/PPO/PPFS Plan (C) list name of plan
- Preferred drug store name or mail order
- List each (and all) prescription medications. (No over the counter meds) After each full and carefully spelled correct prescription name indicate dosage and frequency.
- List any Medicare questions or issues you want to discuss.

Place in an envelope and either drop off or mail to:

Weston Senior Center
P.O. Box 1007
Weston, CT 06883

On the back of the envelope, please write "OPEN ENROLLMENT". You may mail the envelope or drop it off at the Weston Senior Center, 9:00am - 3:00pm, Monday - Friday. Someone will take your sealed envelope.

Weston Department of Human Services

Allison Lisbon, MSW, LCSW Dir of Human Services
alison@westonct.gov 203-222-2663

Rashida Miller, Family & Youth Social Worker
rmiller@westonct.gov 203-222-2556

Financial assistance is available for those who qualify for any classes and lunches here at the Senior Center. Please contact Human Services at 203-222-2556 or email Allison at alison@westonct.gov to inquire about eligibility. Schedule an appointment or pose questions by calling Weston Human Services at 203-222-2556.

After Hours: For an urgent matter: Call 211
For an emergency: Call 911

National Suicide & Crisis Hotline: Call 988 Anytime
Crisis Text Line: Text HOME to 74174

Weston Senior Center presents



PHOTO CONTEST



CONTEST
DEADLINE
NOV 8

WINNERS
ANNOUNCED
NOV 20

OPEN TO
ALL
SENIORS

- Any subject you like. Must be your own original work.
- Submit digital image to jbraden@westonct.gov.
- Limit 2 entries.
- Include a short statement/story of the artwork with your submission.

All artwork will be printed as 12x18 posters, displayed, and judged by popular vote. First, second and third place winners will be announced at the Thanksgiving lunch.

Save the Date

Thanksgiving Lunch
November 20

With music by Suzanne Sheriden

Holiday Lunch
December 18

With music by Chris Coogan

Place: Norfield Church

Time: 11:30am

Cost: \$5 per person

RSVP: Senior Center 203-222-2608