



# WESTON SENIOR ACTIVITIES CENTER

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

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

[www.westonseniorcenter.info](http://www.westonseniorcenter.info)

## Weston Senior Activities Center

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[www.westonseniorcenter.info](http://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  
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

## January & February 2025

Hello Friends,

Resolutions provide us with goals and purposes for the new year. Starting fresh can be incredibly empowering! Here are some tips:

- **Reflect on Your Values:** A meaningful resolution will be easier to stick to.
- **Set Specific Goals:** Instead of vague resolutions like "get fit," aim for something specific like "exercise three times a week for 30 minutes."
- **Break It Down:** Large goals can be overwhelming so break them into smaller, manageable steps.
- **Be Realistic:** Set goals that are challenging yet attainable.
- **Celebrate Progress:** Acknowledge and reward yourself to reinforce positive behavior
- **Be Kind to Yourself:** Setbacks are part of the process. Don't give up, just adjust your plan as needed.

By setting resolutions that resonate with your purpose, you can make 2025 a year of growth and achievement. And research shows that people with a sense of purpose are less likely to develop Alzheimer's. And further, an American Medical Association study showed seniors with a sense of purpose stay physically stronger longer (hand grips and walking speeds are age indicators interestingly enough).

So let's make an anti-aging resolution. Join a strength class and grip some weights or learn pickleball and grab a paddle. Let's embrace Dr. Sachin's advice about staying active and healthy. And then do his exercise class. Let's try something new like making soup with Caryn or candles with Carrie. Lots of new events and old favorites at the Center, so find something that interests you in the next pages.

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, January 20 for MLK Day and Monday, February 17 for President's Day

*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.*

### Agata Tria

(January-February Art Show)

Agata is an accomplished and award-winning artist, exhibiting her soft pastels in the United States as well as Europe. Her style is mostly minimalistic nature portraits emphasizing color and composition. She loves to create in all kinds of mediums from acrylic/oils and pastels to glass, resins and wood. She has been interested in art since childhood and loved to make toys: stuffed animals, dolls, toy cars, blocks, and mechanical figurines. Ultimately, she earned her Master’s Degree from the European Academy of Arts in Warsaw, Poland. Agata arrived in the US in 2000 from Warsaw looking for the American Dream. She didn’t know the English language but because of her creative talent, she was able to land a job as an artist, eventually becoming a Senior Graphic Designer, all the while taking English classes at night. Photography is another love of Agata’s and she’s won awards at photography exhibitions. One of her big dreams is to learn the art of glassblowing sometime in the future. Agata has a very active life as a wife/mother/artist residing in Weston with her family and assorted pets (she’s also an animal lover!).



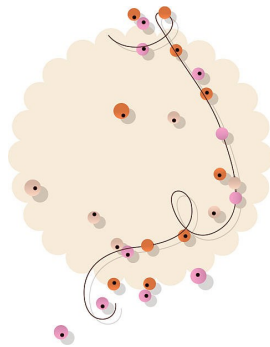
### Art Classes

#### Carmen Jewelry Class

Tuesdays, 10am-Noon

\$5 drop-in

- Jan 7—Repairs
- Jan 14—Charm Bracelet
- Jan 21—Necklace
- Jan 28—Reconfigure unused jewelry



Each Class begins with a demonstration. Carmen will show you all her jewelry tips and tricks to make or remake or repurpose your jewelry so you love wearing it again.



Bring pieces from home. Limited materials for repair or creating will be available.

#### Art Class with Agata

Tuesdays, Feb 11, 18, 25, 10am-Noon, Free

Everyone loves Agata not only as an artist but as an instructor as well! Whatever project she chooses, you’ll cherish the art you create with her.

Supplies needed will be sent to participants before start of each class.



#### Draw with Chris Goldbach

Each Monday on Zoom

Mondays, Jan 27—Feb 24 (no Jan 6, 13, 20 or Feb 17), 1pm-2pm (Zoom)

\$20 for 4 classes.

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

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



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

**One Million Pillowcase Challenge**

**Monday, Jan 6, 11am-Noon**

Be part of a project 10+ years and still going strong.



Learn to cut and make a handmade pillowcase that will be donated to a local charity. **If you can donate fabric (cotton is best), please contact Center.**

Need:

- Portable Sewing Machine
- 1 yard of main fabric (cotton)
- 1/2 yard accent band fabric (cotton)
- 1/4 yard trim fabric (optional)
- Matching thread

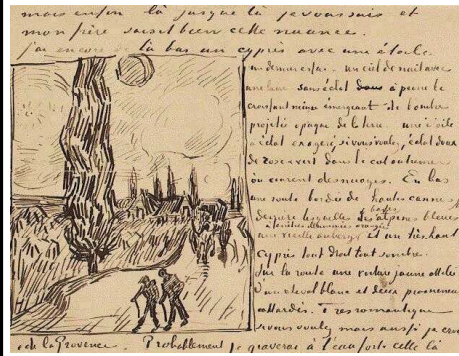
Center has one machine to share if you cannot bring one. Ironing board and iron on site.

Want to make one for yourself? Sure! A pillowcase is something you use everyday!

**Art Chat with Chris Goldbach**

**Tuesday, Feb 14, 11am, on Zoom, Free**

Van Gogh is nearing the end. But he's still actively sketching and describing the world around him in his letters to his brother. Learn more about this fascinating artist.



Sponsored by Friends of WSAC

**Writing Group \*NEW\***

**With Brenda Sorrel**

**Friday, Jan 10 and Feb 7, 10:30am-Noon, Free**



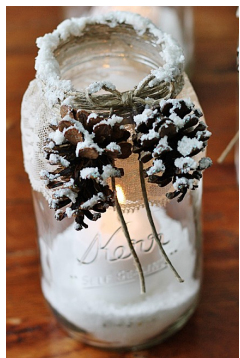
Brenda's workshop in October was such a hit, it is now a monthly event. Join this new group! Examples of prompts are:

- What's your earliest memory?
- When did you first fall in love?
- Who was your best friend growing up?
- One thing you remember about your mother?

Write YOUR story and preserve memories. Brenda teaches you how to get thoughts out of your memory and onto paper. Each session will close out with journaling tips.

**Crafts with Mary (and lunch!)**

**Friday, January 17, 12pm, Free**



Make a snowy mason jar scene that will keep your spirits up during the winter months.

*Sponsored by Wilton Meadows.*

**Knitting for a Good Cause**

**Every Monday, 10am-Noon**



Friendliest group you'll meet that donate dozens of knitted hats and scarves and will continue to knit through the cold winter months! All levels of knitters are welcome to our Knitting Group. Bring your own work in progress or check out

our skein stash here. Lots of needles, yarn and books to choose from if you need inspiration!

**Open Art for everyone**

**Every Thursday, 10am-Noon**

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



**Dr. Sachin Gianchandani Lectures**



**Successful Aging:  
LSVT, Parkinson's and Other  
Conditions**  
Wednesday, Jan 22, 10:30-11:30am, Free

**Healthy Happy Heart Lecture**  
Wednesday, Feb 12, 10:30-11:30am,  
Free

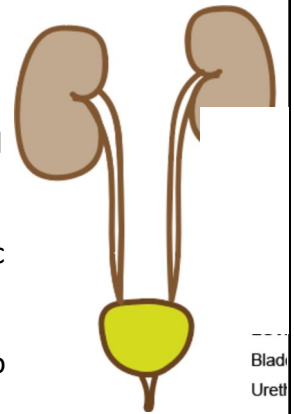
*Dr Sachin Gianchandani is a Doctor of Physical Therapy, specialist for Parkinson's and other movement disorders, and a certified Exercise Expert for Aging Adults at RGG Health in Stamford.*

*Program sponsored by a generous donation from the Thomas Family.*

**The Nurse Knows Lecture:**

**UTI's: Yikes!**  
Wednesday, Jan 29,  
12:45pm, Free

Unseen, misdiagnosed and untreated, UTI's are hard to detect since symptoms mimic other diseases. Very common, especially in older women. Learn to recognize the unlikely symptoms and the correct treatments.



**Dementia: What's Normal & What's Not**

Wednesday, Feb 26, 12:45pm, Free



Forgetful? Memory problems? When to be concerned.

*Tips and advice from Christine Burns, an RN at Visiting*

*Nurse & Hospice of Fairfield County.*

**Dr. Sachin "Strong & Balanced" Group Exercise Classes**

Wednesday, Jan 29 and Feb 26,  
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!

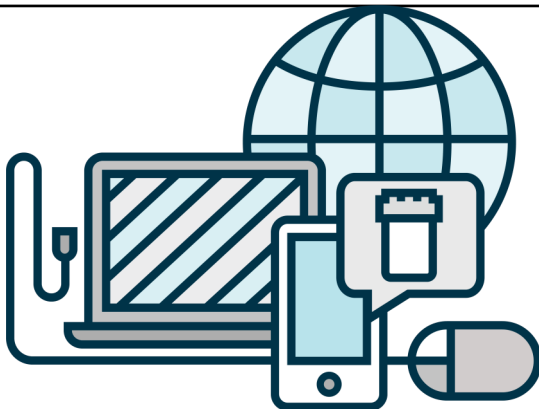


*Program sponsored by a generous donation from the Thomas Family.*

**Tech Savvy Senior Class**

with Lindsey Burk  
Friday, January 17, 10:30am-Noon

Bring your iPhone or iPad and learn how to use it more efficiently and discover things you had no idea it could do! Before you know it, you will be a Tech Savvy Senior!



**Candle Making**

With Carrie

Friday, January 31,  
10am-Noon, Cost TBD

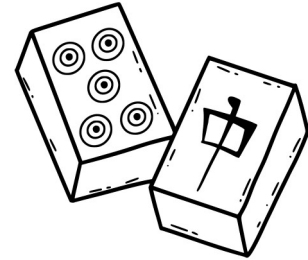
You saw her items in the popular auction basket at our gift sale. Now learn how to make treasured candles yourself. Not as hard as you think, and all materials supplied.



**Mahjong Refresher Class**

Monday, Jan 24, 10am-Noon, Free

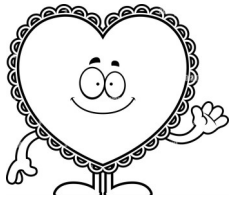
You know how to play—maybe? Sybl will remind you the ins and outs so you can start playing again.



**Valentine’s Day Craft**

with Caryn

Monday, Feb 10, 11am, \$5



Caryn always brings the best crafts, so join us for a surprise craft that you (or your Valentine) will love. All supplies provided.

**Mahjong Open Beginner Play**

Every Friday (except Jan 24)

10am-Noon, Free

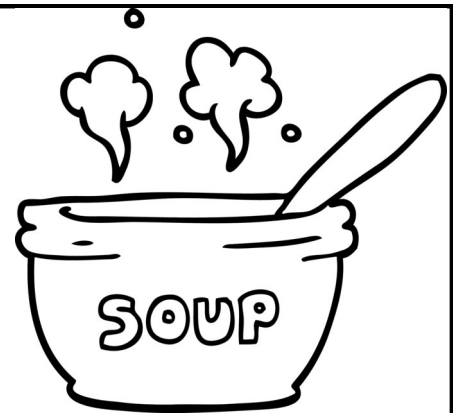
Join other beginners and trust us, you’ll be laughing with this group soon.

**Winter Food: Making Soup**

With Caryn

Monday, Jan 13, 11am, \$5

Nothing better during the cold months than soul-warming soup. Caryn will teach us some of her favorites that are bound to be yours soon as well. And we love her tips and tricks. You’ll be making soup all winter long.



**Caregivers Support Group**

Tuesday, Jan 21 & Feb 18, 1:30pm, Free

With Allison Lisbon, LCSW, MSW

Director of Human Services & Senior Center

Monthly meetings are held every third Tuesday, at the Center. For questions or to be added to the Caregiver Support Group email list, contact Allison Lisbon at [alisbon@westonct.gov](mailto:alisbon@westonct.gov)



**Bereavement Support Group**

Tuesday, Jan 7 & Feb 4, 1:30pm, Free

With Rashida Miller, MSW

Monthly meetings are held first Tuesday of every month. Whether you have recently lost a loved one or still coping with a past loss, we can help each other heal, guided by Rashida. For questions or to be added to the Support Group email list, contact Rashida at [rmiller@westonct.gov](mailto:rmiller@westonct.gov).

# January 2025

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

		1 CLOSED	2 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	3 NO Yoga ZOOM 10am Open Mahjong 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Pickleball 12pm Mary Trivia + Lunch
6 10am Open Craft & Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal & Strength-Laurie 12pm Chess NO Draw w/Chris	7 10am Carmen – Jewelry Class #1 (Repair) 11am Pickleball 11:15am Sonya – Strength 12:15pm Qigong w/Deby 1:30pm Bereavement Group	8 10am Soul Yoga – Max 11:30am Lunch: Lunch Box Pizza & Salad 12:45pm Tiny Houses	9 10am Open Art 10am Walk with Linda 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya	10 10am Yoga ZOOM 10am Open Mahjong 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 10:30am Brenda Writing Group 12pm Pickleball 12pm Trivia & Lunch with
13 10am Caryn Soup 10am Open Craft & Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal & Strength-Laurie 12pm Chess NO Draw w/Chris 12pm PB Clinic with HK	14 10am Carmen – Jewelry Class #2 (Charm bracelet) 11am Pickleball 11:15am Sonya – Strength 11am NEW Art Composition w/Chris ZOOM 12:15pm Qigong w/Deby	15 10am Soul Yoga – Max 11:30am Lunch: Indian food from Saffron 12:45pm Photography Lecture with Michael	16 10am Open Art 10am Walk with Linda 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya	17 10am Yoga ZOOM 10am Open Mahjong 10am PB Clinic-Adv Beg 10:30am Tech Class with Lindsey 11am Pickleball Clinic-Int 12pm Pickleball 12pm Mary Craft + Lunch, (Snowy Mason Jar)
20  <b>CLOSED</b>	21 10am Carmen Jewelry Class #3 (Necklace) 11am Art Chat with Chris ZOOM 11am Pickleball 11:15am Sonya – Strength 12:15pm Qigong w/Deby 1:30pm Caregiver Group	22 10am Soul Yoga – Max 10:30am Dr Sachin Lecture: Successful Aging 11am EMS BP Screen 11:30am Lunch: Presidential Sliders – Calise 12:45pm Lecture: Medicare Fraud with SWCT Agency on Aging	23 10am Trip to Stamford Bruce Museum 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya	24 10am Open Mahjong 10am Yoga ZOOM 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Pickleball 12pm Bingo with Dean 12:30pm Mahjong Refresher Class with Sibil
27 10am Beaded Necklace Class with Vera 10am Open Craft & Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal & Strength-Laurie 12pm Chess 1pm Draw w/Chris ZOOM	28 10am Carmen Jewelry Class #4 (Repurpose) 11am Pickleball 11:15am Sonya – Strength 12:15pm Qigong w/Deby	29 10am Soul Yoga – Max 10:30am Dr Sachin Exercie Class 11:30am Lunch: "Soup"er Bowl & salad 12:45pm Nurse Knows: UTI's Yikes!	30 10am Open Art 10am Walk with Linda 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya	31 10am Yoga ZOOM 10am PB Clinic-Adv Beg 10am Candle-making Class with Carrie 11am Pickleball Clinic-Int 12pm Coffee with a Cop 12pm Pickleball

# February 2025

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>3</p> <p>10am Open Craft/Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal &amp; Strength-Laurie 12pm Chess 1pm Draw w/Chris ZOOM</p>	<p>4</p> <p>10:30am Pressed Flower Class with Michelle from Bartlett 11am Pickleball 11:15am Strength-Sonya 12:15pm Qigong – Deby 1:30pm Bereavement Group</p>	<p>5</p> <p>10am Trip to Broadway for the musical Moulin Rouge</p> <p>Center CLOSED for all other events</p>	<p>6</p> <p>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</p>	<p>7</p> <p>10am Yoga ZOOM 10am Open Mahjong 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 11am Brenda Writing Group 12pm Pickleball 12pm Mary Trivia + Lunch</p>
<p>10</p> <p>10am Caryn Valentine Craft 10am Open Craft/Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal &amp; Strength-Laurie 12pm Chess 1pm Draw w/Chris ZOOM</p>	<p>11</p> <p>10am Agata Art Class 11am Pickleball 11:15am Strength-Sonya 12:15pm Qigong – Deby</p>	<p>12</p> <p>10am Soul Yoga – Max 10:30am Dr. Sachin Lecture: Healthy, Happy Heart 11:30am Lunch: All RED 12:45pm UN Architecture &amp; Art w/Lorraine</p>	<p>13</p> <p>10am Open Art 10am Walk with Linda 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength-Sonya</p>	<p>14</p> <p>10am Vera Valentine's Candle holder craft 10am Yoga ZOOM 10am Open Mahjong 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Pickleball 12:30pm Bingo with Dean</p>
<p>17</p> <p>CLOSED</p>	<p>18</p> <p>10am Agata Art Class 11am Pickleball NO Art Chat with Chris 11:15am Strength-Sonya 12:15pm Qigong – Deby 1:30pm Caregivers Group</p>	<p>19</p> <p>10am Soul Yoga – Max 11am EMS BP Screen 11:30am Lunch: Chinese 1pm Music &amp; Brain w/Andrew Chi</p>	<p>20</p> <p>10am Trip: Flower Show in Hartford + Lunch 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength-Sonya</p>	<p>21</p> <p>10am Yoga ZOOM 10am Open Mahjong 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Pickleball 12pm Mary Craft + Lunch</p>
<p>24</p> <p>10am Open Craft/Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal &amp; Strength-Laurie 12pm Chess 1pm Draw w/Chris ZOOM</p>	<p>25</p> <p>10am Agata Art Class 11am Pickleball 11:15am Strength-Sonya 12:15pm Qigong – Deby</p>	<p>26</p> <p>10am Soul Yoga – Max 10:30am Dr. Sachin Exercise 11:30am Lunch: Greek 12:45pm Nurse Knows: Dementia – What's Normal &amp; What's Not</p>	<p>27</p> <p>10am Open Art 10am Walk with Linda 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength-Sonya</p>	<p>28</p> <p>10am Yoga ZOOM 10am Open Mahjong 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Pickleball 12pm Bingo with Linda</p>
<p>Coming in March &amp; April: Get Ready for Spring Adventures!</p>				

**Trivia with Mary  
(plus Lunch)**

Friday, Jan 3 & Feb 7, Noon, Free

Questions and trivia to keep your mind sharp. And Mary always has the best questions that will make you think AND laugh.



Sponsored by Wilton Meadows

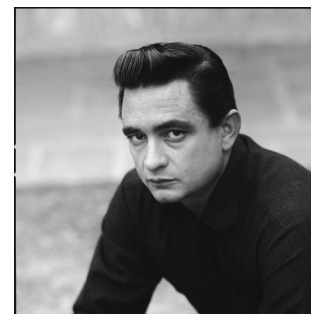


**Trivia with Allison  
(plus Lunch)**

Friday, Jan 10, Noon, Free

Who is that handsome guy?

Reminisce, socialize, and sharpen your mind with Allison. Test your knowledge of famous people (like Johnny Cash, above), music trivia and more. Plus Allison has a raffle prize! Don't miss it!



Sponsored by Brookdale



**B-I-N-G-O with Dean  
Friday, Jan 24 & Feb 14,  
12:30pm, with snacks**

Get lucky and win! And psssst, Dean brings the best desserts!



Sponsored by Epoch Senior Living



**Bingo with Linda  
Friday, Feb 28, 12:30pm**

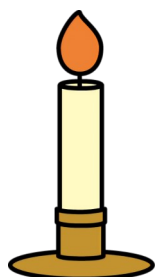
Linda, our favorite caller, will be ready to make your Bingo dreams come true. Treats & prizes!



**Valentine's Day Candle  
Holder Paining Class**

With Vera  
Friday, Feb 14, 11am-Noon

Paint a unique candle holder that you'll use all year long.



**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 get those steps in for the day!



**\*Special One Day Only\***

**Pickleball Clinic with HK Rook**

Intermediate Players only

Monday, January 13

Noon-1:30pm Intermediate

Only 4 spots open. Must pay at time of registration.

Start the New Year off right and brush up on your pickleballs skills!

HK is a certified instructor and has been teaching Pickleball in Redding where she received great reviews.

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



**Dig'n It Plant Group**

**Thursday, Jan 2 and Feb 6,  
12:30-1:30pm, Free  
First Thursday of every month.**

You've seen our horticultural corner in the front office. Come join us to sit and share tips and tricks to keep plants healthy. Linda and Nell are the resident plant whisperers, so they'll take the lead. New projects each month, so contact us for more details.

Always looking for **Pot Donations** if you have any!



**Coffee with a Cop**

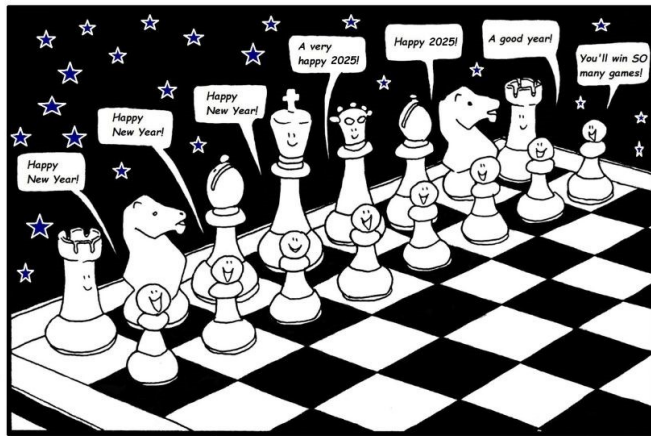
**Friday, Jan 31, 12 pm**

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.



chesscartoons.wordpress.com

**Chess**

**Every Monday, 12 pm**

Every level, from Beginner to Competitive, is welcome to join this cheery chess crew for camaraderie (and treats)!

**Lunches**

**Wednesday Lunch**

**Please RSVP by noon on Monday.**

*All lunches served at 11:30am at the Senior Center Café. \$5 per person.*

- Jan 8 — Lunch Box Healthy Pizza & Salad
- Jan 15—Saffron Indian food
- Jan 22—Calise's Presidential Sliders
- Jan 29—Soup(er) Bowls & Salad (Caraluzzi)
- Feb 5—Broadway Show, so no lunch
- Feb 12—Red food (think tomato soup!) from Lily's
- Feb 19—Chinese Chicken & Broccoli with Lo-Mein
- Feb 26—Truly Greek Falafels & Salad

**Blood Pressure Check**

**Before Lunch with Weston EMS  
Wednesdays, Jan 22 and Feb 19,  
11am**

EMT's will check your Blood Pressure before lunch.



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



## Bruce Museum

Thursday, January 23

Bus leaves Center at 10am and returns by 3pm

Cost is \$20 per person

14 people max on tour

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



lighting art, science and natural history in more than a dozen changing exhibitions annually. Followed by lunch at their café, operated by Aux Delices. Seats will go fast!

## Broadway Show: Moulin Rouge

Wednesday, February 5

Excursion Bus leaves Center at 11:30am and returns around 7pm, Box lunch included.

50 people max. Cost is \$80 per person.

Must pre-register with payment

Hottest show on Broadway, and we don't mean trendy. Enter a world of splendor and romance and eye-popping excess of glitz, grandeur and glory. Invite a friend and enjoy an afternoon out on Broadway. Orchestra seats!

Boxed lunch provided on trip into city.



## Flower Show of Connecticut (Hartford)

Thursday, February 20

Bus leaves Center at 10am and returns by 4pm

20 people max on our BIG bus, Cost \$15.

Bring money for lunch.

Flower show is just the pre-spring vibe you're yearning for at this time of year! Bring money to buy necessary (really? Necessary?) items for your gardening plans.

Lunch items for sale at CT Convention Center.



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

**Balance & Strength with Laurie: Mondays at 11am (In-House), \$5 Drop-in**

Good music to keep you going during this low-impact fitness class. Perfect for all fitness levels. Full body workout plus songs that make you want to move!

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

**Qigong with Bill: Mondays at 11am (Zoom), \$30 for 6 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, Fridays, Noon-2pm, Free**

Drop in for open play. 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**

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, Jan 20**  
**Monday, Feb 17**

**Gentle Yoga: Fridays at 10am (Zoom), \$45 for 8 classes (no Jan 3 class).**

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!

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

## Important and Noteworthy

### MEDICARE INFORMATION

#### Medicare and You - 2025

Medicare is a federal program that is then administered by each state. Connecticut has always been known for its ease of organization. This booklet designed for Connecticut, "Medicare and You - 2025", was sent to you at the end of September. Please keep it for reference through 2025. Another source for information is the computer savvy is Medicare.gov. This computer program has become more and more user-friendly. And you are welcome to call Meta Schroeter, CHOICES counselor, at the Weston Senior Center for an appointment to answer questions, to provide explanations or to discuss situations about Original Medicare or Advantage programs or any Medicare related issues. Please refer anyone from any Connecticut town who may have need to speak to a CHOICES counselor to make an appointment with me to discuss soon-to-be new to Medicare enrollment or any Medicare question.

Best general advice: Review you Medicare programs with a CHOICES counselor every Open Enrollment period every year- October 15 - December 7. In this past Open Enrollment for Connecticut there were some very big changes in formularies and Medicare D programs as well as Advantage programs offered for 2025. We saved several people \$15,000 in diabetic meds and many up to \$1,000 on overall meds. It is important to keep your Medicare choices current.

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

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

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

Meta Schroeter  
CHOICES COUNSELOR

Rashida Miller  
CHOICES COUNSELOR

### Special Medicare Notes:

1. In 2025, there will be a \$2000 cap on all monies spent towards drugs, including any deductible and drug costs within your Medicare D plan or your Advantage plan (that includes a drug plan).
2. Medicare records have been breached and it is possible that if your record was part of that breach that you'll receive notification and a new Medicare card.



### Weston Department of Human Services

Allison Lisbon, MSW, LCSW Director of Human Services

alisbon@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 alisbon@westonct.gov to inquire about eligibility. Schedule an appointment or pose questions by calling Weston Human Services at 203-222-2556.

After Hours: For an urgent matter: Call 211

For an emergency: Call 911

National Suicide & Crisis Hotline: Call 988

Anytime

Crisis Text Line: Text HOME to 74174