



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, LCSW
Rashida Miller, MSW
Melissa DiVito, LCSW

Commission on Aging

David Goodman, Chair
Terry Castellano
Francine Goldstein
Bruce Lorentzen
Richard Wolf

The Friends of WSAC

Richard Wolf, President
Theresa Brasco
David Goodman
Diane Hartman
Diana Heisinger
Bruce Lorentzen
Bruce Missett
Thomas Watson

July & August 2025

Hello Friends,

Summertime is perfect opportunity to try something new.

Want to take a trip? We are going to Lavender Pond Farm in Killingworth. Maybe something closer to home? We are off to Bartlett Arboretum in Stamford for a Garden Tour.

Feeling artistic? Art class with Agata is perfect for artists of all skill levels. Already working on a project? Join the Open Art Group on Thursdays. Curious what they do? Their artwork is on display on the Center's walls for the summer. And don't miss out on Chris's Super Duper Art Camp during August. But hurry, class fills up fast.

Hope to see you soon—and bring a friend! Let them in on the hidden gem that is the Weston Senior Activity Center.

Happy summer!
Julia Braden
Weston Senior Center

Holiday Closings

Friday, July 4

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!



Key Fobs are here!

NEW Sign-in process through MySeniorCenter. You may already have a key fob from other centers nearby as Westport and Wilton use same system.

NEED A KEY FOB? Please stop by front desk for one and we'll show you how it works.

Online Registration through **MyActiveCenter.com**.

Sign up online and you can enroll for programs and events.
If you have questions, please come in, or call, and we'll help.



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.

Thursday Art Group Show (July & August Art Show)

This group has been at the Weston Senior Center since 2015, but that wasn't their start. Founding members took a watercolor class at the Norwalk Senior Center together where they evolved into a workshop of sorts for all members who have an interest in sharing their art. Whether it's crafts or cards or decoupage or painting, these creators have had all sorts of interests over the years. "We learn from each other," says Claudia and they all agree. The Center is lucky to have such a welcoming and supportive group.

Art Reception Date will be announced soon.



Top: Vonnie Spies, Kathy Breault, Nell Mullen
Bottom: Carmen Navarro, Linda Goldenberg, Caludia Francoeur
(Not pictured: Rosita Hill, Roberta Morelli)

Art Classes

Super Duper Art Camp

With Chris Goldbach

Fridays in August, 10am-Noon

\$10 per class or \$40 for series

Plus \$10 material fee paid to instructor, 15 pp max

Join us for an in-person art camp! A fun exploration of various mediums and techniques. Come try some new art tricks! All levels are welcome. Old clothes are a must!

Aug 1—Going Dotty with Pointillism

Aug 8—Play with Color

Aug 15—Composition

Aug 22—Collage

Please bring a brown bag lunch and enjoy the back patio after class with your fellow artists for more laughs.



Agata's Watercolor Painting Art Class

Every Tuesday, July 8—Aug 26 (no class Aug 5), 10am-Noon, \$5 Drop-in

Agata is an accomplished and award-winning artist who's style is mostly minimalistic nature portraits emphasizing color and composition. She loves to create in all kinds of mediums from acrylic, oils, pastels to glass, resins and wood. She loves teaching watercolor so during the series of classes, she will teach different aspects depending on the participants' suggestions.

All levels of painting skills welcome. Contact Center for list of supplies to bring.

To register, go online to [MyActiveCenter.com](https://www.MyActiveCenter.com) or call the Weston Senior Activities Center at 203-222-2608.

Draw with Chris Goldbach
Each Monday on Zoom
Mondays, July 21—August 25
1-2pm, Zoom, \$30 for 6 classes



Learn how to draw what you see! Chris walks you through everything you need to know so you can create and connect from the comfort of home.

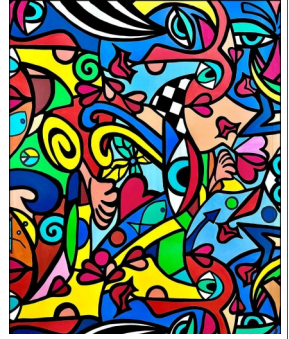
Supplies needed:

- Pencil
- Eraser
- Drawing paper
- Sharpener

Art Chat with Chris Goldbach
Tuesdays, July 15 & Aug 19
11am, Zoom, Free

Chris keeps you updated on the latest art happenings, demos, new products, trending artists and their work.

Sponsored by Friends of WSAC



Beaded Wire Wrap Bracelets with Vera
Monday, July 21, 10am
\$5 per bracelet

Vera shows us how to make a unique wrap bracelet that would be a perfect gift—or a treat for yourself!



Weston Writers Workshop
With Brenda Sorrels

Second Friday of each month

Friday, July 11 and Aug 8, 10:30am-Noon, Free

Creative writing keeps your brain active and also helps improve your memory. Capture your life experiences, emotions, and lessons learned. Tell your life journey, both triumphs and trials. Brenda helps you exercise your brain and promote mental agility with easy but surprising prompts.

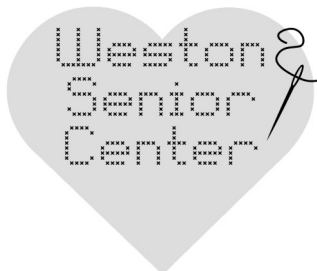
Where experience meets imagination.



Knit, Crochet and Stitch Open Group
Every Monday, 10am-Noon

Work on your current project with fellow yarn and stitching enthusiasts.

Be inspired from others in a welcoming and relaxed atmosphere.



Open Art for everyone
Every Thursday, 10am-Noon

Wonder who made all the art on the walls of the Center? Meet this group of friendly and knowledgeable artists who support and encourage each other!

ART

is never finished,
 only abandoned.

—Leonardo DaVinci

Michael Tomashefsky Lecture:
International Landscape and Travel Photography
Wednesday, July 9, 12:45pm (after lunch), Free

With a lifelong love of the outdoors and exploring its many marvels, Michael will show us landscapes from around the world that convey the beauty of other places that he's been privileged to visit.



Dr. Sachin Gianchandani Lecture

Wednesday, July 30 and August 13, 12:45 (after lunch), Free

Dr. Sachin's lectures are specially designed for those with Parkinson's, other neurological conditions, or anyone looking to age well. All abilities welcome! His topical wellness lectures will cover brain health, aging, and movement science.



Group Exercise Classes

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

An empowering class for brain health, mobility and quality of life. This dynamic exercise class will include a circuit of boxing, light weights, balance, and more.

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 Friends of the Weston Senior Center due to a generous donation from the Thomas Family.

The Nurse Knows Lecture:
Balance and How to Improve
Wednesday, July 23, 12:45pm, Free

Falls are the leading cause of injury-related deaths of seniors. So keep your balance!

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



American Revolution:
1763-1775, The Beginning
Lecture by Mark Albertson
Thursday, July 31, 1pm, Free

Acts, Committees and Congresses. Mark explains the build-up to the 1776 revolution.



Genealogy Lecture
With Ed Surato from Fairfield Historical Society
Wednesday, August 6, 12:45pm, Free

Fairfield Museum librarian, Ed Surato teaches us the basics of genealogy research. Discover a variety of resources so that you can create a family tree.



African Dance
With Rita Wagener (Kabali)
Wednesday, August 20
12:45pm, Free

Rita is a native of Uganda, a land-locked country in East Africa. Her show takes you through fashions and dances of Africa. At the end of the show, you feel like you have traveled to Africa.



Patriotic Mocktail Happy Hour

Patriotic Mocktails



**Thursday, July 3,
1pm, Free**

A Guest Bartender will teach us how to serve up two refreshing summer drinks—an easy way to add bright color and big flavor to your outdoor table.

No alcohol doesn't mean no

fun. Learn basic mixology techniques that you will use all summer long!

Tech Savvy Seniors

with Lindsey Burk

ONLY iPhone or iPad

10:30-11:30am Free

15 people max

All Things Photos

Friday, July 25

Take your tech knowledge to the next level. Lindsey teaches you which available apps are best and how to use them.

**Topic TBD**

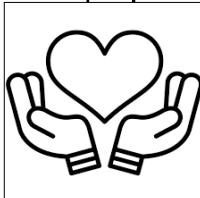
Friday, August 15

August class will depend on participants' interests at the July class.

Bereavement Support Group

**Tuesday, July 1 (no Aug meeting), 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 Miller at rmiller@westonct.gov.

**Caregivers Support Group**

**Tuesday, Aug 19 (No July meeting)
1:30pm, Free, With Melissa DiVito, LCSW**

Monthly meetings are held every third Tuesday at the Center. Find peer support and share tips with this open and friendly group. For questions or to be added to the Caregiver Support Group email list, contact Melissa DiVito at mdivito@westonct.gov.

Wake and Shake Low-impact Aerobics

with Sharon



**Mondays, July 14
and August 11,
9am, Free**

Sharon's class starts your day and week with exercises, rhythmic moves

and cardio bursts to get your blood pumping.

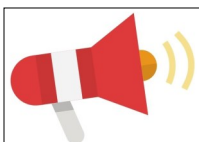
Line Dancing Class

with Jillian

Fridays, July 11—August 15, 11am, Free

Jillian is back! Learn how line dancing can improve your health, well-being, and social interaction. Don't sit there! Stand up and get dancing!





For updates, make
sure you receive our
weekly emails.

July 2025

Mon

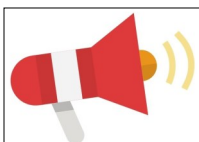
Tue

Wed

Thu

Fri

	1 NO Art Class 11am Pickleball 11:15am Sonya—Strength 12:15pm Tai Chi w/Deby 1:30pm Bereavement Group	2 10am Yogalates—Max 11:30am Lunch: Pasta primavera, greek salad, 12:45 Good Mood, Good Food Lecture	3 10am Open Art 10am Strength-Sandy ZOOM 10am PB Clinic—Adv Beg 11am Pickleball 11:15am Strength—Sonya 1pm Mocktail Happy Hour	4 
7 10am Knit, Crochet & Stitch 10:30am Tap Dancing 11am Pickleball 11am Qigong—Bill ZOOM 12pm Chess NO Draw w/Chris ZOOM	8 10am Agata Art Class 11am Pickleball 11:15am Sonya—Strength 12:15pm Tai Chi w/Deby	9 10am Yogalates—Max 10:30am Dr Sachin Group Exercise 11:30am Lunch: Caraluzzi chix + pasta 12:45 Lecture: Michael Tomashefsky Photo Landscapes	10 10am Open Art 10am Strength-Sandy ZOOM 10am PB Clinic—Adv Beg 11am Pickleball 11:15am Strength—Sonya	11 10:30am Open Mahjong 10am Yoga ZOOM/In-house 10am PB Clinic-Adv Beg 11am Line Dancing 11am Pickleball Clinic-Int 10:30am Writing Group 12pm Pickleball
14 9am Wake & Shake with Sharon 10am Knit, Crochet & Stitch 10:30am Tap Dancing 11am Pickleball 11am Qigong—Bill ZOOM 12pm Chess NO Draw w/Chris ZOOM	15 10am Agata Art Class 11am Art Chat w/Chris ZOOM 11am Pickleball 11:15am Sonya—Strength 12:15pm Tai Chi w/Deby NO Caregiver Group	16 10am Yogalates—Max 11:30am EMS BP Screen before lunch 12pm Weston FD BBQ Lunch at Lyons Plain Firehouse  Center closing at 11am	17 7:45am Trip to Lavender Pond Farm (10am Tour) 10am Open Art 10am Strength-Sandy ZOOM 10am PB Clinic—Adv Beg 11am Pickleball 11:15am Strength—Sonya	18 10:30am Open Mahjong 10am Yoga ZOOM/In-house 10am PB Clinic-Adv Beg 11am Line Dancing 11am Pickleball Clinic-Int 12pm Pickleball 12pm Trivia + Lunch with Allison
21 10am Beaded Wire Wrap Bracelets with Vera 10am Knit, Crochet & Stitch 10:30am Tap Dancing 11am Pickleball 11am Qigong—Bill ZOOM 12pm Chess 1pm Draw w/Chris ZOOM	22 10am Agata Art Class 11am Pickleball 11:15am Sonya—Strength 12:15pm Tai Chi w/Deby	23 10am Yogalates—Max 11:30am Lunch: Mexican 12:45pm Nurse Knows Lecture: Balance	24 10am Garden Tour Trip to Bartlett Arboretum (Bring lunch, 11am Tour) 10am Open Art 10am Strength-Sandy ZOOM 10am PB Clinic—Adv Beg 11am Pickleball 11:15am Strength—Sonya	25 10:30am Open Mahjong 10am Yoga ZOOM/In-house 10am PB Clinic-Adv Beg 11am Line Dancing 10:30am Tech Class 11am Pickleball Clinic-Int 11:30am Coffee with a Cop 12pm Pickleball
28 10am Knit, Crochet & Stitch 10:30am Tap Dancing 11am Pickleball 11am Qigong—Bill ZOOM 12pm Chess 1pm Draw w/Chris ZOOM	29 10am Agata Art Class 11am Pickleball 11:15am Sonya—Strength 12:15pm Tai Chi w/Deby	30 10am Yogalates—Max 11:30am Lunch: Tony's Pizza truck 12:45pm Dr. Sachin Lecture Food Drive for Pantry begins	31 10am Open Art 10am Strength-Sandy ZOOM 10am PB Clinic—Adv Beg 11am Pickleball 11:15am Strength—Sonya 1pm Mark Albertson: Amer. Revolution: 1763-1775 The Beginning	----->



For updates, make
sure you receive our
weekly emails.

August 2025

Mon

Tue

Wed

Thu

Fri

				1 10am Art Camp #1: Dotty 10:30am Open Mahjong 10am PB Clinic-Adv Beg 11am Line Dancing 11am Pickleball Clinic-Int 12pm Open Coloring 12pm Pickleball
4 10am Knit, Crochet & Stitch 11am Pickleball 12pm Chess 12pm Price is Right + Lunch 1pm Draw w/Chris ZOOM ----->	5 NO Art Class 11am Pickleball 12:15pm Tai Chi – Deby 11:15am Strength – Sonya NO Bereavement Group	6 <i>Marge 102 bday</i> 10am Yogalates – Max 11:30am Lunch: Live to 102 with Grilled Chix + Mediterranean Salad 12:45pm Lecture: Gene- ology with Ed Surato <i>Food Drive Ends</i>	7 10am Open Art 10am Strength-Sandy ZOOM 10am PB Clinic – Adv Beg 11am Visit to Weston Food Pantry 11am Pickleball 11:15am Strength – Sonya	8 10am Art Camp #2 Play with Color 10:30am Open Mahjong 10am PB Clinic-Adv Beg 10:30am Writing Group 11am Line Dancing 11am Pickleball Clinic-Int 12pm Open Coloring 12pm Pickleball
11 9am Wake & Shake with Sharon 10am Knit, Crochet & Stitch 11am Mama Mia Singalong 11am Pickleball 12pm Chess 1pm Draw w/Chris ZOOM	12 10am Agata Art Class 11am Pickleball 11:15am Strength-Sonya 12:15pm Tai Chi – Deby	13 10am Yogalates – Max 11:30am Lunch: Summer Sandwiches + Salad 12:45 Dr. Sachin Lecture: Brain Health	14 10am Open Art 10am Strength-Sandy ZOOM 10am PB Clinic – Adv Beg 11am Pickleball 11:15am Strength – Sonya	15 10am Art Camp #3 Composition 10:30am Open Mahjong 10am PB Clinic-Adv Beg 10:30am Tech Class 11am Pickleball Clinic-Int 11am Line Dancing Final 12pm Pickleball
18 10am Knit, Crochet & Stitch 11am Pickleball 12pm Chess 1pm Draw w/Chris ZOOM	19 10am Agata Art Class 11am Art Chat w/Chris ZOOM 11am Pickleball 11:15am Strength-Sonya 12:15pm Tai Chi – Deby 1:30pm Caregivers Group	20 10am Yogalates – Max 11am EMS BP Screen 11:30am Lunch: Kabobs, Meat + Veggie 12:45pm Rita African Dance	21 10am Open Art 10am Strength-Sandy ZOOM 10am PB Clinic – Adv Beg 10:30am Trip: MOCA Photo Exhibit 11am Pickleball 11:15am Strength-Sonya	22 10am Art Camp #4 Collage (Final class) 10:30am Open Mahjong 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Pickleball
25 10am Knit, Crochet & Stitch 11am Pickleball 12pm Chess 1pm Draw w/Chris ZOOM	26 10am Agata Art Class 11am Pickleball 11:15am Strength-Sonya 12:15pm Tai Chi – Deby	27 10am Yogalates – Max NO Lunch	28 10am Open Art 10am Strength-Sandy ZOOM 10am PB Clinic – Adv Beg 11am Pickleball 11:15am Strength-Sonya	29 10:30am Open Mahjong 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Pickleball

Good Mood, Good Food Lecture and Lunch with Monique Wednesday, July 2, 12:45pm

Whether you've been a healthy eater your whole life, or lately fallen off the nutritional wagon, it's important to take a hard look at your diet at any age.

Good Mood Foods



Price is Right Game + Lunch With Monique Monday, August 4 Noon, Free

Guess prices of familiar items and win prizes.



Weston Fire Dept BBQ



WEDNESDAY, JULY 16
NOON

Lyons Plain Firehouse, 234 Lyons Plain, Weston



Trivia & Lunch with Allison Friday, July 18, Noon Free

In 1960, the first Hollywood Walk of Fame star went to this Oscar-winning actress who lived locally.



Answer: Joanne Woodward

Coloring and Noshing Fridays, August 1 and 8 Noon, Free

We provide pages of tempting artwork plus pens of every color while you relax with friends. Bring a brown bag lunch.



Mama Mia Sing-along Monday, August 11, 11am Free

You know the songs! You know the words! Come sing with everyone! Plus Popcorn!



Food Drive for Weston Pantry Last week of July, followed by Pantry Visit Thursday, Aug 7, 11am

Hunger doesn't take a vacation!

Help families within Weston with food insecurities. Shelf-stable items always welcome. Canned tuna or chicken, hearty soup (not chicken noodle), cooking oil, coffee, salad dressing, snack foods (ie. Goldfish or pretzels). Always appreciate donations



WESTON
Food Pantry

neighbors helping neighbors

that help our furry friends with canned cat or dog food.

Blood Pressure Check With Weston EMS

Wednesdays, July 16 (FD
BBQ) and Aug 20, 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, July 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

Victory goes to the player who
makes the next-to-last mistake.
-Savielly G Tartakower



Open Chess Play

Every Monday,
12-3 pm

From beginners to competitive,
every level is welcome to join
a very friendly
and growing
group!

Open Play Mahjong

Beginner Friendly

Every Friday, 10:30am-Noon, Free

Not a class—just
a group of fellow
beginners looking
to play. Especially
fun if you don't
take it too seri-
ously. Come chat
and laugh.



Lunches

Wednesday Lunch

Please RSVP by noon on Monday. *All lunches served at 11:30am
at the Senior Center Café unless otherwise noted.*

July 2 — Pasta Primavera & Greek Salad, sponsored by First Light

July 9 — Caraluzzi Grilled Chicken & Pasta Salad

July 16—Weston Fire BBQ of Hamburgers & Hot Dogs, sponsored by Weston FD

July 23—Mexican

July 30—Tony's Pizza Truck

Aug 6—"Live to 102" Lunch of Grilled Chicken & Mediterranean Salad

Aug 13—Summer Sandwiches & Salad

Aug 20—Healthy Kabobs

Aug 27—No Lunch

To register, go online to MyActiveCenter.com or call the Weston Senior Activities Center at 203-222-2608.

Tap Dancing, Mondays July 7-28 (no classes in August as of now, may be added)

One of the best activities for your brain and body. Don't need special shoes, because you can Brush, Buck and Dig in regular sneakers. Join the fun!

No Classes
Friday, July 4

Qigong with Bill: Mondays at 11am (Zoom), \$20 for 4 classes (no classes in August)

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 and Fridays, Noon-2pm, Free

Drop in and play, or reserve the court for another time throughout the week. Free to play.

Note that Tuesdays are Beginner-Friendly.

Tai Chi with Deby: Tuesdays, 12:15-1:15pm (In-House), \$5 Drop-in

Join the growing community with participants as you capture your core Spirit and Vitality through full-body motion. No prior experience needed and all levels welcome. All who attend will leave smiling, renewed and awakened with energy. Guaranteed.

Strength & Stretch with Sonya:**Tuesdays and Thursdays at 11:15am (In-House), \$5 per class, 12 people max**

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.

Yogalates Workout 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.

Gentle Yoga: Fridays at 10am (Hybrid, Zoom & In-House), \$15 for 3 classes (no classes in August)

This hybrid class is a mix of gentle warm-ups, classic and creative yoga postures (with modifications for chair poses) and a guided relaxation/meditation at the end. Leave feeling more balanced and peaceful!

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

Line Dancing with Jillian: Fridays July 11-August 15, 11am, Free

Jillian is back for a few weeks during her summer break to teach you easy line dances that you learn in no time.

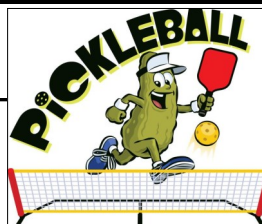
Pickleball Clinics

Class Limit of 8 players, \$5 per class

Adv. Beginner Level Every Thursday, Friday: 10-11am

Intermediate Level Every Friday: 11am-Noon

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.

**Attention all Pickleballers!
Outdoor Courts**

The Weston Outdoor Pickleball courts at Bisceglie Park are **OPEN**. They are run by Weston Park & Rec:

www.westonct.gov

Register to reserve a spot or sign up for lessons. You do not need to be a Weston resident.

MEDICARE INFORMATION

Medicare and You—2025

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 doctor 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 doctor must try other meds first. (Not all formularies in the 14 plans in CT for 2025 are the same nor are the rate meds carry in the same tiers.) In a “step” situation the doctor must submit paperwork 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 if you have to go. 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 medical 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.** Never a fee for these services.

Meta Schroeter
CHOICES Counselor

Rashida Miller
CHOICES Counselor

Weston Department of Human Services

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

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

Melissa DiVito, LCSW
Case Worker
mdivito@westonct.gov
203-222-2585

Financial assistance is available for those who qualify for any classes and lunches at the Senior Center. 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

Crisis Text Line: Text HOME to 74174



Dial-a-Ride

(203) 222-2576

**Please call to make an
appointment.**

- 48 Hour prior notice needed.
- Medical appointments take priority.
- Questions? Call the Center for answers at (203) 222-2608.

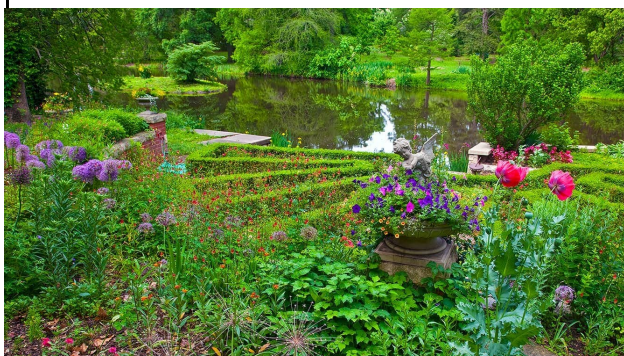
Trips

Trip to Lavender Pond Farm

Thursday, July 17

Bus leaves Center at 7:45am, \$10 per person (bring \$ for lunch)

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. Bring money for lunch afterwards at the Copper Skillet.



Garden Tour at Bartlett Arboretum

Thursday, July 24

Bus leaves Center at 10am, \$10 per person

Bring peanut/shellfish-free bag lunch

With 13 gardens and hundreds of new species to discover, the Bartlett is a living classroom for people of all ages to experience and enjoy nature.

Trip to MOCA Photography Exhibit:

Tod Papageorge: At the Beach

Thursday, August 21

Bus leaves Center at 10:30am, Free

Tod Papageorge (b. 1940), a Connecticut-based, internationally-acclaimed artist and teacher whose contributions to American street photography in the 1960s helped shape the genre. Making its East Coast debut, the exhibit features large-scale black and white photographs that Papageorge produced during several trips to the beaches of Los Angeles in the 1970s and 1980s.



Trip to Weston Food Pantry

Thursday, August 7

Bus leaves Center at 10:30am, Free

Weston Food Pantry is a volunteer run 501c3 organization that resides at Emmanuel Church. Donations are accepted year-round and especially needed during vacation months. Help us with food staples during our week drive and top it off with a visit to the panty to see your donations on the shelves. More info at www.westonfoodpantry.com



Please note that these trips (along with other programs and events) are sponsored by the **Friends of the Weston Senior Activities Center**.

So **THANK YOU for your donations** to the Friends. If you would like to contribute, please contact the Center or go to our Donate page at www.westonseniorcenter.info.

