



WESTON SENIOR ACTIVITIES CENTER

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

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

www.westonseniorcenter.info

Weston Senior Services and Resources

Weston Senior Center

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

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

Center Staff:

Director: Wendy Petty
Program Coordinator:
Carla Jegen
Asst. Program Coordinators:
Linda Gilmore
Angela Connaughton

Dial-a-Ride

203-222-2576
Driver: Roy Marsh
(24-hour notice required)

Dept. of Social Services

203-222-2663
Director: Allison Lisbon
Assistant: Rose Cruz

Weston Town Hall

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

Commission on Aging

Bruce Lorentzen, Chair
Helen R. de Keijzer
Terry Castellano
Francine Goldstein
Don Gumaer
Alison McElhone
Richard Wolf

The Friends of WSAC

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



July 2020

Greetings! We hope you are doing well and staying healthy.

We are happy that you are joining our virtual programs and staying in touch. We hope you will continue to sign up and join in our exercise classes, workshops, and other programs, including curbside lunches, throughout the summer.

We would like to thank the Weston Adult Soccer League! The Friends of the Weston Senior Activities Center is the recipient of their annual fundraising this year and we are so grateful. This money will be used to support our curbside lunches, special events, and other summer programming. We would also like to thank Peter's Market for preparing and packaging these wonderful lunches.

We would also like to thank the Weston Volunteer Fire Department for hosting the June 17th curbside lunch pick up, catered from Calise's Deli. It was absolutely wonderful!

If you have any questions or need help with anything, please do not hesitate to reach out. Not only can we help, but we also have a wonderful volunteer network in town called Weston Helping Weston. Email or call us at: 203-222-2608 (we check our voicemail multiple times per day, so feel free to leave a message).

Please also visit our website for up-to-date changes and additions.

<https://www.westonseniorcenter.info/index.php>

Don't forget to join our Facebook page!

Go to Facebook and search for: Weston Senior Activities Center.

We share town information, fun links, new programs, and ways to share ideas!

We miss seeing you.

Wendy, Carla, Linda, Angela and Roy

Weston Dial-a-Ride

Dial-a-Ride is not driving for medical appointments yet, but as soon as he is able to do so, Roy will be ready. We will keep you posted.

Donations were made to our Senior Center in Memory of Dennis Morelli



Vonnie, Roy and Peter Spies



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.

Community Resources and Updates:

Weston's Town Hall, please visit: <http://www.westonct.gov/>

The website provides Covid-19 updates, as well as current information on town openings, public meetings, etc. We would like to thank Emergency Operations Director, Sargent Joe Micelli for keeping us informed through his announcements, which can also be found on the Town Hall website. And while you're there, don't forget to sign up for Everbridge: Weston's new preparedness and community news resource.

Westport Weston Health District, please visit: <http://wwhd.org/>

The website provides current and up to date health and safety guidelines

Weston's Community Help Sheet, please visit: <https://www.westonseniorcenter.info/content/Community-Help-Sheet.pdf>

This document offers important information about town, regional, and national services and resources. Please print the page so you have it readily available. We thank Helen de Keijzer, past chair and current member of our Commission on Aging for working on this resource and including as much information as possible on two pages. If you have any questions or suggestions, please let us know.

Weston Senior Center, please visit: <https://www.westonseniorcenter.info/index.php>

If you would like to be added to the Senior Center email list, please send an email to wpetty@westonct.gov. We send out information about updates, classes, senior resources, volunteer opportunities, and weekly events. *If you still need a mask, please let us know.*

Compo Beach Stickers, please visit: <https://www.westportct.gov/government/departments-a-z/parks-and-recreation>

The rate for the beach pass for Weston seniors is \$217. The website provides information on how to get one or call Westport Parks and Recreation: (203) 341-5152.

Weston Parks and Recreation, please visit: <http://www.westonct.gov/programs/parksandrec>

For more information about the parks and openings of the track or other facilities, or to reserve a tennis court, please visit their website.

Weston Social Services, please visit: <http://www.westonct.gov/townhall/27652/28677/29470>

For the many programs that are available through our Department of Social Services, see page 6.



Weston Public Library

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

Contactless Curbside Pickup and returns began June 15th!
Details are posted on the library website.

Friends of the Library Classic Short Story Hour

Friends of the Library Short Story Hour -- Wednesdays, July 1 & 15, 1:30pm.
No preparation required! Email wpshortstories@gmail.com to register.

Book Groups and Discussions:

Friends of the Library Book Group, Lincoln in the Bardo by Saunders
July 9, 10:30am.

Book Discussion with Dr. Sharon Sobel, The Turn of the Screw by James
July 10, 11am.



Clubs

Chess Club: Mondays 1:30pm. Join lichess.org

We will send a new tournament arena each week! In the arena, our group can play each other and rotate games.

Are you interested in joining the club? Let us know and Scott can help you get registered.

We have joined up with some of the Fairfield Chess Club members. They play on Wednesdays. You are invited to play in either or both.

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**Bingo Club: Alternate Tuesdays at 1pm, July 14th and July 28th.**

Prizes of gift cards to local stores and restaurants will be mailed out to you.

Click on link below to get a bingo card.

July 14th: <https://bingobaker.com/play/5f4fb83934a74b5f>

July 28th: <https://bingobaker.com/play/9536ae4da48e20bc>

Then click on Generate Card, a yellow box will appear. Click on the box to print the card

(if you have questions call the Senior Center at 203-222-2608)

Click on the Zoom link (in blue) below

Tuesdays at 1pm to start playing



Join Zoom Meeting

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

Meeting ID: 834 8129 2576



Linda Gilmore has been searching for interesting art and culture links to share with you on our Center's Facebook page.

Here is a sampling of the links.

Don't forget to share your favorties with Linda!

Email: [lgilmore@westonct.gov](mailto:lgilmore@westonct.gov).

<https://www.edgar-degas.org/>

<https://lialisson.com/5-types-of-old-photographs/>

<https://m.youtube.com/watch?v=f6IAkO8NWho&feature=youtu.be>

<https://mymodernmet.com/mathew-brady-civil-war-photos/>

<https://mymodernmet.com/carl-stormer-hidden-camera-photography/>

<https://www.claudemonetgallery.org/>

<https://m.youtube.com/watch?feature=youtu.be&v=IUN664s7N-c>

<https://m.youtube.com/watch?feature=youtu.be&v=vhf0RZgOfg>

<https://mymodernmet.com/louis-comfort-tiffany-lamps/>

<https://mymodernmet.com/underwater-basilica-lake-iznik/>

<https://mymodernmet.com/peggy-guggenheim-facts/>

<https://mymodernmet.com/ossi-saarinen-finland-fairy-forest-animals/>

## Ice Cream Grab and Go

*Skip's Ice Cream Truck*

Thursday, July 16th at 2pm, Weston Senior Center

Free, Registration Required.

Email: [cjegen@westonct.gov](mailto:cjegen@westonct.gov) or call (203) 222-2608.



Sponsored by

*Friends of the Weston Senior Activities Center*

## Some Programs Coming in August

- Thomas Burke will be back for a four part series on comparative religion. 8/3, 8/10, 8/17, 8/24
- Mark Albertson will be presenting a talk on Jackie Gleason. 8/7
- Lisa Alhalbal, SWCAA SMP Coordinator and CHOICES Counselor will be back with another very informative discussion about Medicare Scams. Date TBD
- Stars of Hope: Project Connecting Children with Seniors. Date TBD

**Guest Speakers (via Zoom)****Barbara Pearson, Mystery Author****Thursday, July 9th at 11:00am**

Barbara Pearson-Rac writes her cozy mysteries using New York City and Westport, Connecticut as her backdrop. Since her career included teaching Criminology at the University of Massachusetts, commuting daily to New York City on the Metro-North train, and having never written fiction, she wrote about what she knew. As a result, Diana Jeffries and her gang of friends emerged.

<https://us02web.zoom.us/j/8753837825>

Meeting ID: 875 383 7825

**Mark Albertson: Declaration -13 United States of America****Friday, July 10th at 11:00am**

The United States Declaration of Independence is the pronouncement adopted by the Second Congressional Congress meeting at the Pennsylvania State House (now known as Independence Hall) in Philadelphia, Pennsylvania, on July 4, 1776. The Declaration explained why the Thirteen Colonies at war with the Kingdom of Great Britain regarded themselves as thirteen independent sovereign states, no longer under British rule.

<https://us02web.zoom.us/j/81352462420>

Meeting ID: 813 5246 2420

**Angela Deleon, People's United Bank: Avoid These Scams**  
**Tuesday, July 21st at 12:00pm**

Current scams affecting older adults during the Covid-19 Crisis. Angela will be presenting many of the scams that are out there today in our area. You won't want to miss this important presentation.

Dial In: 1- 646 - 558 - 8656

Meeting ID: 961 0105 0325

**Janine Oliva, Sheraton Caregivers: The Virtual Legacy Project**  
**Thursday, July 23rd at 10:00am**

Join Sheraton Caregivers for a virtual Legacy Project. It's time to tell your story. A legacy book is for anyone to create about him or herself, or to help another complete. Create a meaningful biography that can be kept by your loved ones forever. Preserve your family's history; pass on family stories, recipes, jokes, life lessons and other intangible heirlooms; remember a good life lived; and process what YOUR life has meant to others.

[https://us04web.zoom.us/j/79524431331?](https://us04web.zoom.us/j/79524431331?pwd=UXdKRXdVRnRyVStpN2pjQ2RmRzE4QT09)

[pwd=UXdKRXdVRnRyVStpN2pjQ2RmRzE4QT09](https://us04web.zoom.us/j/79524431331?pwd=UXdKRXdVRnRyVStpN2pjQ2RmRzE4QT09)

Meeting ID: 795 2443 1331

Password: 12345

**CT Audubon Society: Birds of Prey, Backyard Birding**  
**Thursday, July 30th at 2:00pm**

Join us for a virtual birding program on the world of backyard birds.

[https://us02web.zoom.us/j/83800910981?](https://us02web.zoom.us/j/83800910981?pwd=bENrN0Z3UXFISVFFZU5HZDZZSG1CZz09)

[pwd=bENrN0Z3UXFISVFFZU5HZDZZSG1CZz09](https://us02web.zoom.us/j/83800910981?pwd=bENrN0Z3UXFISVFFZU5HZDZZSG1CZz09)

Meeting ID: 838 0091 0981

Password: 727575

**Exercise and Wellness**

***Fitness waiver must be signed  
before starting exercise classes***

***There is no fee for these classes this month, but you  
must have a signed waiver on file\****

**Qi Gong with Bill: Mondays at 11am**

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

**Pilates with Karen: Tuesdays at 1pm**

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

**Tai Chi with Mari: Tuesdays at 3pm**

Tai Chi helps to decrease stress and improve energy, balance and flexibility. Mari Lewis teaches the traditional Yang style Tai Chi; basic knowledge is required.

**Feldenkrais with Cathy : Wednesdays at 10:00am**

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

**Strength & Fitness with Sandy: Thursdays at 11:00am**

Utilizing balls, stretch bands and weights while sitting and standing, you will stretch and strengthen all muscle groups. Emphasis is on flexibility and balance.

**Yoga with Melania: Fridays at 10am**

This class is an experience for healing Mind, Body and Spirit through gentle movement, meditation, and breath-work, bringing students compassionately back "home" to themselves.

**\* Please fill out the remote exercise waiver**

<https://www.westonseniorcenter.info/content/RemoteExerciseWaiver.pdf>

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Note: If you are not joining our exercise classes, please keep walking and doing your steps. The high school track is open and the tennis courts are open. Courts have to be reserved through Weston Parks and Recreation.

<http://register.westonct.gov/wbws/webtrac.wsc/wbsplash.html?wbsi=9992c114-905d-6494-ea11-27a4ed3feeb1>





July 2020

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
29 11am Qigong w/Bill 1pm Drawing w/Chris 1:30pm Chess Club	30 1pm Pilates w/Karen 1pm Bingo w/Carla 3pm Tai Chi w/Mari	1 No Feldenkrais today 11:30am-12pm Curbside Lunch Pick Up —sign up by Monday	2 No Strength & Fitness	3 Closed No Classes
6 11am Qigong w/Bill 1pm Drawing w/Chris 1:30pm Chess Club	7 1pm Pilates w/Karen No Bingo Today 3pm Tai Chi w/Mari	8 10am Feldenkrais 11:30am-12pm Curbside Lunch Pick Up —sign up by Monday	9 11am Strength & Fitness w/Sandy 11am Guest Speaker: Barbara Pearson, mys- tery author 1pm Caregivers Support Group	10 10am Yoga w/Melania 11am Guest Speaker Mark Albertson: <i>Declaration of the 13 Unit- ed State of America</i>
13 11am Qigong w/Bill 1pm Drawing w/Chris 1:30pm Chess Club	14 1pm Pilates w/Karen 1pm Bingo w/Carla 3pm Tai Chi w/Mari	15 10am Feldenkrais 11:30am-12pm Curbside Lunch Pick Up —sign up by Monday	16 11am Strength & Fitness w/Sandy 2pm Skips Ice Cream Grab and Go	17 10am Yoga w/Melania 10am Drawing Flowers with Dick Rauh
20 11am Qigong w/Bill 1pm Drawing w/Chris 1:30pm Chess Club	21 12pm Guest Speaker Virtual Lunch & Learn <i>Avoid These Scams!</i> 1pm Pilates w/Karen No Bingo Today 3pm Tai Chi w/Mari	22 10am Feldenkrais 10:15am Parkinson's Support Group 11:30am-12pm Curbside Lunch Pick Up —sign up by Monday	23 10am Legacy Project With Janine 11am Strength & Fitness w/Sandy	24 10am Yoga w/Melania 10am Drawing Flowers with Dick Rauh
27 11am Qigong w/Bill 1pm Drawing w/Chris 1:30pm Chess Club	28 1pm Pilates w/Karen 1pm Bingo w/Carla 1pm Art Chat w/Chris 3pm Tai Chi w/Mari	29 10am Feldenkrais 11:30am-12pm Curbside Lunch Pick Up —sign up by Monday	30 11am Strength & Fitness w/Sandy 2pm Guest Speaker CT Audubon Society <i>Backyard Birding</i>	31 10am Yoga w/Melania 10am Drawing Flowers with Dick Rauh

Medicare Consultations

Meta Schroeter, a CHOICES Counselor, is offering Medicare consultations by telephone. Please let us know if you need to make an appointment with her and we will connect you.

Department of Social Services

Allison Lisbon, MSW, LCSW

Director of Social Services

alisbon@westonct.gov

203.222.2663

Rose Cruz, Assistant

rcruz@westonct.gov

203.222.2556

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

Have you experienced a recent job loss or reduction in income that is making it difficult for you to pay your bills? Weston Social Services can help. Weston Social Services is a resource right here in town that can help you through difficult times.

Some of the areas we can assist with are:

- Financial assistance for food, heat, and electricity
- Eversource payment programs
- Operation Fuel grants
- Salvation Army grants
- Access to the Weston Food pantry
- The school's free and reduced lunch program
- State Energy Assistance
- Weston Warm-Up Fund
- Meals on Wheels
- CHOICES Medicare counseling
- Mental health referrals
-

Our office is open Monday-Thursday 9 am-4 pm. Please leave a message and someone will get back to you as soon as possible. Our office is closed to the public at this time, therefore a phone conference can be scheduled.

If you have an urgent matter, that occurs after hours, please call [211](tel:211).

Protect Yourself From Scams! Presented by Angela DeLeon of People's United Bank, July 21, 12:00pm



Protect Yourself from Coronavirus Scams

Healthcare Scams Charity Scams Grandparents Scams Pet Scams

Join People's United Bank for a virtual Lunch & Learn about current scams and how to protect your assets.

Wednesday, July 21, 2020 at 12:00 pm

Dial In: 1-646-958-8656 Meeting ID: 9610105 0325

Remember to have a pen and paper handy to jot down important notes.



Scammers have been taking advantage of the COVID-19 pandemic to defraud individuals in a variety of new ways. As with fraud at any other time, many of these schemes specifically target older adults.

Dial in 646-558-8658

Meeting ID #

961-0105-0325

Please note this is an audio lecture, not video.

Department of Youth Services

Laura Cleary, LMSW

(203) 222-2585

For additional resources on remote mental health resources and coping strategies and techniques, visit Weston Department of Youth Services website, or reach out to Laura Cleary, our Director of Youth Services, lcleary@westonct.gov.

<http://www.westonyouthservices.org/>

Parkinson's Support Group

July 22nd 10:15am-11:00am (4th Wednesday of each month)
Facilitated by Maureen Matuszewski

The group is facilitated by Maureen (through the Westport Center for Senior Activities) and she arranges guest speakers, enables a round table discussion on everyday issues, sharing of ideas, and encourages support and camaraderie. There is always information people can learn from each other. If you are interested in joining this group, or know someone who is, please email Maureen Matuszewski: maureenmatuszewski@gmail.com

Caregivers Support Group

Thursday, July 9th, 1pm

Allison Lisbon, LCSW, will host a monthly support group via Zoom. All caregivers are welcome to attend. This is a wonderful group that shares ideas, information and camaraderie. If you are caring for a loved one, this is a great place to connect.

[https://us02web.zoom.us/j/88361177187?](https://us02web.zoom.us/j/88361177187?pwd=K1B0d0tudDQva1RKTkQzWTNWQ21uZz09)

[pwd=K1B0d0tudDQva1RKTkQzWTNWQ21uZz09](https://us02web.zoom.us/j/88361177187?pwd=K1B0d0tudDQva1RKTkQzWTNWQ21uZz09)

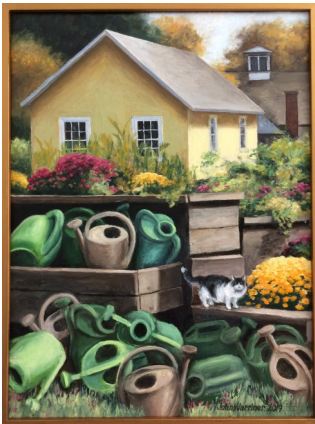
Meeting ID: 883 6117 7187

Password: 968112

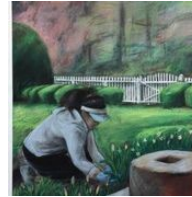
July Artist Spotlight

John M. Warriner

John Warriner works in a realistic tradition, inspired by American artists and illustrators of the early and mid 20th Century. Warriner's drawing and painting depict people and places important to him. Daily activities, such as walking the dog, cooking maple syrup, or catching a fish are moments in time preserved in his paintings. The ordinary activities of life are celebrated and captured in his work. A classically trained artist, Warriner uses traditional painting and drawing techniques that would be familiar to artists from the last two centuries. In addition to his fine arts career, Warriner worked in New York City as an advertising art director and illustrator for 25 years, and is a retired Connecticut certified art teacher.



Check our Facebook page to see all 23 photos of his work!



Beginning Drawing with Chris Goldbach

Mondays, 1pm July 6, 13, 20, 27 (Zoom)

Please come prepared with some paper (copy paper is fine or whatever you have) a drawing tool (pencil is ideal but a pen or crayon would work) and an empty, clean coffee mug.

There is no fee for this class, but space is limited. Please email wpetty@westonct.gov if you are interested in joining the class.

ART CHAT with Chris Goldbach

Tuesdays, 1pm July 28 and August 25 (Zoom)

Join Mastering the Masters instructor and artist Christine Goldbach to talk about everything from how to hold a pencil to art history. Chris Goldbach will talk about art in all its forms. This class will look into the wide world of art, will answer your questions, and solve your art problems from a-z, abstraction to zinc white! Play along with Chris, have your art supplies (any medium) handy and be ready to explore. There is no fee, everyone welcome. ***This class is hosted by the Fairfield Senior Center.***

[https://zoom.us/j/91432461509?](https://zoom.us/j/91432461509?pwd=QkhKaVFXQ0VLYXBPN1N1Z3BhQXNtZz09)

[pwd=QkhKaVFXQ0VLYXBPN1N1Z3BhQXNtZz09](https://zoom.us/j/91432461509?pwd=QkhKaVFXQ0VLYXBPN1N1Z3BhQXNtZz09)

Meeting ID: 914 3246 1509

Password: ArtChat

Drawing Flowers with Dick Rauh

Fridays, 10am-12pm July 17, 24, 31, August 7, 14, 21

Via Zoom Meeting—Class is full, waitlist only

A different flower each week. Learn to look closely to produce an accurate drawing in pencil. Dick gives you a short botanical lecture, and encourages students to see and draw the details. Be ready with drawing pencils, paper (any size) and a magnifying glass.

Dick is a botanical artist who teaches at the NY Botanical Gardens as well as several local venues.

\$30 for Series, checks payable to:

Weston Senior Center
PO Box 1007, Weston, CT 06883

