



WESTON SENIOR ACTIVITIES CENTER

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

Monday-Thursday - 9:00 am to 3:00 pm
Friday - 9:00 am to 12:00 pm

www.westonseniorcenter.info

May/June 2017

Weston Senior Services & Resources

Weston Senior Center
203-222-2608
www.westonseniorcenter.info

Center Director:
Wendy Petty
Program Coordinator:
Carla Jegen
Asst. Program Coordinator:
Linda Gilmore

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

Dept. of Social Services
203-222-2663
Director:
Charlene Chiang-Hillman
Administrative Assistant:
Suzanne Friedman

Dial-a-Ride
203-222-2576
Driver: Gordon Green
(24-hour notice required)

Weston Town Hall
203-222-2500
www.westonct.gov

Commission on Aging
Helen R. de Keijzer, Chair
Bruce Lorentzen, VC
Don Gumaer, Secretary
Peggy A. Anderson
Allison Lisbon
Joy K. Peshkin
Dale Robinson

Greetings!

Are you new to the Weston Senior Center? Interested in coming but haven't stopped in yet? Now is a perfect time to visit. We have great exercise classes, interesting lectures, excellent classes and programs, but most important—incredibly nice and welcoming people.

We hope you will check out our trips in May and June. Now that the weather is getting better, we are happy to use our new excursion bus. Carla and Linda have done an amazing job planning trips and programs for you, but they love to hear new ideas, so please continue to let us know what you are interested in seeing and exploring. We have a few spaces left on our Circle Line Cruise scheduled for June 20th. Call us for details and to reserve your spot.

Don't forget to view our new website: www.westonseniorcenter.info. Mark the page as a favorite and check it often for updates for the week. Gordon Green, our Dial-a-Ride driver is available to take Westonites to medical appointments, shopping, to our senior center or to run errands. Just call him 24 hours in advance to make a reservation (203) 222-2576.

If you are interested in playing bridge, canasta, poker, or Rummikub? Let us know; we are forming new groups. If you have your own group and want to play here, we have a great card room that you can use; we will work with you on finding a time.

Our Friends of the Weston Senior Activities Center continue to sponsor special lectures and trips for our senior center. Look for the Friend circle symbol inside.

See you soon
Wendy, Carla, and Linda

~~~~~ Donations Made in Memory

Barbara and Bob Rowland in Memory of Jim Shaper
Susan Richard in Memory of Jim Shaper
Helen and Arne de Keijzer in Memory of Terry Hope Hulley



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.

Movies



All Movies Start at 12:30pm

Sign up required. (203) 222-2608.



5/4: Seasons-G: After traveling the world alongside migrating birds and diving the oceans in acclaimed nature documentaries, *Winged Migrations* and *Oceans*, Jacques Perrin and Jacques Cluzaud return to the lush green forests that emerged across Europe following the last Ice Age. Winter had gone on for 80,000 years when, in a short period of time the ice retreated, the landscape metamorphosed, the cycle of seasons was established and the beasts occupied their new kingdom.

5/11: Mr. Church-PG13: Set 1965 Los Angeles, Mr. Church begins with a stranger arriving on the doorstep of 10-year old Charlotte "Charlie" Brody and her single mother Marie Brody, who is battling breast cancer. They soon learn that the quiet man, Henry Church has been hired by Marie's recently deceased former lover to cook for them and help maintain the household.

5/25: The Founder-PG13: The Founder features the true story of how Ray Kroc (Michael Keaton), a struggling salesman from Illinois, met Mac & Dick McDonald, who were running a burger operation in 1950s system of making food & saw franchise potential. It deals with how Kroc maneuvered himself into a position to be able to pull the company from the brothers and create a billion dollar empire.

6/1: Silence-R: Martin Scorsese's *Silence* tells the story of two Christian missionaries (Andrew Garfield & Adam Driver) who face the ultimate test of faith when they travel to Japan in search of their missing mentor (Liam Neeson) at a time when Christianity was outlawed and their presence forbidden.

6/8: Collateral Beauty-PG13: When a successful New York advertising executive suffers a great tragedy he retreats from life. While his concerned friends try desperately to reconnect with him, he seeks answers from the universe by writing letters to Love, Time & Death. But it's not until his notes bring unexpected personal responses that he begins to understand how these constants interlock in a life fully lived, and how even the deepest loss can reveal moments of meaning and beauty.

6/22: Hidden Figures-PG: *Hidden Figures* is the incredible story of Katherine Johnson, Dorothy Vaughan, and Mary Jackson, brilliant African-American women working at NASA. They served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race, and galvanized the world. The visionary trio crossed all gender and race lines to inspire generations to dream big.

6/29: La La Land-PG13: Sebastian (Ryan Gosling) and Mia (Emma Stone) are drawn together by their common desire to do what they love. But as success mounts they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart.

Wednesday Luncheons and Presentations

All luncheons are \$4.00.

5/3: Senior Center

Movie: Queen of Katwe: Disney presents *Queen of Katwe*, a movie based on a vibrant true story starring Lupita Nyong'o and David Oyelowo and directed by Mira Nair. A Ugandan girl's life changes forever when she discovers she has amazing talent for chess, in this celebration of the human spirit.

5/10: Norfield Church Hall

Hosted by Weston Women's League

Entertainment by Kandie Carle

Performance artist and historian, she dresses as a Victorian lady from corset to gloves and talks about the history of that time.

5/17: Senior Center

Presentation by Dr. Richard Ellis, "*Amazing Things Your Body Does Every 24 Hours*" Stay for Richard's presentation on all of the amazing things our bodies do for us each day!

5/24: Senior Center

Presentation by Shoreline Integrative Pharmacy

Their pharmacist will be here talking about supplements.

5/31: Senior Center

Presentation by Elsa and Dan Cantor on Iceland.

Elsa & Dan are retired educators and avid travelers who invite you on a journey to Iceland, the land of volcanoes, glaciers and sagas. Iceland is a small island with a rich Viking history, a treasure trove of geological phenomena, a vibrant community and a fascinating culture.

6/7: Senior Center

Movie: Bakery in Brooklyn: Vivien and Chloe have just inherited their Aunt Isabelle's bakery. Chloe wants a new image and product, while Vivien wants to make sure nothing changes. Their clash of ideas leads to a peculiar solution: they split the shop in half with a black line in the middle and each runs her business as she sees fit.

6/14: Senior Center

Movie: Winged Migration: A series of journeys around the world with migratory birds. As the seasons and the climates change, we follow different birds through an assortment of beautiful countries & locales.

6/21: Senior Center

Movie: A Space Between Us: Gardner Elliot, the first human born on Mars, begins an online friendship with Tulsa, a teen in Colorado. On his maiden voyage to Earth, the 16 year old finally gets to experience all the joys and wonders of a world he could only read about. Problems arise when scientists discover that Gardner's organs can't withstand the atmosphere.

6/28: Senior Center

Christophe's Crepe Truck will be here for our lunch \$4.00 for a crepe and salad. Come between 11:45am-1:15pm to have Christophe make you a crepe. The movie will start at 12:45pm, so if you want to watch the movie, come on the early side.

Movie: A Dog's Purpose: A devoted dog discovers the meaning of its own existence through the lives of the humans it teaches to laugh and love.



Friday, June 30th
10:00am—12:00pm

Join us for Potluck Brunch!
This is free, bring a dish to share.
You must sign up and let us know what you will be bringing.

Brain Games and Lunch

Sponsored by
Wilton Meadows

May 18th at 12:00pm and June
15th at 12:00pm

Come and enjoy lunch and play
some great "brain games/
teasers" to keep you thinking!

Sign up required.

(203) 222-2608



Our Seniors Are Going Places

Monday, May 15th: **The New England Carousel Museum** and Boxed Lunch. Depart from Norfield at 9:50am. Sign up is required. \$15.50 for admission and boxed lunch.

Tuesday, May 30th: **The Bruce Museum in Greenwich** Canvas and Cast (Highlights of the museum) and lunch at Rens Dumpling and Noodle House. Sign up required. Depart from Norfield at 9:00am. \$10.00 for tour (due by April 28th). Bring money for lunch.

Thurs. June 1st: **Westchester Broadway Theatre, Mamma Mia** Depart from Norfield at 10:15am. \$65.00. Trip is full, call to be added to our waitlist.

Tuesday, June 6th: **White Flower Farm**, lunch location to be determined. Depart from Norfield at 9:45am. Sign up is required. Visit the Gardens and Shop for your summer flowers. Bring money for lunch.

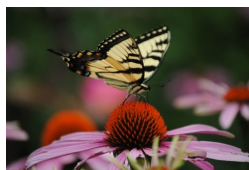
Thursday, June 8th: **The Spinning Wheel Restaurant** Depart from Norfield at 11:30am. Sign up is required. Bring money for lunch.

Tuesday, June 13th: **Circle Line Sightseeing Cruise— NEW DATE** Depart from Norfield at 8:45am. This is a coach bus trip. Sign up is required. The trip is \$50.00 (\$25.00 non-refundable deposit due at time of sign up). This includes sightseeing cruise, boxed lunch, coach bus, and driver gratuity. This trip is sponsored by our Friends of the Weston Senior Activities Center.

Friday, June 23rd: Lunch at **One Twenty One at Oxford Airport—NEW DATE** Depart from Norfield at 11:00am. Sign up required. Watch the planes take off while you enjoy your lunch. Bring money for lunch.



Linda Gans Photography Exhibit May 1st—June 30th



Linda Gans uses her garden as a source of inspiration for her photography. After raising her family and enjoying a successful career in luxury item sales, Linda retreated to her own backyard sanctuary. As an avid gardener for many years, she took on the hard labor of planting, pruning and watering as her almost daily workout. For Linda, "The Garden" is a place to be peaceful, relieve stress and to be close to nature. After creating, expanding and recreating this space it was time to document the results.

Splurging on a Nikon, it became a challenge to capture the delicate butterflies and richly colored flowers at the right moment. With a copious amount of patience, the amazing telephoto lens allowed for her to encapsulate incredible detail in the finished product. Because Linda has designed and nurtured the garden areas herself, it gives her the double pleasure to capture the wonderful beauty of nature from her own labor of love in her extraordinary photographs.

Walk in our Gym Tuesday, Thursdays, and Fridays

10 laps = 1/4 mile.

Grab your friends or walk alone!

If you want us to keep a card on file so you can keep track of your progress we will!



Exercise Classes!

Tap Dancing with Sandy

Mondays and Thursdays at 10:00am - Wear Tap Shoes. Our tap group is growing! Come and try a class!

Meditation with Suzanne

Mondays from 9:30am–10:15am.

There is no charge for meditation, come and enjoy this peaceful time with Suzanne.

Feldenkrais with Cathy

Mondays and Wednesdays at 10:00am

Whether you have pain or stiffness due to arthritis, injury, stress, surgery, or just sitting too long, these gentle lessons will help you feel better, move with greater ease, and enjoy life again.

Pickleball

Mondays at 11am

Thursdays at 11:15am

Strength & Fitness with Sandy

Tuesdays & Thursdays at 11:00am

Tai Chi with Bill Wren

Thursdays at 9:30am

Tai Chi with Mari Lewis

Tuesdays at 9:30am

Wii Bowling with Anne

Thursdays at 10:00am

Yoga with Melania

Fridays at 9:00am

Gentle Yoga with Joy

Wednesdays at 10:00am

Pilates with Karen

Mondays at 12pm

Cost of individual classes vary. Series discounts may be available, call (203) 222-2608 for details.

May 2017

Mon

Tue

Wed

Thu

Fri

1 9:15am Commission Mtg 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 10:30am Medicare appt. 11am Pickleball 12pm Pilates 11:00pm Massage by appt 1pm Art With Friends	2 8:30am Y's Men's Back-gammon 9:30am Tai Chi w/Mari 11am Strength & Fitness 1-4:00pm Duplicate Bridge 1:30pm Walk in the Gym	3 10am Feldenkrais 10am Yoga 12pm Lunch at the Senior Center Sign up required 12:45pm Movie: <i>The Queen of Katwe</i> <i>Weston EMS Blood Pressure</i>	4 9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 11:15am Pickleball 12:30pm Movie: <i>Seasons</i> 1:30pm Walk in the Gym	5 9am Yoga 10am Canasta 11am Walk in the Gym 10am Mark Albertson The Nazi Revolution: The Stab in the Back 
8 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Current Events 11am Pickleball 12pm Pilates 11:00pm Massage by appt. 1pm Art With Friends	9 8:30am Y's Men's Back-gammon 9:30am Tai Chi 10am Beading w/Carla 11am Strength & Fitness 1pm Decluttering Your Home, presented by Synergy HomeCare 1-4:00pm Duplicate Bridge 1:30pm Walk in the Gym	10 10am Feldenkrais 10am Yoga 12pm Lunch at Norfield Sign up required. Hosted by The Weston Women's League Sign up required. Entertainment by Kandie Carle <i>The Victorian Lady</i>	11 9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing. 11am Strength & Fitness 11:15am Pickleball 12:30pm Movie <i>Mr. Church</i> 1:30pm Walk in the Gym	12 9am Yoga 10am Canasta 11am Walk in the Gym 10am Mark Albertson The Nazi Revolution: The Munich Putsch 
15 9:30am Meditation 9:50am Carousel Museum Boxed lunch, sign up required, meet at Norfield. 10am Knitting 10am Tap Dancing 10am Feldenkrais 10:30am Medicare appt. 11am Pickleball 12pm Pilates 11:00pm Massage by appt. 1pm Art With Friends	16 8:30am Y's Men's Back-gammon 9:30am Tai Chi w/Mari 11am Strength & Fitness 1pm Art Gottlieb: Israel, Palestine & the "Two State Solution" 1-4:00pm Duplicate Bridge 1:30pm Walk in the Gym 	17 10am Feldenkrais 10am Yoga 12pm Lunch at Senior Center Sign up required. 12:45pm Presentation by Dr. Richard Ellis <i>Amazing Things Your Body Does Every 24 Hours</i> <i>RVNA Blood Pressure</i>	18 9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 11am Strength & Fitness 11:15am Pickleball 12:00pm Brain Games Sign up required. 1:30pm Walk in the Gym	19 9am Yoga 10am Canasta 11am Walk in the Gym 10am Mark Albertson The Nazi Revolution: The Weimar Republic 
22 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Pickleball 12pm Pilates 11:00pm Massage by appt. 1pm Art With Friends	23 8:30am Y's Men's Back-gammon 9:30am Tai Chi w/Mari 11am Strength & Fitness 12pm Professional Fitness Center of Wilton presents Balance And Flexibility Discussion. Sign up req. 1:00 Duplicate Bridge 1:30pm Walk in the Gym	24 10am Feldenkrais 10am Yoga 12pm Lunch at Senior Center Sign up required 12:30pm Discussion by Shoreline Integrative Pharmacy: <i>Discussion on Natural Supplements</i>	25 9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 11am Strength & Fitness 11:15am Pickleball 12:30pm Movie <i>The Founder</i> No gym Access after 1pm Memorial Day Fair set up	26 No Gym Access Today Memorial Day Fair 9am Yoga—in exercise studio today 10am Canasta 10am Mark Albertson The Nazi Revolution: The Night of the Long Knives 
29 Senior Center Closed Memorial Day	30 8:30am Y's Men's Back-gammon 9am Bruce Museum & Lunch at Ren Dumpling & Noodle House 9:30am Tai Chi w/Mari 11am Strength & Fitness 1-4:00pm Duplicate Bridge 1:30pm Walk in the Gym	31 10am Feldenkrais 10am Yoga 12pm Lunch at Senior Center Assorted Salads Sign up required. 1:00pm Presentation on <i>Iceland</i>		

June 2017

Mon	Tue	Wed	Thu	Fri
<p><i>Linda Gans</i> <i>Photography Exhibit</i></p> <p><i>May and June</i></p>			1 9:15am Tai Chi w/Bill 10am Wii Bowling 10:15am Mamma Mia Depart from Norfield 10am Tap Dancing 11am Strength & Fitness 11:15am Pickleball 12:30pm Movie <i>Silence</i> 1:30pm Walk in the Gym	2 9am Yoga 10:00am Canasta 10am Decorate and Plant an Herb Garden with Linda 11am Walk in the Gym
5 9:15am Commission mtg. 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 10:30am Medicare appt. 11am Pickleball 12pm Pilates 11:00pm Massage by appt. 1pm Art With Friends	6 8:30am Y's Men's Back- gammon 9:30am Tai Chi w/Mari 9:45am White Flower Farm & lunch, meet at Norfield 11am Strength & Fitness 1-4:00pm Duplicate Bridge 1:30pm Walk in the Gym	7 10am Feldenkrais 10am Yoga 12pm Lunch Senior Center Sign up required. 12:45pm Movie <i>Bakery and Brooklyn</i> <i>Weston EMS Blood Pressure</i>	8 Senior Center Delayed Opening at 11am No Tai Chi, Tap, or Wii 11am Strength & Fitness 11:15am Pickleball 11:30am Spinning Wheel Depart from Norfield 12:30 Movie <i>Collateral Beauty</i> 1:30pm Walk in the Gym	9 9am Yoga 10am Canasta 10am Zendoodle Cards with Carla \$5.00 11am Walk in the Gym
12 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Pickleball 11am Art Gottlieb: Wiki- Leaks & Cyberspies 12pm Pilates 11:00pm Massage by appt. 1pm Art With Friends	13 8:30am Y's Men's Back- gammon 8:45am Circle Line Trip, Meet at Norfield at 8:30am 9:30am Tai Chi w/Mari 11am Strength & Fitness 1-4:00pm Duplicate Bridge 1:30pm Walk in the Gym	14 10am Feldenkrais 10am Yoga 12pm Lunch Senior Center Sign Up Required. 12:45pm Movie <i>Winged Migration</i>	15 9:15am Tai Chi w/Bill 10am Wii Bowling 10am Tap Dancing Sign up required. 11am Strength & Fitness 11:15am Pickleball 12:00pm Brain Games and Lunch, sign up required. 1:30pm Walk in the Gym	16 9am Yoga 10am Canasta 11am Walk in the Gym
19 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 10:30am Medicare appt. 11am Pickleball 11am Current Events 12pm Pilates 11:00pm Massage by appt. 1pm Art With Friends	20 8:30am Y's Men's Back- gammon 9:30am Tai Chi w/Mari 11am Strength & Fitness 1-4:00pm Duplicate Bridge 1:30pm Walk in the Gym	21 10am Feldenkrais 10am Yoga No Lunch Today Bring a bagged lunch. 12:45pm Movie <i>A Space Between Us</i> <i>RVNA Blood Pressure</i> **Movie Under The Stars** <i>See information inside.</i>	22 9:15am Tai Chi w/Bill 10am Wii Bowling 10am Tap Dancing 11am Strength & Fitness Sign up required. 12:30pm Movie <i>Hidden Figures</i> 1:30pm Walk in the Gym	23 9am Yoga 10am Canasta 11am Walk in the Gym 11am Oxford Airport Lunch Meet at Norfield
26 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Pickleball 12pm Pilates 11:00pm Massage by appt. 1pm Art With Friends	27 8:30am Y's Men's Back- gammon No Tai Chi today 10:00am Beading w/Carla 11am Strength & Fitness 1-4:00pm Duplicate Bridge 1:30pm Walk in the Gym	28 10am Feldenkrais 10am Yoga 11:45am-1:15pm Lunch Senior Center Christophe's Crepe Truck Signup Required \$4.00 Co-sponsored by the Friends 12:45pm Movie <i>A Dog's Purpose</i>	29 9:15am Tai Chi w/Bill 10am Wii Bowling 10am Tap Dancing 11am Strength & Fitness Sign up required. 12:30pm Movie <i>La La Land</i> 1:30pm Walk in the Gym	30 9am Yoga 10am Canasta 10am Brunch Potluck Let us know if you are coming and what you are bringing! 11am Walk in the Gym

Medicare Savings Programs

The Medicare Savings Programs, available through State of Connecticut, Department of Social Services (DSS) could pay your Medicare Part B monthly premium. This can save a Medicare beneficiary \$1,500+ a year. Assets are not counted.

There are three levels of the program your gross income determines the category for which you qualify. All three levels pay Medicare Part B premiums. QMB also pays Medicare co-pays and deductibles on Medicare covered services. Income limits per month are below.

QMB \$2,120.55 for a single person and \$2,854.83 for a couple
 SLMB \$2,321.55 for a single person and \$3,125.43 for a couple
 ALMB \$2,472.30 for a single person and \$3,328.38.10 for a couple

Once on MSP you will automatically be eligible for The Low Income Subsidy (LIS), which is an extra benefit from Medicare to assist with Medicare Prescription Drug Coverage (Part D). Extra Help will:

Help pay Medicare Part D monthly premium
 Eliminate Medicare Part D yearly deductible
 Reduce Medicare Part D drug co-pays (\$2.55 generic/\$6.35 brand)
 Plus never hit the donut hole as long as you qualify for this program

Have any questions on how to apply or need an application, call:

The CHOICES Program 1 - 800 - 994 - 9422
Administered by The Southwestern CT Agency on Aging (SWCAA)

Want to discuss Medicare selection issues? Half hour appointments are available from 10:30am-12:30pm twice a month on the first and third Mondays of each month. **MAKE AN APPOINTMENT BY THE PREVIOUS THURSDAY. BOOK THROUGH THE WESTON SENIOR CENTER at (203) 222 - 2608. NO WALK-INS. NEVER A FEE. See you at the center!**

Meta Schroeter (CHOICES)

Westport Weston Health District (203) 227-9571

Skin Cancer Screening Day! Sunday, May 7th

Free skin cancer screening at the Health District, 180 Bayberry Lane, Westport. No appointment necessary, no residency requirement, just stop in between 9:00am—11:30am.

Applications For Elderly Tax Relief

Office of the Tax Collector
203-222-2606

The Tax Collector is accepting applications for the Abatement, Deferment and Freeze programs through May 15, 2017 for the upcoming Grand List year. You must apply every year for all programs.

The Tax Collector's office can be reached at 203-222-2696.

You will be required to attach a copy of your completed 1040 and all back up material including your 1099 with your application.

To qualify, you must be age 65 by the end of December 2016. Income cannot exceed \$49,000 for Abatement; \$125,000 for Deferment and \$100,000 for Freeze. Net worth cannot exceed \$1,000,000 (including home value less mortgage) for Abatement. There is no net worth ceiling for the Deferment or Freeze programs.

Benefit will apply to only the first \$400,000 of assessment for Abatement and Deferment and for the first \$800,000 of assessment for the Freeze.

The Homeowners Benefit is another program that is offered through the Tax Assessors office. You must be 65 by the end of December 2016 or Totally Disabled to apply for tax relief. Please contact the Tax Assessor at 203-222-2606.

Town Hall is open from 9am – 4:30pm Monday through Friday.

Weston Library

Movie Night: La La Land
 May 17th at the Library. Call for details.

Weston Parks and Recreation

Movie Under the Stars Movie to be announced soon.
 Wednesday, June 21st. Time will be dusk. Call for details.
 The Friends of the Senior Center are one of the sponsors!



Weston Historical Society—104 Weston Road

Music at the Barn—Summer Concert Series

May 21	Old School Revue
June 25	Otis and the Hurricanes
July 23	P.J. Pacifico
August 27	The Chris Coogan Quartet

All concerts are Sundays from 5:30 PM to 7:00PM. Rain or shine.
 Admission is \$10 per member, \$15 per nonmember. Kids are free.
 For more information: www.westonhistoricalsociety.org

Scams in Connecticut

Financial scams are up in number of different scams and in frequency! Roughly 21,000 financial fraud complaints from Connecticut were filed with the Federal Trade Commission in 2016, twice as many as in 2010! The common telephone scams are: The Grandparent Scam, Financial Schemes to obtain account numbers, social security numbers, promise of refunds that require a deposit, accidental deposit in a bank account needing your personal information to remove the amount, and The IRS Deceit that warns that taxes must be paid immediately over the phone or some other way. Do not be intimidated, ask for more information and return telephone number, check with the real person or institution to confirm the reality of a situation. If it seems odd, unusual or out of the ordinary always hang up. No one from any institution will make demands over the telephone. There would be a letter sent to you if there were true problems. Report any scam calls or invasive internet requests to the police. Do not be a victim.

Mark Albertson
(203) 222-2608 sign up required

The Nazi Revolution
This is a Four Part Series

Friday, May 5, 10am-11am
The Stab in the Back

Begins with Armistice Day, followed by the descent of the German State into chaos: aftermath of Kiel Mutiny: "Bloody Week" in Berlin; the Diktat; Weimar Constitution; the Freikorps; origins of the Nazi Party; Hans von Seeckt and the Reichswehr; Reparations; French occupation of the Ruhr; Treaty of Rapallo, 1922

Friday, May 12, 10am-11am
The Munich Putsch

Hitler's failed attempt at revolution, November 1923; Landsburg Prison and Mein Kampf: spotlight on Ernst Rohm and the Sturmabteilung (Storm Troops) or SA; Hitler's release from prison and his rebuilding of the Nazi party; the Communists; Depression

Friday, May 19, 10am-11am
The Weimar Republic

German attempt at Representative Government. The structure and process of the Weimar Republic will be covered.

Friday, May 26, 10am-11am
The Night of the Long Knives

Hitler assumes the chancellorship, January 30, 1933. But tensions run high: The Reichstag Fire; the trial of Marinus Van Der Lubbe; Ernst Rohm, the SA and the Liberal Wing of the Nazi Party; Black Guard of the Right, Heinrich Himmler's SS; threat of the communists; the Deutschland cruise, Hitler makes his decision; bloody climax—Night of the Long Knives.



Art Gottlieb, LCSW, CSA
(203) 222-2608 sign up required

Tuesday, May 16, 1pm-2pm
Israel, Palestine & the "Two State solution"

On February 15, 2017, Prime Minister Benjamin Netanyahu and President Trump held a joint press conference that opened a question about whether the position of the United States under the new administration would continue to insist on a "Two State solution" in the Middle East.

Monday, June 12, 11am-12pm
WikiLeaks and Cyberespionage in the 21st Century

Moral and legal challenges of our modern computer-centric world are exemplified by stories of individuals such as Julian Assange and WikiLeaks, the on-line entity he founded in 2006. WikiLeaks became a household word in 2010 when Assange published materials supplied by Chelsea Manning (formerly Pvt. Bradley Manning). Extradited to Sweden since 2010, Assange & WikiLeaks took center stage once more, when in July of 2016 he published internal emails and other documents from the Democratic National Committee.



Classes

Friday, June 9th- 10am-12pm: Zendoodle

Come and make some cards with Carla. Zendoodle is a fun, relaxing way to draw using patterns. The class is \$5.00 and includes instruction and materials. Sign up is required.

Friday, June 2nd- 10am-12pm: Let's Plant an Herb Garden

We will decorate our container and plant three kinds of herbs for your outdoor garden. Sign up is required by June 9th. The class fee is \$10.00 and includes instruction and materials.



Painting Class with Keith Brooks
"Art with Friends"

Mondays from 1:00-3:00pm

You will receive weekly pre-class emails about the next class's topic and supply needs. No need to sign up for whole series; just ask to be included in the email and we will keep you up to date.

All levels are welcome, come and join fellow artists.

Call for more details and to sign up! \$5.00 per class or pay for series with discount.
(203) 222-2608



Programs

Tuesday, May 9th- 1:00pm: Declutter Your Home

Declutter By Deirdre. She sorts, declutters and organizes your home so you can age in place. She will speak about Clutter Blindness, how clearing clutter saves you money & where to begin decluttering your home. Bring a Bag Lunch. Followed by refreshments! This lecture is sponsored by Synergy Home Care.

Tuesday, May 23- 12:00pm: Professional Fitness Center,

Learn how to improve balance and prevent falling. The importance of postural strength for good balance as well as a happy demeanor. Flexibility helps to improve everything.

Weston Senior Activities Center
P.O. Box 1007
Weston, CT 06883
203-222-2608
www.westonct.gov/

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Permit No. 2
WESTPORT, CT 06880



**September 24th
10am—3pm**

Weston High School Grounds

Fun for the whole family!
Donations at the gate are appreciated.
All of the money raised directly
benefits the
Weston Senior Center.

[Www.aldenshermanclassic.com](http://www.aldenshermanclassic.com)

**Join us once again—
bring your friends and family.**

**Coming This Summer...
Dates to be announced.**

Summer Luncheons—The Historical Society, Weston Fire
Department, Selectman's BBQ, Sherwood Island picnic
Blue Fish Baseball Games
Yale Peabody Museum—Thursday, July 13th

Coming This Fall....

Sixth Annual Alden Sherman Classic—Sunday, September 24th
New York Botanical Garden—Chihuly Exhibit, Monday, October 9th
Middlebury Consignment Antique and Lunch at The Café at
Whittemore Crossing.
Trip to Kent for shopping and lunch at Fife and Drum.

Coming in the Future....

A Matter of Balance (January 2018)
Series of eight classes, offered by the Fairfield University's School
of Nursing. More details will be coming this fall. Let us know if you
are interested; space will be limited to 20. This class not only
addresses fall prevention techniques, but also covers the emotional
and behavioral side as well as risk factors.