



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

Weston Senior Services & Resources

Senior Center

Senior Director:

Wendy Petty

203-222-2608

Program Coordinator:

Carla Jegen

203-222-2508

Asst. Program Coordinator:

Linda Gilmore

203-222-2509

Www.westonseniorcenter.info

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

www.westonct.gov

203-222-2500

First Selectman's office

203-222-2656

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#### Commission on Aging

Helen R. de Keijzer, Chair

Bruce Lorentzen, VC

Don Gumaer, Secretary

Peggy A. Anderson

Allison Lisbon

Joy K. Peshkin

Margarita Garces-Shapiro

Meetings are open to the public;  
dates are listed in the current  
newsletter.

Happy New Year Wishes.....

We hope you enjoyed the holidays. We are excited to be bringing some fun things to do during this winter. There are many great trips coming up, including the Yale Center for British Art, The New England Carousel Museum, the Clock Museum, Ikea for shopping and a few new restaurants to try for lunch. The Bond Grill in Norwalk offers tableside hibachi cooking, the Spinning Wheel in Redding is sure to be delicious, and Black Cat Grill is one of our favorite lunch spots.

It's that time of the year again when we like to remind you about CodeRed. What is CodeRed? CodeRED® is a service by which authorized Town officials can notify Weston residents and businesses by telephone about emergency situations or critical community alerts. The system is capable of sending messages only to people affected by a particular situation, or, in the case of a widespread emergency like a hurricane, to the town's entire population. Call us and we will help you sign up, it only takes a minute!

We have two wonderful artist's showing their work in January and February: Carol Dampf and Judy Albin. Please stop in and see this gorgeous exhibit starting January 9th. We are excited to co-sponsor with WestonArts the "Swingtime Valentine" Concert on Sunday, February 12th. See details on page 2! We hope you will join us for this wonderful Weston Talent Concert at Norfield Church.

Don't forget to view our new website: [www.westonseniorcenter.info](http://www.westonseniorcenter.info). Mark the page as a favorite and check often for updates for the week. Please take a look at the Tax Information on page 6 regarding information and important information and deadlines for seniors. Call their office with questions.

Finally, we want to thank Tom Landry who is retiring in January. He has been a huge part of our success for both the senior center and our car show—we wish him so much happiness in the future.

See you soon!

Wendy, Carla, and Linda



For weather related closures and cancellations, check our website, sign up to receive an email from me, channel 12 news or a recorded message on our voicemail.

### Weston Senior Activities Center Mission Statement:

*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.*

***Our Seniors Are Going Places!***

Tuesday, January 10th: Out to Lunch-Black Cat Grill in Georgetown. Sign up required. Depart Norfield at 11:45am. Pay for own lunch.

Thursday, January 12th: Tour The Yale Center for British Art and lunch at Atticus—with Keith Brooks. Depart Norfield at 10:15am. Sign up required. Tour is free, pay for own lunch.

Thursday, January 19th: Out to Lunch-Bond Grill in Norwalk. This is a Hibachi lunch, table side grilling! Sign up required, depart Norfield at 11:45am. Pay for own lunch.

Monday, January 23rd: New England Carousel Museum Tour Depart Norfield at 9:30am, sign up required. With box lunch \$15.50

Thursday, February 7th: Shopping trip to Ikea and lunch in their café. Depart Norfield at 10am, sign up required. Pay for own lunch.

Thursday, February 9th: Out to Lunch-The Spinning Wheel Restaurant in Redding. Sign up required, depart Norfield at 12pm. Pay for own lunch.

Thursday, February 23rd: Clock Museum and lunch. Meet at Norfield at 9am, tour is \$5.00 per person. Bring additional money for lunch. Sign up required.



**Crafts and Classes  
At the Senior Center**

Tuesday, January 24th-1:00pm is National Peanut Day! Help us celebrate this day by participating in our: Peanut Butter Cookie Contest at 1pm. Make 2 dozen peanut butter cookies to be tasted and judged to see which is the tastiest. A prize will be awarded to the winner! Join us before for sub sandwiches for \$3.00. Sign up is required.



Tuesday, January 31st-12:30pm-National Inspire Your Heart with Art Day. Join us in making an 8" Valentine Wreath. Sign up required. \$10.00

Friday, February 10th-10:00am-Make a Glass Gem Suncatcher with Linda. \$5.00 for supplies. Sign up is required.

Tuesday, February 28th, 1:00pm- Fact or Fiction? Come and test your trivia knowledge and see if you can tell what is fact or fiction. Bring a brown bag lunch at noon and stay for Fact or Fiction!

Weston Senior Center and WestonArts Present:

**"Swingtime Valentine"  
A Concert for the Community**

**Sunday February 12th at Norfield Parish Hall 3pm**

Admission charge \$10 for seniors and students

\$15 or general admission

**All Weston Talent Performing, Jim Naughton MC, and  
Chris Coogan is our musical director!**

Light refreshments will be following the concert.

Call Claudia Hahn with questions (203) 222-8080



**Exercise Classes!**

**Tap Dancing with Sandy**

Mondays and Thursdays at 10:00am - Wear Tap Shoes.

**Meditation with Suzanne** Mondays at 9:30am

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

**Feldenkrais with Cathy**—price increase to \$4.00/class  
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. **Mondays:** For active seniors who wish to improve their range of movement and vitality. **Wednesdays:** For those dealing with balance issues, joint pain, limited movement.

**Pickleball**

Mondays at 11am — drop in and try it!

**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.**



**MOVIES –Most Wednesdays and Thursdays**

All Movies Start at 12:30pm

Sign up required for each one (203) 222-2608.



**1/4 All Roads Lead to Rome:** Maggie is an uptight, single mother and college writing teacher from New York City. In an effort to reconnect with her troubled teen daughter Summer, she decides to embark on a journey to a Tuscan village that she frequented in her younger days.

**1/5 Chimpanzee (Documentary 2012):** A 3-months-old chimpanzee is separated from his troop and is then adopted by a fully grown male.

**1/12 Sully, PG 13:** Tom Hanks stars in this thrilling portrait of heroic airline pilot Chesley "Sully" Sullenberger, re-enacting his incredible successful emergency landing of an Airbus A320 full of passengers on the Hudson River.

**1/25 Little Men, PG:** Set in Brooklyn, New York, two teenage boys find themselves building a friendship despite a few problems. Not only are their personalities completely opposite, their parents are feuding over the issue of a lease of a dress shop. As the feud continues to get worse, the boys are forced to find a way to make their friendship work without upsetting their families.

**2/1 On Golden Pond** Norman is a curmudgeon with an estranged relationship with his daughter Chelsea. At Golden Pond, he and his wife nevertheless agree to care for Billy, the son of Chelsea's new boyfriend, and a most unexpected relationship blooms.

**2/2 Hello My Name is Doris, R:** When Doris Miller meets John Fremont, her company's hip new art director, sparks fly—at least for Doris. In the spluttered house she shared with her late mother, Doris mines the Internet for information on her one-and-only, guided by the 13 year old granddaughter of her best pal Roz.

**2/8 Nine Lives, PG:** Tom Brand (Kevin Spacey) is a daredevil billionaire at the top of his game. His eponymous company FireBrand is nearing completion on its greatest achievement to date - the tallest skyscraper in the northern hemisphere. But Tom's workaholic lifestyle has disconnected him from his family, particularly his beautiful wife Lara (Jennifer Garner) and his adoring daughter Rebecca (Malina Weissman).

**2/9 The Intern, PG13:** A retired successful business owner and widower lands an internship at a fashion website run by a young, career-driven woman. Robert DeNiro and Ann Hathaway

**2./15 The Vessel, PG-13:** Ten years after a tsunami destroyed a small-town elementary school with all the children inside, a young man builds a mysterious structure out of the school's remains, setting the town aflame with passions long forgotten.

**2/17 (Friday) Where to Invade Next, R,** Documentary by Michael Moore To learn what the USA can learn from other nations, Michael Moore playfully "invades" them to see what they have to offer.

**2/22 The Light Between Oceans, PG13:** In the years following World War I, Tom Sherbourne (Michael Fassbender), a young veteran still numb from his years in combat, takes a job as lighthouse keeper on Janus Rock, a remote island off the coast of Western Australia. As the island's sole inhabitant, he finds comfort in the monotony of the chores and the solitude of his surroundings.

**2/23 A Beautiful Planet G (Documentary) – Release date February, call us to make sure we have received this movie:** This visually stunning film allows viewers the opportunity to journey through the vast expanse of space.

**Wednesday Luncheons, Presentations/Movies**

Luncheons are \$4.00 (unless noted) and require reservation sign up by the prior Tuesday (203) 222-2608. Call each week for menu and who's catering!

1/4: Senior Center  
*Movie: All Roads Lead to Rome*

1/11: Senior Center  
Presentation by Brookdale "Be Your Own Healthcare Advocate"

1/18: **Norfield Church**, Prepared by Erley Pulgarin:  
Bingo with prizes

1/25: Senior Center:  
*Movie: Little Men*

2/1: Senior Center  
*Movie: On Golden Pond*

2/8: Senior Center  
*Movie: Nine Lives*

2/15: Senior Center  
*Movie: The Vessel*

2/22: Senior Center:  
*Movie: The Light Between the Oceans*

**Lunchbox Pizza & Movies this winter**  
**On Tuesdays \$3.00**  
**Sign up required.**



**12:45pm 1/17 The Kings Speech, R** The story of King George VI of the United Kingdom of Great Britain and Northern Ireland, his impromptu ascension to the throne and the speech therapist who helped the unsure monarch become worthy of it.

**12:45pm 2/7 The Help, PG-13:** An aspiring author during the civil rights movement of the 1960s decides to write a book detailing the African American maids' point of view on the white families for which they work, and the hardships they go through on a daily basis.

**11:30am 2/14 Titanic, PG-13:** A seventeen-year-old aristocrat falls in love with a kind but poor artist aboard the luxurious, ill-fated R.M.S. Titanic. **(no pizza today, this movie is over 3 hours. Bring a bag lunch to enjoy during the film.)**

**12:45pm 2/26 Driving Miss Daisy, PG:** An old Jewish woman and her African-American chauffeur in the American South have a relationship that grows and improves over the years.

# January 2017

| <i>Mon</i>                                                                                                                                                                                                                                                    | <i>Tue</i>                                                                                                                                                                                                               | <i>Wed</i>                                                                                                                                                                          | <i>Thu</i>                                                                                                                                                                                                                                              | <i>Fri</i>                                                                                                                                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| 2<br><br>Senior Center<br>Closed<br><br>Two Artists will be<br>exhibiting.                                                                                                                                                                                    | 3<br><br>8:30am Y's Mens Backgam-<br>mon<br>9:30am Tai Chi<br>11am Strength & Fitness                                                                                                                                    | 4<br><br>10am Feldenkrais<br>10am Yoga<br>12pm Lunch at the<br><b>Senior Center</b><br>12:45 movie<br>All Roads Lead to Rome<br>Sign up required.<br>Blood Pressure Check           | 5<br><br>9:15am Tai Chi<br>10am Wii Bowling<br>10am Tap Dancing<br>11am Strength & Fitness<br>11:15am Pickleball<br>12:30pm Movie<br><i>Chimpanzee (2012)</i>                                                                                           | 6<br><br>9am Yoga<br>10am Canasta<br>10am Bridge                                                                                             |
| 9<br><br>9:15am Commission Mtg<br>9:30am Meditation<br>10am Knitting<br>10am Feldenkrais<br>10am Tap Dancing<br>10:30am Medicare by apt<br>11am Pickleball<br>12pm Pilates<br>12:45pm Massage by appt.<br>1pm Art With Friends                                | 10<br><br>8:30am Y's Mens Backgam-<br>mon<br>9:30am Tai Chi<br>10am Beading w/Carla<br>11am Strength & Fitness<br>11:45am Out to Lunch<br>Black Cat Grill in<br>Georgetown, sign up re-<br>quired.                       | 11<br><br>10am Feldenkrais<br>10am Yoga<br>12pm Lunch at the<br><b>Senior Center</b><br>Sign up required.<br>Presentation by<br>Brookdale "Be Your<br>Own Healthcare Advo-<br>cate" | 12<br><br>9:15am Tai Chi<br>10am Wii Bowling<br>10am Tap Dancing<br>10:15am Yale Center for<br>British Art Museum and<br>lunch at Atticus, sign up<br>required.<br>11am Strength & Fitness<br>11:15am Pickleball<br>12:30pm Movie<br><i>Sully</i>       | 13<br><br>9am Yoga<br>10am Canasta<br>10am Bridge<br>10am Mark Albert-<br>son "The Lewis Pow-<br>ell Memo: Manifesto<br>of American Fascism" |
| 16<br><br>Senior Center Closed<br><br>Martin Luther King<br>Day                                                                                                                                                                                               | 17<br><br>8:30am Y's Mens Backgam-<br>mon<br>9:30am Tai Chi w/mari<br>11am Strength & Fitness<br>12pm Pizza and Movie:<br>\$3.00. Sign up required.<br>Movie will start at<br>12:45pm <i>The King's Speech</i>           | 18<br><br>10am Feldenkrais<br>10am Yoga<br>12pm Lunch at<br><b>Norfield</b><br>Prepared by Erley<br>Sign up required.<br><i>Bingo with prizes</i><br><br>Blood Pressure Check       | 19<br><br>9:15am Tai Chi<br>10am Wii Bowling<br>10am Tap Dancing<br>11am Strength & Fitness<br>11:15am Pickleball<br>11:45am Out to Lunch<br>Bond Grill in Norwalk<br>Hibachi restaurant, table<br>side cooking, sign up<br>required.<br>No Movie Today | 20<br><br>9am Yoga<br>10am Canasta<br>10am Bridge                                                                                            |
| 23<br><br>9:30am Carousel Museum<br>Trip, sign up required.<br>10am Knitting<br>10am Feldenkrais<br>10am Tap Dancing<br>10:30am Medicare by apt<br>11am Current Events<br>11am Pickleball<br>12pm Pilates<br>12:45pm Massage by appt.<br>1pm Art With Friends | 24<br><br>8:30am Y's Backgammon<br>9:30am Tai Chi w/Mari<br>10am Craft<br>11am Strength & Fitness<br>12:00pm Sub Sandwiches<br>\$3.00 Sign up required.<br>1:00pm Peanut Butter<br>Cookie Contest<br>See details inside. | 25<br><br>10am Feldenkrais<br>10am Yoga<br>12pm Lunch at<br><b>Senior Center</b><br>Sign up required.<br>12:45pm Movie:<br><i>Little Men</i>                                        | 26<br><br>9:15am Tai Chi<br>10am Wii Bowling<br>10am Tap Dancing<br>11am Strength & Fitness<br>11:15am Pickleball<br>11:30am Brain Games by<br>Wilton Meadows – sign<br>up required.<br><b>No Movie Today</b>                                           | 27<br><br>9am Yoga<br>10am Canasta<br>10am Bridge                                                                                            |
| 30<br><br>9:30am Meditation<br>10am Knitting<br>10am Feldenkrais<br>10am Tap Dancing<br>11am Pickleball<br>11am Art Gottlieb<br>"Abraham Lincoln"<br>12pm Pilates<br>12:45pm Massage by appt<br>1pm Art With Friends                                          | 31<br><br>8:30am Y's Backgammon<br>9:30am Tai Chi w/Mari<br>10am Beading w/Carla<br>11am Strength & Fitness<br>12:30pm Valentine Wreath<br>National Inspire Your<br>Heart with Art Day!<br>\$10.00 sign up required.     |                                                                                                                                                                                     |                                                                                                                                                                                                                                                         |                                                                                                                                              |



# February 2017

| Mon                                                                                                                                                                                                                                               | Tue                                                                                                                                                                                                                                                       | Wed                                                                                                                                                          | Thu                                                                                                                                                                                                                                                        | Fri                                                                                                                                                                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Art Exhibits</b><br><br><b>Jane Albin &amp;</b><br><br><b>Carol Dampf</b>                                                                                                                                                                      |                                                                                                                                                                                                                                                           | 1<br>10am Feldenkrais<br>10am Yoga<br>12pm Lunch at the<br><b>Senior Center</b><br>12:00-12:30pm "Ask A Nurse"<br>12:45pm Movie<br><i>On Golden Pond</i>     | 2<br>9:15am Tai Chi w/ Bill<br>10am Wii Bowling<br>10am Tap Dancing<br>11am Strength & Fitness<br>11:15am Pickleball<br>12:30pm Movie<br><i>Hello My Name is Doris</i>                                                                                     | 3<br>9am Yoga<br>10:00am Canasta<br>10am Bridge                                                                                                                       |
| 6<br>9:15am Commission Mtg<br>9:30am Meditation<br>10am Knitting<br>10am Tap Dancing<br>10am Feldenkrais<br>10:30am Medicare by appt<br>11am Pickleball<br>12pm Pilates<br>12:45pm Massage by appt.<br>1pm Art With Friends                       | 7<br>8:30am Y's Backgammon<br>9:30am Tai Chi w/Mari<br>10am Trip to Ikea! Sign up required.<br>11am Strength & Fitness<br>12pm Pizza and Movie \$3.00. Sign up required.<br>Movie will start at 12:45 <i>The Help</i>                                     | 8<br>10am Feldenkrais<br>10am Yoga<br>12pm Lunch at the<br><b>Senior Center</b><br>12:45pm Movie<br><i>Nine Lives</i>                                        | 9<br>9:15am Tai Chi w/ Bill<br>10am Wii Bowling<br>10am Tap Dancing<br>11am Strength & Fitness<br>11:15am Pickleball<br>12pm Out to Lunch<br>Spinning Wheel in Redding, sign up required.<br>12:30pm Movie:<br><i>The Intern</i>                           | 10<br>9am Yoga<br>10am Canasta<br>10am Bridge<br>10am Glass Gem Sun-catcher Class<br><br><b>Sunday, February 12th</b><br><b>Swingtime Valentine Concert on Sunday</b> |
| 13<br>9:30am Meditation<br>10am Knitting<br>10am Tap Dancing<br>10am Feldenkrais<br>11am Pickleball<br>11am Current Events Laura<br>12pm Pilates<br>12:45pm Massage by appt.<br>1pm Art With Friends                                              | 14<br>8:30am Y's Backgammon<br>9:30am Tai Chi w/Mari<br>10am Beading w/Carla<br>11am Strength & Fitness<br>11:30am Movie:<br><i>Titanic</i><br>This movie is 3 hours 15 mins. We are starting early! We will have popcorn, feel free to bring a sandwich. | 15<br>10am Feldenkrais<br>10am Yoga<br>12 Lunch at<br><b>Senior Center</b><br>12:45pm Movie<br><i>The Vessel</i>                                             | 16<br>9:15am Tai Chi w/ Bill<br>10am Wii Bowling<br>10am Tap Dancing<br>11am Strength & Fitness<br>11:15am Pickleball<br>11:30am Brain Games and Lunch by Wilton<br>No Movie Today<br>1pm Mark Albertson presents "Early Look at the Trump Administration" | 17<br>9am Yoga<br>10am Canasta<br>10am Bridge<br>10am Movie<br><i>Where to Invade Next</i><br>Movie and discussion with Rozanne Gates.                                |
| 20<br>Senior Center Closed<br><br>President's Day                                                                                                                                                                                                 | 21<br>8:30am Backgammon<br>9:30am Tai Chi w/Mari<br>11am Strength & Fitness<br>12pm Pizza and Movie \$3.00. Sign up required.<br>Movie will start at 12:45pm <i>Driving Miss Daisy</i>                                                                    | 22<br>10am Feldenkrais<br>10am Yoga<br>12pm Lunch at<br><b>Senior Center</b><br>12:45pm Movie<br><i>The Light Between The Oceans</i><br>Blood Pressure Check | 23<br>9am Clock Museum and Lunch, sign up required.<br>9:15am Tai Chi w/ Bill<br>10am Wii Bowling<br>10am Tap Dancing<br>11am Strength & Fitness<br>12:30pm Movie<br><i>A Beautiful Planet</i> (please call us to see if this movie came in—)              | 24<br>9am Yoga<br>10am Canasta<br>10am Bridge                                                                                                                         |
| 27<br>9:30am Meditation<br>10am Knitting<br>10am Tap Dancing<br>10am Feldenkrais<br>10:30am Medicare by Appt.<br>11am Art Gottlieb<br>"Rockefeller Center"<br>11am Pickleball<br>12pm Pilates<br>12:45pm Massage by appt.<br>1pm Art With Friends | 28<br>8:30am Backgammon<br>9:30am Tai Chi w/Mari<br>11am Strength & Fitness<br>12pm Brown Bag Lunch<br>1pm Trivia Contest<br>Come test your trivia knowledge— is it Fact or Fiction?                                                                      |                                                                                                                                                              |                                                                                                                                                                                                                                                            |                                                                                                                                                                       |



## MEDICARE INFORMATION

**GOVERNMENT INFO** "Medicare & You - 2017" is the yearly booklet on basic Medicare requirements, dos and don'ts. It lists all CT Medicare programs at the back including the 21 Medicare - D drug plans and the Medicare Advantage health plans under Medicare - C. (Part A is regular hospital coverage, Part B is doc & medical service coverage.) For the computer savvy go on the web site: [medicare.gov](http://medicare.gov) to gain information.

**MEDIGAP INSURANCE** This supplemental coverage to Original Medicare is offered directly by private insurance companies under U.S. government rules. It can be bought/changed at any time in the year. There are many different letter plans. Each letter plan covers a combination of different situations – the hospital deductible, the 20% doc/medical service co-pay, skilled nursing service, etc. Premiums by letter plan vary by company although coverage is the same. There are pre-existing restrictions for 3-6 months on most plans. A comparison chart of premiums by company & letter plan offered in CT is available. Just ask for one.

**INITIAL ENROLLMENT** – Starts 3 months before 65<sup>th</sup> birthday, the month of the birthday and three months after for a total of 7 months. Part A is free. Part B has a premium.

**SPECIAL ENROLLMENT PERIOD** if still working at 65 covered by their employer or spouse's active employment. This SEP lasts 8 mos. Begins a month after coverage/employment ends which ever is first.

**OPEN ENROLLMENT PERIOD Oct 15<sup>th</sup> – Dec 7<sup>th</sup>** Select/change to a more cost savings plan that carries your specialty drugs, or some other required Medicare D prescription plan. Only if desired, switch to an Advantage Plan from Original Medicare. All coverage starts Jan 1.

**LOST CARD** If you have lost your Medicare Card (or Social Security Card) immediately contact Social Security office for a replacement. Likely you will need to show ID proof.

Want to discuss Medicare issues? Half hour appointments are available from 10:00 – 12:00 twice a month on Mondays of each month. Never a charge for these services. **MAKE AN APPOINTMENT BY THE PREVIOUS THURSDAY. BOOK THROUGH THE WESTON SENIOR CENTER at (203) 222 - 2608. NO WALK-INS.** See you at the center!

Meta Schroeter CHOICES Counselor

## Westport/Weston Health Department (203) 227-9571

Join us on Wednesday, February 1st during the regular senior luncheon (12:00pm-12:30pm) at the Senior Center to "Ask Your Nurse" any questions you may have. Both Monica Wheeler and Loren Pace will be available to privately ask questions. A relevant health topic may be discussed as a group as well during lunch.

## Weston Department of Social Services (203) 222-2663

The Weston Social Services Department is updating their Emergency List and the Reassurance List. If you are not capable of evacuating yourself or would need extra help during a town-wide emergency, please contact the Department of Social Services and request a form to be included on the lists. Call (203) 222 -2663 or email [Sfriedman@westonct.gov](mailto:Sfriedman@westonct.gov)

## Applications For Elderly Tax Relief Office of the Tax Collector 203-222-2606

The Tax Collector will be accepting applications for the Abatement, Deferment and Freeze programs starting in February 2017 through May 15, 2017 for the upcoming Grand List year. You must apply every year for all programs. 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 Deferment or Freeze program.

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 9 – 4:30 Monday through Friday.

## The Weston Historical Society (203) 226-1804 *Memories of World War II*

1/11 7:30 pm - Weston Library – Movie – "The Battle of Britain"

1/25 7:30 pm - Weston Library Lecturers – Capt. Kyle Hatzinger/  
Capt. Gregory Hope – West Point "The War in the Pacific"

2/1 7:30 pm - Weston Library- Lecture – Dr. Steve Waddell – West Point  
"Bullets, Gasoline & Rations" – The Normandy Campaign

2/15 7:30 pm - Weston Library – Movie – "Saving Private Ryan"

2/22 7:30 pm - Weston Library-Lecture – Adjunct Instructor  
Mark Albertson "The War on the Eastern Front"

The films and lectures are free and open to the public. The Weston Historical Society Museum and grounds, at 104 Weston Road, will be open on Sundays from November 13, 2016 – March 25, 2017 from 1:00 p.m. – 4:00 p.m. For private tours, contact our executive director, Susan Gunn Bromley, at 203-226-1804 or email: [info@westonhistoricalsociety.org](mailto:info@westonhistoricalsociety.org) For more information visit our website: [www.westonhistoricalsociety.org](http://www.westonhistoricalsociety.org).

**Mark Albertson**

(203) 222-2608 sign up required

**Friday, January 13th, 10am-11am**

**The Lewis Powell Memo: Manifesto of American Fascism.**

Lewis Powell would later serve on the Supreme Court, nominated by President Richard Nixon. But in August 1971, he wrote a 34 page memo to the Chamber of Commerce, in the wake of the tumultuous 1960s, the Civil Rights movement, Anti-War movement, the questioning of Capitalism. And here he informs the business and banking communities what they need to do to "correct" the direction of the United States. It is an interesting read.

**Thursday, February 16th, 1pm-2pm**

**An Early Look at the Trump Administration**

More details to come. Mark will give a discussion on the first couple of months of the Trump Administration. Sign up is required.



**Art Gottlieb, LCSW, CSA**

(203) 222-2608 sign up required

**Monday, January 30th, 11am-12pm**

**Abraham Lincoln**

The 16<sup>th</sup> president of the United States, Abraham Lincoln led the United States through its most painful and greatest political crisis, the American Civil War. Assassinated in April of 1865, Lincoln is best remembered for his efforts towards the abolition of slavery and preservation of the Union.

**Monday, February 27th, 11am-12pm**

**Rockefeller Center**

Covering 22 acres of midtown Manhattan, and named for John D. Rockefeller Jr. who privately undertook this project during the Great Depression, Rockefeller Center is a tour de force of Art Deco architecture, sculpture and artwork. Famous for its Christmas tree, skating rink and music hall, this National Historic Landmark remains one of New York's most favorite attractions.



**Weston Public Library**

(203) 222-2665

They have re-opened to the public and are planning their "Grand Opening Event" in January. More details to follow. Feel free to stop over to the library and look around! The New Yorker Roundtable will start back again in February! Call for details.

We would like to thank all of the volunteers who donate their time to our Senior Center. We are so grateful for the extra energy you bring to our Center!



**Painting Class with Keith Brooks**  
**"Art with Friends"**

**Mondays from 1:00-3:00pm**

You will receive weekly pre-class emails for next class topic. 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**

Join Keith on his trip to The Yale Museum for British Art on Thursday, January 12th. Sign up required. See details on page 7.

**SCAM Helpful Hints**

**Copy all credit and ID cards front and back for your records.** If you lose your wallet you will be able to contact the appropriate companies for replacements and stop payments.

**Never let a stranger into your home- day or night.** This includes workmen trying to sell a quick repair job left over materials from a nearby project – driveway, roofing, etc; anyone stranded with a broken down car; or people waiting for a neighbor to return. These are usually ruses to get into your home, distract you and then steal cash, jewelry, etc.

**Keep your plans to yourself!** Do not post future plans about being away from home on any social media site. This is an invitation to burglars to invade your home and help themselves.

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

Presort Standard  
U.S. POSTAGE  
PAID  
Permit No. 2  
WESTPORT, CT 06880

## Cooks Corner

### Holiday Jam Thumbprint Cookies

By Carla Jegen

#### Ingredients

- 1 cup (2 sticks) butter softened
- 3/4 cup powdered sugar
- 1-1/4 tsp. vanilla
- 1-3/4 cups flour
- 1-1/2 cups Post Raisin Bran Cereal (You must use Post not another brand – they don't turn out with other brands)
- 1/4 tsp. salt
- 3/4 cup strawberry preserves, or other desired flavor

#### Directions

- Preheat oven to 375°F. Beat butter in large bowl with electric mixer on medium speed until creamy. Gradually add powdered sugar, beating until light and fluffy. Blend in vanilla.
- Add flour, cereal and salt; stir until well blended.
- Shape dough into 1-inch balls. Place on ungreased baking sheets.
- Make an indentation in the center of each ball fill with preserves.
- Bake 12 to 15 minutes or until golden brown. Remove from baking sheets. Cool on wire racks
- Makes about 3-1/2 dozen

## Tips from AARP



"Get into the habit of a [brisk daily walk](#) with a friend. The aerobic conditioning gets your heart to pump oxygen and nutrients to your brain; the conversation will further strengthen your neural circuits."

Gary W. Small, M.D., Professor of Psychiatry and Biobehavioral Sciences, David Geffen School of Medicine, University of California, Los Angeles

"Engage in a new activity that stimulates you physically, mentally and socially. Ballroom dancing, bowling, biking or birding — just to name a few 'B' possibilities!"

Reisa Sperling, M.D., Director, Center for Alzheimer's Research and Treatment, Brigham and Women's Hospital in Boston

"Do everything you can do to [avoid being alone](#). Find an active group to belong to and participate."

John J. Ratey, M.D., Clinical Associate Professor of Psychiatry, Harvard Medical School

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**All of these tips can be addressed by coming to
our Senior Center !**

**We have a lot of great classes to join, or come and
walk in our gym. 10 laps = 1/4 mile!**