



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

Wspt/Weston Health District

www.wwhd.org
203-227-9571

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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  
Dale Robinson

### March/April 2017

Greetings! We are excited that spring is just around the corner. There are many wonderful things planned in the next couple of months. Some of the upcoming trips on our excursion bus include a shopping trip to Ikea, the Carousel Museum, the Culinary Institute for lunch, Westchester Broadway Theatre, just to name a few. We are also planning a coach bus trip in June to NYC for a Circle Line Cruise around Manhattan.

During March and April we have eight wonderful lectures planned, see page 7 for details. There are also several informational presentations covering topics such as understanding how to read your electric bill, how to set up a Facebook page, what is Home Care, social wellness tips, and information from AARP on HomeFit. Mark Spivak is back again taking appointments on tax prep and filing.

We are starting a new weekly shopping trip. Each Friday at 11am, park at the Senior Center and we will take you shopping to get your groceries. If you need to be picked up, call Gordon 24 hours ahead and he will come and get you. The Dial-a-Ride number is (203) 222-2576.

We have also scheduled time to walk in our gym on Tuesdays and Thursdays at 1:30pm and Friday at 11am.. 10 laps = 1/4 mile. Take a walk and drink some water and you will feel energized for the day!

All of our exercise classes welcome newcomers and the first one is free as you discover which ones work best for you!

The Westport/Weston Health District will be starting a new series in April and May called Live Well, which will run for 6 weeks. You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, learn problem solving, stress reduction & relaxation techniques & learn better ways to talk with your doctor about your health.

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 Senior Tax Relief Program information on page 6 and note important deadlines. Call the tax collector's office (203-222-2606) with questions.

See you soon!  
Wendy, Carla, and Linda

### 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.*



### Movies

All Movies Start at 12:30pm

Sign up required. (203) 222-2608.

**3/2: Loving – PG-13:** During the late 1950s, it was illegal to marry someone of a different race in the Commonwealth of Virginia. After marrying in Washington, D.C. where it was legal, interracial couple Richard and Mildred Loving return home to begin life in their relatively integrated small Virginian town. Shortly after one month of marriage, the Lovings are suddenly arrested in their home and jailed for illegal cohabitation

**3/9: Hacksaw Ridge – R:** Desmond T. Doss is a World War II army medic who has seen too much of the misery that violence causes first-hand. As he strives to save badly injured patients from dying, he finds that he is unwilling to inflict that kind of damage to another person. Despite the pressures on him to conform to the realities of war, Doss is adamant about refusing to take up arms against others.

**3/16: Manchester By The Sea – R:** Lee Chandler is a grumpy handyman working in Boston and living a secluded life. After his brother suddenly passes away from heart failure, Lee is named the legal guardian of his teenage nephew. On top of the emotions that Lee faces from losing his brother and having to unexpectedly raise a teenager, returning to his hometown of North Shore means Lee must face past tragedies and a broken marriage that he had previously left behind.

**Tuesday: 3/28 11am—Where to Invade Next—**Movie produce by Michael Moore. We will have a discussion following the movie led by Rozanne Gates: With an eye toward finding solutions to the social problems plaguing America, provocative documentarian Michael Moore embarks on a European expedition to interview ordinary citizens about their nations' effective policies and practices.

**3/30 Jackie – R:** Taking place in 1963 in the days following the assassination of President John F. Kennedy, Jackie chronicles the experiences of First Lady Jacqueline Bouvier Kennedy (Natalie Portman) as she copes with tumultuous grief, change and the scrutiny of both America and the international community in the immediate aftermath of her husband's death.

**4/6 Tale of Love and Darkness – PG-13:** Based on the autobiographical novel by Israeli author Amos Oz. Oz's family moved to what was then called Palestine in the 1930s to escape Nazi persecution. As a boy he watched his mother, Fania, struggle with depression, fear, and loneliness, and saw how she used poetry and stories to create hope for herself.

**4/20 Lion – PG-13:** While visiting Calcutta, a five-year-old boy becomes separated from his family. After quite a bit of wandering, he finds a home with a loving Australian couple. Though he grows up happily, he still thinks of the parents that he left behind and undertakes a quest to find them.



### Wednesday Luncheons and Presentations

3/1: Senior Center  
Movie: *Alfred Hitchcock's Rebecca*

3/8: Senior Center  
Presentation by Catherine Revzon "Fun with Facebook"  
How can you start your own group to connect with others?  
Sit down with Catherine Revzon and learn more about your Facebook account. New to Facebook? Let's get you started right away so that you can reconnect with old friends and make new ones. Catherine has been avidly using Facebook since 2009 and posts for Lang's Pharmacy and other businesses and organizations.  
Movie: *Alfred Hitchcock's Rear Window*

3/15: Norfield Church  
St. Patrick's Day Luncheon  
Entertainment by Tom Hooker Hanford, hosted by Newcomers and Neighbors.

3/22: Senior Center  
We have two presentations after lunch: 12:30-1pm  
"Understanding you Electric Bill" 1:00-2:00pm Brookdale presents "Tips for Social Wellness"

3/29: Senior Center  
Presentation by Synergy Home Care—"What the heck is home care?"  
Movie: *Alfred Hitchcock's Vertigo*

4/5: Norfield  
Easter Luncheon hosted by St. Francis church. Entertainment by Rita Wagner. Back by popular demand, Rita brings her amazing African show.

4/12: Closed for spring break this week.

4/19: Senior Center



Bill Wren presents a slide show on his journey through China.

4/26: Senior Center  
HomeFit Presentation by AARP (see back cover for details.)

### Egg Painting Class Thursday, March 23rd 10:30am

Join Linda in painting wooden eggs for Easter. Sign up is required by March 15th to order supplies.  
\$6.00 class fee

### Spring Flower Arranging Class Friday, April 7th 10am

Join us to make your spring/Easter flower arrangement. You must sign up by March 31st so we can order flowers.



### Brain Games and Lunch Sponsored by Wilton Meadows

March 23rd at 11:30am and  
April 27th at 12:00pm

Come and enjoy lunch and play some great "brain games/teasers" to keep you thinking! Sign up required.  
(203) 222-2608.



### Game Day Sponsored by Synergy Home Care

Monday, April 24th at 1:00pm  
Join Synergy Home Care for some trivia, word games and fun. Prizes will be given out and refreshments serve.  
Sign up required (203) 222-2608.



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

Fridays—**Grocery Shopping** every Friday at 11am. Departing from Norfield. We will alternate Caraluzzi's, Shop Rite and Stop & Shop each week. Free.

Thursday, March 2nd—**Culinary Institute of America**

Ristorante Caterina de'Medici

Meet at Norfield at 10:15am. Sign up required, limited seating. Bring own money (cash) for lunch, no separate checks at this restaurant.

Tuesday, March 21st—**Hobby Lobby and Lunch at On the Border**. Meet at Norfield at 10:00am, sign up required. Bring own money for lunch and shopping.

Thursday, March 23rd—**Ikea Shopping**

Meet at Norfield at 10:00am, shop and have lunch in their café. Sign up required. Bring own money for lunch and shopping.

Thursday, April 6th—**Model Train Exhibit** at Bruce Lorentzen's house. Meet at Norfield at 1:00pm. Sign up required. Must be able to climb stairs to get to exhibit. Free.

**Coming in May and June:**

May 15th: **Carousel Museum**—call the Center for details.

June 1st: **Westchester Broadway Theatre presents: Mamma Mia**. See box on upper right of this page.

June 15th: **Oxford Airport Restaurant** for lunch. Bring own money for lunch. Watch the planes come in while enjoying a wonderful meal. Sign up required.

June date TBD: **Circle Line Cruise of Manhattan**—Coach Bus Trip. Call for details and watch for information coming soon.

### **Art Exhibit—Joel Sobelson March 13th—April 28th**

Joel Sobelson went to college to become a dentist, but failed organic chemistry and so ended up going to Pratt Institute. When he created a portfolio of ads, he was immediately hired at one of the top ad firms in the business, creating a career in which he remained for 35 years. A career, not with his hands in people's mouths but messing with people's heads.

When he retired, boredom led Joel to enroll at the Silvermine Art Center and was soon recognized as an emerging new talent. His work has been selected for many prestigious shows in New York, Boston and throughout Connecticut and has received several awards.

Joel lives and creates his pastel art in Weston. He also teaches tennis to adults and children. He says, "The approach to my work is to find a good story and tell it...with all the emotional authenticity, style and heart I can bring to the easel."



### **Westchester Broadway Theater**

#### **Mamma Mia!**

Thursday, June 1st, depart Norfield at 10:15am. Join us for lunch and a matinee to see Mamma Mia!. Space is limited to 13 spots. The trip is \$65. A \$30 non-refundable deposit is required at the time of signing up.



### **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 at 9:30am

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

**Better Balance Series, call us if you would like to be added to our class list.**

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

# March 2017

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

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|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Art Exhibit<br/><b>Joel Sobelson</b></p> <p>March 13th – April 28th</p>                                                                                               |                                                                                                                                                                                                                                               | <p>10am Feldenkrais<br/>10am Yoga<br/>12pm Lunch at the<br/><b>Senior Center</b><br/>Sign up required<br/>12:45pm Movie<br/><i>Rebecca</i> (Alfred Hitchcock Movie)<br/>Weston EMS Blood Pressure</p>                               | <p>9:15am Tai Chi<br/>10am Wii Bowling<br/>10am Tap Dancing<br/>10:15am Culinary Institute Meet at Norfield<br/>11am Strength &amp; Fitness<br/>11:15am Pickleball<br/>12:30pm Movie: <i>Loving</i></p>                                                                         | <p>9am Yoga<br/>10am Canasta<br/>10am Bridge<br/>11am Walk in the Gym<br/>11am Grocery Shopping Caraluzzi's Meet at The Senior Center or call Gordon for pick up.</p>                                                  |
| <p>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</p>                     | <p>8:30am Y's Men's Backgammon<br/>9:30am Tai Chi<br/>10am Beading w/Carla<br/>11am Strength &amp; Fitness<br/>1:00pm Mark Albertson "Amelia Earhart"<br/>1-4:00pm Duplicate Bridge<br/>1:30pm Walk in the Gym</p>                            | <p>10am Feldenkrais<br/>10am Yoga<br/>12pm Lunch at the<br/><b>Senior Center</b><br/>Sign up required.<br/>Presentation by Catherine Revzon "Have Fun With Facebook"<br/>1pm Movie: <i>Rear Window</i></p>                          | <p>9:15am Tai Chi<br/>10am Wii Bowling<br/>10am Tap Dancing<br/>11am Strength &amp; Fitness<br/>11:15am Pickleball<br/>12:30pm Movie <i>Hacksaw Ridge</i><br/>1:30pm Walk in the Gym</p>                                                                                        | <p>9am Yoga<br/>10am Canasta<br/>10am Bridge<br/>11am Walk in the Gym<br/>11am Grocery Shopping Stop and Shop<br/>Meet at The Senior Center or call Gordon for pick up.</p>                                            |
| <p>9:30am Meditation<br/>10am Knitting<br/>10am Feldenkrais<br/>10am Tap Dancing<br/>11am Current Events<br/>Laura<br/>11am Pickleball<br/>12pm Pilates<br/>12:45pm Massage by appt<br/>1pm Art With Friends</p>                                          | <p>8:30am Y's Men's Backgammon<br/>9:30am Tai Chi w/Mari<br/>11am Strength &amp; Fitness<br/>1:00pm Mark Albertson "Helen Keller"<br/>1-4:00pm Duplicate Bridge<br/>1:30pm Walk in the Gym</p>                                                | <p>10am Feldenkrais<br/>10am Yoga<br/>12pm Lunch at<br/><b>Norfield</b>, hosted by Newcomers and Neighbors<br/>St Patrick Day Celebration<br/>Entertainment by Thomas Hooker Hanford. Sign up required.<br/>RVNA Blood Pressure</p> | <p>9:15am Tai Chi<br/>10am Wii Bowling<br/>10am Tap Dancing<br/>11am Strength &amp; Fitness<br/>11:15am Pickleball<br/>12:30 pm Movie <i>Manchester By The Sea</i><br/>1:30pm Walk in the Gym</p>                                                                               | <p>9am Yoga<br/>10am Canasta<br/>10am Bridge<br/>11am Walk in the Gym<br/>11am Grocery Shopping Shop Rite<br/>Meet at The Senior Center or call Gordon for pick up.</p>                                                |
| <p>9-1pm Tax Prep /Filing<br/>By appointment<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</p> | <p>8:30am Y's Backgammon<br/>No Tai Chi Today<br/>10:00 Hobby Lobby &amp; Lunch at On The Border<br/>Meet at Norfield at 10,<br/>Sign up required<br/>11am Strength &amp; Fitness<br/>1:00 Duplicate Bridge<br/>1:30pm Walk in the Gym</p>    | <p>10am Feldenkrais<br/>10am Yoga<br/>12pm Lunch at<br/><b>Senior Center</b><br/>12:30-1:00pm<br/>Understanding Your Electric Bill<br/>1:00pm Brookdale Presentation "Social Wellness"</p>                                          | <p>9:15am Tai Chi<br/>10am Wii Bowling<br/>10am Tap Dancing<br/>10am Ikea Trip<br/>Meet at Norfield at 10am.<br/>10:30a Egg Painting Class<br/>11am Strength &amp; Fitness<br/>11:15am Pickleball<br/>12pm Brain Games and Lunch- Wilton Meadows<br/>1:30pm Walk in the Gym</p> | <p>9am Yoga<br/>10am Canasta<br/>10am Bridge<br/>10-11am Art Gottlieb presents "Chrysler Building"<br/>11am Walk in the Gym<br/>11am Grocery Shopping Caraluzzi's<br/>Meet at The Senior Center or call Gordon for</p> |
| <p>9:30am Meditation<br/>10am Knitting<br/>10am Feldenkrais<br/>10am Tap Dancing<br/>11am Pickleball<br/>12pm Pilates<br/>12:45pm Massage by appt<br/>1pm Art With Friends</p>                                                                            | <p>8:30am Y's Backgammon<br/>No Tai Chi Today<br/>11am Strength &amp; Fitness<br/>11am Movie and Discussion: <i>Where to Invade Next</i> movie will be followed by a discussion.<br/>1-4:00pm Duplicate Bridge<br/>1:30pm Walk in the Gym</p> | <p>10am Feldenkrais<br/>10am Yoga<br/>12pm Lunch at<br/><b>Senior Center</b><br/>Sign up required.<br/>12:30 Synergy Presentation "What the Heck is Home Care?"<br/>1:00pm Movie <i>Vertigo</i></p>                                 | <p>9:15am Tai Chi<br/>10am Wii Bowling<br/>10am Tap Dancing<br/>11am Strength &amp; Fitness<br/>11:15am Pickleball<br/>12:30pm Movie <i>Jackie</i><br/>1:30pm Walk in the Gym</p>                                                                                               | <p>9am Yoga<br/>10am Canasta<br/>10am Bridge<br/>11am Walk in the Gym<br/>11am Grocery Shopping Stop and Shop<br/>Meet at The Senior Center or call Gordon for pick up.</p>                                            |

# April 2017

| Mon                                                                                                                                                                                                                              | Tue                                                                                                                                                                                                       | Wed                                                                                                                                                                                                        | Thu                                                                                                                                                                                                                                                                        | Fri                                                                                                                                                                                                                        |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3<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      | 4<br>8:30am Y's Backgammon<br>9:30am Tai Chi w/Mari<br>11am Strength & Fitness<br>1:00pm Mark Albertson<br><i>Trump Administration</i><br>1-4:00pm Duplicate Bridge<br>1:30pm Walk in the Gym             | 5<br>10am Feldenkrais<br>10am Yoga<br>12pm Lunch at <b>Norfield Easter Luncheon</b><br>Hosted by St Francis<br>Entertainment by Rita Wagner's African Show<br>Signup Required<br>Weston EMS Blood Pressure | 6<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>Tale of Love and Darkness</i><br>1pm Model Train Exhibit in Bruce Lorentzen's home, sign up required.<br>1:30pm Walk in the Gym | 7<br>9am Yoga<br>10:00am Canasta<br>10am Bridge<br>10am Floral Arranging Class, sign up required.<br>11am Walk in the Gym<br>11am Grocery Shopping meet at The Senior Center or call Gordon for pick up.                   |
| 10<br>Senior Center Closed                                                                                                                                                                                                       | 11<br>Senior Center Closed                                                                                                                                                                                | 12<br>Senior Center Closed                                                                                                                                                                                 | 13<br>Senior Center Closed                                                                                                                                                                                                                                                 | 14<br>Senior Center Closed                                                                                                                                                                                                 |
| 17<br>9:30am Meditation<br>10am Knitting<br>10am Tap Dancing<br>10am Feldenkrais<br>10:30am Medicare by appt<br>11am Pickleball<br>11am Current Events Laura<br>12pm Pilates<br>12:45pm Massage by appt.<br>1pm Art With Friends | 18<br>8:30am Y's Backgammon<br>9:30am Tai Chi w/Mari<br>11am Strength & Fitness<br>1:00pm Mark Albertson<br><i>Cuba &amp; Platt Amendment</i><br>1-4:00pm Duplicate Bridge<br>1:30pm Walk in the Gym      | 19<br>10am Feldenkrais<br>10am Yoga<br>12 Lunch at <b>Senior Center</b><br>Signup Required<br>12:45 Bill Wrenn<br>Slide show of China<br><br>RVNA Blood Pressure                                           | 20<br>9:15am Tai Chi w/Bill<br>10am Wii Bowling<br>10am Tap Dancing<br>10am-12pm Live Well<br>Sign up required.<br>11am Strength & Fitness<br>11:15am Pickleball<br>12:30 Movie<br><i>Lion</i><br>1:30pm Walk in the Gym                                                   | 21<br>9am Yoga<br>10am Canasta<br>10am Bridge<br>10:30am Jeffrey Engel<br><i>Dvorak- The Happy Soul</i><br>11am Walk in the Gym<br>11am Grocery Shopping ShopRite<br>Meet at The Senior Center or call Gordon for pick up. |
| 24<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<br>1pm Games with Synergy   | 25<br>8:30am Y's Backgammon<br>9:30am Tai Chi w/Mari<br>11am Strength & Fitness<br>11am-12pm Art Gottlieb presents<br><i>Margaret Bourke-White</i><br>1-4:00pm Duplicate Bridge<br>1:30pm Walk in the Gym | 26<br>10am Feldenkrais<br>10am Yoga<br>12pm Lunch at <b>Senior Center</b><br>Signup Required<br>1:00 Home Fit Presentation by Laura Caron-Parker<br>An AARP program                                        | 27<br>9:15am Tai Chi w/Bill<br>10am Wii Bowling<br>10am Tap Dancing<br>10am-12pm Live Well<br>11am Strength & Fitness<br>11:30am Wilton Meadows presents: Brain Games and Lunch.<br>Sign up required.<br>1:30pm Walk in the Gym                                            | 28<br>9am Yoga<br>10am Canasta<br>10am Bridge<br>10am Lisa Arnold<br><i>Winslow Homer</i><br>11am Walk in the Gym<br>11am Grocery Shopping Stop and Shop<br>Meet at The Senior Center or call Gordon for pick up.          |
|                                                                                                                                                                                                                                  |                                                                                                                                                                                                           |                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                            |



## 2017 Medicare and You

### My meds cost more now in 2017 than last year in 2016! WHY?

- Your plan may now have a deductible amount that must be paid before plan coverage begins.
- Your plan may have raised the co-pay of the drug tiers.
- Your plan may now have flat-rate co-payment for drug tiers.
- The retail price of a drug(s) may have increased.
- Your plan may have changed its formulary tier structure.
- Your plan may have moved the drug(s) to a higher tier.
- Your 2016 drug has been dropped from the 2017 formulary and you must pay full retail price.
- You purchase your meds at a pharmacy that is non-preferred or an out-of-network pharmacy.

### Do all Medicare D plans place each med in the same drug tiers?

**NO.** Plans can have different drug tier definitions and different tier numbers. Meds are not always placed in similar tiers plan to plan,

### I did not enroll in a Medicare D plan when eligible, how will my lifetime late-enrollment premium penalty be calculated?

Medicare will calculate this fee and contact you by letter. There is a fee for every month that you have not been covered by Part D. For example, if you never enrolled in Part D in 2006 and did in 2017 you would pay monthly 1% of the yearly annual base Part D premium which is \$33.13 x 132 months (from 1/2006). The penalty is \$43.73 per month. Fees will fluctuate yearly based on average Part D premium. (To avoid paying this **lifetime penalty** you need a letter stating you had creditable coverage from the VA/employer/or other source.)

Want to discuss Medicare issues? Half hour appointments are available from 10:00 – 12:00 twice a month on the first and third Mondays of the month. **MAKE AN APPOINTMENT BY THE PREVIOUS THURSDAY AT THE WESTON SENIOR CENTER.** Dial (203) 222 - 2608. **NO WALK-INS.** Never a fee! See you at the center!

**Meta Schroeter**  
**CHOICES Counselor**

## Westport Weston Health District (203) 227-9571

**Live Well Seminar Presented by Monica Wheeler, RN**  
**Thursdays, April 20, 27 May 4, 11, 18 & 25 10am-12pm**  
Sign up required for whole series (203) 222-2608.

You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, learn problem solving, stress reduction & relaxation techniques, & learn better ways to talk with your doctor about your health. So, whatever your health concern— weight, cholesterol, blood pressure, arthritis, asthma, chronic pain, anxiety, Lyme disease, or being the caregiver of another, this presentation can help your change you life and live it WELL!!



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

The 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 their office 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 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.

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

March 1: Lecture: "The War with Japan is Over,"  
by Historian Art Gottlieb.  
Weston Public Library, 7:30pm

March 8: Lecture: "Weston in the Years of World War II,"  
by Correspondent/Historian – Karl Meyer.  
Weston Public Library, 7:30 pm

March 12: Discussion: Weston resident Dick Troxell will discuss Weston artist Doug Leigh's powerful paintings from the frontlines at the Battle of the Bulge.  
Weston Historical Society, 2:00 pm

The Weston Historical Society is located at 104 Weston Road, Weston, CT, and is open Sundays from 1:00pm – 4:00pm  
The Weston Public Library is located at 56 Norfield Road., Weston, CT.

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

**Tuesday, March 7, 1pm-2pm****Amelia Earhart**

Ms. Earhart, like Eleanor Roosevelt, was redefining the role of women in the 20th century. As a female aviator, she was not only a standout for women, but in American aviation history.

**Tuesday, March 14, 1pm-2pm****Helen Keller**

An American treasure...lecturer, author, political activist... first deaf-blind person to garner a bachelor-arts degree and was a Socialist

**Tuesday, April 4, 1pm-2pm****The Trump Administration**

Back, by popular demand, Mark will be discussing President Trump's first 100 days in office. Sign up required.

**Tuesday, April 18, 1pm-2pm****Cuba and the Platt Amendment**

In 1898, Cubans changed one colonial overseer for another, Spain to the United States. The Platt Amendment stands as a stark example of Pax Americana at the expense of the indigenous Cubans.

**Art Gottlieb, LCSW, CSA**

(203) 222-2608 sign up required

**Friday, March 24, 10am-11am****Chrysler Building**

At Seventy-seven stories high and topped with a 185-foot stainless steel spire, the Chrysler Building held the title of the world's tallest building for less than a year when it was eclipsed by the Empire State Building. Built in 1930 and a masterpiece of Art Deco ornamentation, the Chrysler Building remains one of New York's most iconic structures.

**Tuesday, April 25, 11am-12pm****Margaret Bourke-White**

Born in New York City in 1904, Margaret Bourke-White was a noted photographer of the 20th Century. With work recording life during the Great Depression, she went on to become America's first female war photo-journalist, the first foreign photographer to record Soviet industry and the first female photographer for LIFE magazine.

**Lisa Arnold**

(203) 222-2608 sign up required

**Friday, April 28th, 10:00am-11:00am****Winslow Homer—Watercolors**

Lisa will cover the landscape and figures of Homer's watercolors-his style was unique and effortless. While he started his career as an oil painter, Homer soon switched to the beautiful techniques of watercolors in a style that looked relaxed and created with ease. His sense of design and color was impeccable; his subjects varied and classical.

**Jeffrey Engel**

(203) 222-2608 sign up required

**Friday, April 21, 10:30am-11:30am****Dvorak: The Happy Soul**

Dvorak was the happiest and least neurotic of the Romantics. He was barely literate and hardly a deep thinker (locomotives were his chief passion outside of music). The cheery Czech was greatly influenced by his native folk culture which inspired him to write a plethora of tuneful compositions.

**Understanding Your Electric Bill**  
**Presented by Bruce Lorentzen**

**Wednesday, March 22nd from 12:30pm-1:00pm**

Bruce will explain your electric bill, how to read it, and ways to cut costs by shopping the supplier portion of your bill.

If you want to see all of the approved suppliers/rates and conditions, go to [www.energizect.com/compare-energy-suppliers/](http://www.energizect.com/compare-energy-suppliers/) compare-supplier-options.



**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**

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## Cooks Corner

### Date & Nut Cake

By Roberta Morelli

Beat together:

1 cup sugar  
4 whole eggs

Add:

1 cup flour  
3 teaspoons baking powder  
1/2 teaspoon salt

Add:

4 cups nuts  
1 pound chopped dates  
1 teaspoon vanilla

Preheat oven to 350

Bake in a greased and floured tube pan for 1 hour  
until toothpick comes out clean.



**Monday, March 20th 9am—1pm**

**AARP Free Tax Prep and Filing**

With Mark Spivack

***By Appointment*** (203) 222-2608

Mark will sit with you and help you prepare and file your taxes. Thank you Mark for coming back again this year!

**Friday, April 26, 1pm-2pm**

**HomeFit Presentation by: Laura Caron-Parker**

HomeFit will highlight the importance of Age-Friendly Communities by identifying important features that support aging in place. AARP HomeFit will review practical ways to design or update your home to support your needs and lifestyle at any age. Two main questions asked are, "What is important to you in your living environment?" and "How can you continue those activities throughout your life?" Please join us for an interactive presentation and discussion.

Laura Caron-Parker, OTR/L, GRS Vitality to You & AARP Volunteer and Tia Murphy, AARP Volunteers