



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 And Resources

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

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

Center Staff:

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

Dept. of Social Services

203-222-2663
Director:
Charlene Chiang-Hillman
Volunteer Coordinator:
Allison Lisbon
Administrative Assistant:
Suzanne Friedman

Dial-a-Ride

203-222-2576
(24-hour notice required)

Weston Town Hall

www.westonct.gov
203-222-2500

Commission on Aging

Helen R. de Keijzer, Chair
Bruce Lorentzen, VC
Don Gumaer, Secretary
Peggy A. Anderson
Allison Lisbon
Dale Robinson
Richard Wolf

November/December 2017

Greetings!

We are pleased to regularly offer new programs and classes at our senior center and are always delighted to welcome new people. If you haven't joined us before and would like a tour, drop in anytime!

To help the Center reduce unnecessary expense and use of paper, we are asking, as we did in our last edition, that you please let us know if your household receives more than one copy of the newsletter. For the greatest and greenest way to stay updated, join our email list. Receiving Center Information by email provides the added benefit of getting a weekly activity calendar as well as special bulletins and program notices. (We will *not* share your email address or inundate you with messages.) Please call us at 203-222-2608 or, better yet, come by to give us your information in person. Stay a while, explore the Center facility, and share your thoughts and suggestions.

The Dial-a-Ride van is a service available to residents of Weston who are either senior citizens (age 60+) or disabled. Residents are picked up and returned to their home. The van is used for transportation to medical appointments, including to dentists, physical therapists, and other providers, in the towns of Westport, Norwalk, Georgetown and Wilton. Dial-a-Ride is also available to take you shopping, run errands, or to meet other needs; however, medical appointments take priority. Please call 203-222-2576 24 hours ahead to schedule your appointment.

Thank you for making our Weston Senior Center a wonderful place to be! We are grateful for so many nice and caring people who use our Center. We look forward to seeing you soon!

Wendy, Carla, and Linda

Holiday Closings

Friday, November 10th, Veteran's Day
November 22nd-24th, Thanksgiving
Monday-Friday, December 25th-29th, Christmas
Monday, January 1st, New Year's Day

Winter Weather Delays and Closures

As always, we follow the Weston Public School schedule for weather delays and closures. Please check Channel 12 news, our senior center phone line (we will leave a recording by 8am), or our website, www.westonseniorcenter.info, for the latest updates.

The mission of the Weston Senior Activities Center is to serve as the hub of programs and events supporting the well being of community members as they age.



Thursday Movies Start at 12:30pm

Sign-up is required, call (203) 222-2608



11/1 Arsenic and Old Lace with Cary Grant (1944): A drama critic learns on his wedding day that his beloved maiden aunts are homicidal maniacs, and that insanity runs in his family.

11/2 (PG13) Gifted: Frank Adler (Chris Evans) is a single man raising a child prodigy - his spirited young niece Mary (Mckenna Grace) - in a coastal town in Florida. Frank's plans for a normal school life for Mary are foiled when the seven-year-old's mathematical abilities come to the attention of Frank's formidable mother Evelyn (Lindsay Duncan) whose plans for her granddaughter threaten to separate Frank and Mary.

11/9 (PG) The Immortal Life of Henrietta Lacks: Oprah Winfrey and Rose Byrne star in this adaptation of Rebecca Skloot's critically acclaimed, bestselling nonfiction book of the same name. Told through the eyes of Henrietta Lacks' daughter, Deborah Lacks, the film chronicles her search, along with journalist Rebecca Skloot (Byrne), to learn about the mother she never knew and understand how the unauthorized harvesting of Lacks' cancerous cells in 1951 led to unprecedented medical breakthroughs, changing countless lives and the face of medicine forever.

11/30 (PG) Paris Can Wait: When her director husband is occupied with work in Paris, an American woman takes a jaunt with his business associate, a charming Gallic rogue who is happy to squire her on a tour of some of the finest meals in Provence. The first feature directed by Eleanor Coppola, wife of Francis and director of the "Apocalypse Now" documentary "Hearts of Darkness".

12/7 (PG13) Megan Leavey: Megan Leavey is based on the true life story of a young marine corporal (Kate Mara) whose unique discipline and bond with her military combat dog saved many lives during their deployment in Iraq. When she is assigned to clean up the K9 unit after a disciplinary hearing, Leavey identifies with a particularly aggressive dog, Rex, and is given the chance to train him.

12/14 (PG13) The Hollars: John Hollar, a struggling NYC artist is forced to navigate the small middle-American town he left behind when news of his mother's illness brings him home. Back in the house he grew up in, John is immediately swept up in the problems of his dysfunctional family, high school rival, and an over-eager ex-girlfriend as he faces impending fatherhood with his girlfriend in New York.

12/21 (PG13) 6 Below: Miracle on the Mountain: Eric LeMarque is a daredevil snowboarder who is always looking for his next adventure. Miraculously, he always seems to emerge from his travels unscathed.

Learn How to Play Mahjong with Diane Gelbwahs

Mondays in November 12:30pm-2:30pm. Lessons in November and then we will play on our own. Sign up required for lessons. Starting November 6th! Everything needed to play will be provided. We have a few spots open. Let us know if you are interested!

Open Art Time

Mondays from 1:00pm-3:00pm, come and work with your friends!

New Watercolor Group

Thursdays from 9:30am-11:30am, call for details.

Stay tuned for additional art classes coming this spring.

Wednesday Luncheons and Presentations

Sign-up is required each week by Tuesday at 2:00pm, call (203) 222-2608. All lunches begin at noon and cost \$4.00 each, unless otherwise noted.

11/1: Senior Center

After lunch, stay for a movie.

12:45pm *Arsenic and Old Lace*

11/8: Senior Center

After lunch, stay for eBay 101: An Introduction to Selling. We will review how eBay works and dive right into all aspects of how to use eBay for selling. We will cover tips on how to value your item and how to list it at the right price. If you are interested in selling an item please bring in as much information as you can and bring the item with you too. We will research your item on eBay to determine its eBay sale value.

11/15: Norfield Parish Hall Thanksgiving Luncheon

Hosted by Emmanuel Church and catered by Peter's Market. Entertainment by Richard Thomas.

11/29: Senior Center

After lunch, stay for a presentation and discussion on hearing aids. Lisa Ogilvy will be with us to talk about hearing aids, answer any questions; she will also provide screenings. Sign up is required for screenings.

12/6: Senior Center

After lunch, stay for "Family Feud", sponsored by Visiting Angels. Great prizes to give away. Fun for everyone, play or stay and watch!

12/13: Senior Center

After lunch, stay for a presentation, Sleep Smart, sponsored by Visiting Nurse and Hospice. See details on page 7.

12/20: Norfield Parish Hall Holiday Lunch

Sponsored by the Friends of the Weston Senior Activities Center. Entertainment by The Hoot Owls and Chris Coogan. There is no charge for this lunch, sign up is required.

Crafts

Beading with Carla, Tuesdays, 11/21 and 12/12 at 12:00pm.

Mini Winter Terrariums, Friday, December 8th 10:00am-12:00pm. Join Linda to make your unique winter terrariums! \$10.00 for class and supplies due at time of signing up.

Floral Arrangements, Thursday, December 21st 10:00am-12:00pm. It's time for our spectacular annual event with Betty! The class fee is \$10.00 and includes instruction, flowers, candles and container. Please bring garden clippers and your own greens. Space is limited to 10 people, payment is due at time of sign up.

Our Seniors Are Going Places

Sign-up is required for all trips, (203) 222-2608

Thursday, November 9th, Frank Pepe's Pizza Lunch
Depart Norfield at 11:00am, bring money for lunch.

Tuesday, November 14th, Middlebury Consignment Shopping
and Lunch Outing. Depart Norfield at 10:00am. Lunch will be
at the consignment shop's restaurant and is a pre-fix menu
for \$22.00, which includes entrée, beverage, tax and gratuity.

Thursday, November 30th, Christmas Tree Shop and out to
lunch at On the Border in Orange, CT. Depart Norfield at
10:00am, bring money for lunch.

Friday, December 7th, The Fairfield University Art Museum
and lunch at Rio Bravo. Depart Norfield at 10:30am. The
Fairfield University Art Museum holds a rich and varied
collection of paintings, including sculpture and decorative art
objects, including ten paintings by masters from the Italian
Renaissance and Baroque periods. This tour will also include
the special exhibit of the Ledger Drawings of the Plains
Indians. Admission to the museum is free, bring money for
lunch.

Monday, December 11th, Lockwood Mathews Mansion
Museum. Depart Norfield at 10:45am for a Victorian Holiday
Tour. \$8.00 fee is due at time of signing up. Lunch at Caffe
Social after the tour. bring money for lunch.

Monday, December 18th, Tavern on the Main Lunch
depart Norfield at 11:00am, or meet at restaurant at 11:30am.
Bring a wrapped ornament to exchange and money for lunch.

Technology Help-High School Student Volunteer Jack Travers

Meet Jack Travers, a junior at Weston High School, who is available
to help you with computer or tech-related questions. He can help
with the following: Apple Products (iPhone, iPad, Mac, and
iCloud), Social Networking (Facebook and Instagram), as
well as email, photos, and documents.

Starting Tuesday, November 7th (Election Day)

10am-12pm. By appointment. After this day, Jack will
take appointments to meet you at the Senior Center on Tuesdays
between 3pm-4pm.

Call the senior center to sign up! (203) 222-2608



SCAM ALERT: Mega Millions Lottery Scam

There is a new scam making the rounds. You receive notification via
email with a Connecticut Mega Millions Lottery logo that you have
won money in the lottery -- even if you have not bought a ticket. You
are asked to provide information and perhaps even payment for the
release of funds. You have to be in it to win it and if you are in it YOU
have to initiate the process for collecting funds. The Connecticut
lottery does not contact you to inform a winner that they have won.
Again, never give out personal information to anyone who asks for it
unless it is specific business that you yourself have initiated with that
person.

Do you have a scam to share with us?

Exercise Classes

Try any class, first time for free!

Tap Dancing with Sandy (must pay for series in full)

Mondays at 10:00am and Thursday at 10:00am.

The essence of tap dancing is rhythm and pure fun. Tap dancing
shoes have a magical way about them, they make you smile.

Meditation with Suzanne

Mondays at 9:30-10:15am. No fee.

This is a wonderful way to start your week.

Feldenkrais with Cathy (\$4.00 per class, drop in okay)

Mondays and Wednesdays at 10:00am

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

Pickleball (free, drop in okay)

Mondays at 11am & Thursdays at 11:15am

Pickleball is a cross between tennis, ping pong and badminton.
Come to our court in the gym and join in the fun.

Strength & Fitness with Sandy (\$4.00/class, drop in okay)

Tuesdays & Thursdays at 11:00am

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

Tai Chi with Bill Wren (must pay for series in full)

Thursdays at 9:15am

Tai Chi helps to decrease stress and improve energy, balance and
flexibility. Beginners are welcome!

Tai Chi with Mari Lewis (must pay for series in full)

Tuesdays at 9:30am

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

Yoga with Melania (\$4.00 per class, drop in okay)

Fridays at 9:00am

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

Gentle Yoga with Joy (\$4.00 per class, drop in okay)

Wednesdays at 10:00am

Come and enjoy some gentle stretching, some strengthening,
relaxation and the pleasure of a lovely group.

Pilates with Karen (must pay for series in full)

Mondays at 12:00pm and Thursdays at 12:30pm

Designed to re-align the spine in regards to its natural skeletal
position. Rebalancing the muscles around the spine, abdominals
and the extremities to accomplish core strength, stability, longer
leaner muscle tone, improved posture, and enhanced coordination.

Dance Your Way to Fitness (must pay for series in full)

Wednesdays at 11:00am with Sandy

A dance inspired cardio fitness class that is great for men and
women. Learn the basic simple steps of Merengue, Foxtrot, Waltz,
and Swing. You'll never know your working out!

Walking in the Gym 10 laps = 1/4 mile. Open gym time

Tuesdays, Thursdays, Fridays. See calendar.

November 2017

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
Art Exhibit		1 10am Feldenkrais 10am Yoga 11am Dance 12pm Lunch at Senior Center 12:45 Movie <i>Arsenic and Old Lace</i>	2 9:30am Tai Chi 9:30am Watercolor 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Movie <i>Gifted</i> 1:30pm Walk in the Gym	3 9am Yoga 10am Canasta 11am Walk in the Gym
6 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 10:30am-12:30pm Medicare Appointments 11am Pickleball 12pm Pilates 12:30pm Mahjong	7 8:30am Y's Men's Backgammon 9:30am Tai Chi 10am -12pm Jack Travers Computer, iPhone, technology assistance by app. 11am Strength & Fitness 1:00pm Mark Albertson 100th Anniversary of the Balfour Declaration 1-4pm Duplicate Bridge 1:30pm Walk in the Gym	8 10am Feldenkrais 10am Yoga 11am Dance 12pm Lunch at Senior Center 12:45pm eBay 101: An Introduction to Selling see page 2 for details.	9 9:30am Tai Chi 9:30am Watercolor 11am Strength & Fitness 11am-2:30pm Massage 11am Frank Pepe's Pizza 11:15am Pickleball 12:30pm Pilates 12:30pm Movie <i>The Immortal Life of Henrietta Lacks</i> 1:30pm Walk in the Gym	10 Senior Center Closed In Observance of Veteran's Day
13 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 10:30am-12:30pm Medicare Appointments 11am Pickleball 12pm Pilates 12:30pm Mahjong	14 8:30am Y's Men's Backgammon 9:30am Tai Chi w/Mari 10am Middlebury Consignment, depart Norfield, sign up required. 11am Strength & Fitness 1-4pm Duplicate Bridge 1:30pm Walk in the Gym 3:00pm Tech help by appointment	15 10am Feldenkrais 10am Yoga 11am Dance 12pm Thanksgiving Lunch Norfield Church hosted by Emmanuel Church, catered by Peter's Market Entertainment by Richard Thomas	16 9:30am Tai Chi 9:30am Watercolor 10:30am What's New in Medicare 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:00pm Brain Games and Lunch, no movie today. 12:30pm Pilates 1:30pm Walk in the Gym	17 9am Yoga 10am Canasta 11am Walk in the Gym
20 9:30am Meditation 10am Knitting No tap today 10am Feldenkrais 10:30am-12:30pm Medicare Appointments 11am Pickleball 12pm Pilates 12:30pm Mahjong	21 8:30am Y's Men's Backgammon 9:30am Tai Chi w/Mari No Strength & Fitness today 12pm Beading w/Carla 1-4pm Duplicate Bridge 1:30pm Walk in the Gym 3:00pm Tech help by appointment	22 Senior Center Closed	23 Senior Center Closed Happy Thanksgiving 	24 Senior Center Closed
27 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 10:30am-12:30pm Medicare Appointments 11am Pickleball 12pm Pilates 12:30pm Mahjong Re-Gifting Sale Opens at 9	28 8:30am Y's Men's Backgammon 9:30am Tai Chi w/Mari 11am Strength & Fitness 1:00pm Betty Jones: The Music In My Life: Presented by Doug Jones 1-4pm Duplicate Bridge 1:30pm Walk in the Gym 3:00pm Tech help by appointment Re-Gifting Sale	29 10am Feldenkrais 10am Yoga 11am Dance 12pm Lunch at Senior Center 12:45pm Hearing Aids – An Overview presented by Lysa Ogilvy – screenings will be available. Re-Gifting Sale	30 9:30am Tai Chi 9:30am Watercolor 10am Christmas Tree Shop depart Norfield 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30pm Movie <i>Paris Can Wait</i> 1:30pm Walk in the Gym Re-Gifting Sale	1

December 2017

Mon

Tue

Wed

Thu

Fri

				1 9am Yoga 10:00am Canasta 10:00am Mark Albertson <i>History of Christmas</i> 11am Walk in the Gym
4 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 10:30am-12:30pm Medicare Appointments 11am Pickleball 12pm Pilates 12:30pm Mahjong	5 8:30am Y's Men's Back-gammon 9:30am Tai Chi w/Mari 11am Strength & Fitness 12:30pm Alzheimer's Association Program, sponsored by Synergy Homes, light lunch included. 1-4:00pm Duplicate Bridge 1:30pm Walk in the Gym 3:00pm Tech help by app.	6 10am Feldenkrais 10am Yoga 11am Dance 12pm Lunch Senior Center 12:45pm Family Feud Games and prizes provided by Visiting Angels.	7 9:30am Tai Chi w/Bill 9:30am Watercolor 10:30am Fairfield University Art Museum 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30 Movie <i>Megan Leavey</i> 1:30pm Walk in the Gym	8 9am Yoga 10am Canasta 10am Winter Terrariums with Linda. 11am Walk in the Gym
11 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 10:45am Lockwood Mathews Mansion Tour 11am Pickleball 12pm Pilates 12:30pm Mahjong	12 8:30am Y's Men's Back-gammon 9:30am Tai Chi w/Mari 11am Strength & Fitness 12pm Beading with Carla 1-4:00pm Duplicate Bridge 1:30pm Walk in the Gym 3:00pm Tech help by app.  <i>Happy Hanukkah</i>	13 10am Feldenkrais 10am Yoga 11am Dance 12pm Lunch Senior Center 12:45pm Sleep Smart presentation by Visiting Nurse & Hospice	14 9:30am Tai Chi w/Bill 9:30am Watercolor 11am Strength & Fitness 11am-2:30pm Massage by apt 11:15am Pickleball 12:30pm Pilates 12:30 Movie <i>The Hollars</i> 1:30pm Walk in the Gym	15 9am Yoga 10am Canasta 11am Walk in the Gym
18 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Pickleball 11am Tavern on Main lunch outing depart Norfield at 11 for 11:30am reservation. 12pm Pilates 12:30pm Mahjong	19 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 3:00pm Tech help by appointment	20 10am Feldenkrais 10am Yoga 11am Dance 12pm Holiday Lunch Norfield Church Sponsored by the Friends of the Weston Senior Center. Entertainment by The Hoot Owls and Chris Coogan	21 9:30am Tai Chi w/Bill 9:30am Watercolor 10am Holiday Floral Arrangements 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30pm Movie <i>6 Below: Miracle on the Mountain</i> 1:30pm Walk in the Gym	22 9am Yoga 10am Canasta 11am Walk in the Gym
25 Senior Center Closed Christmas 	26 Senior Center Closed	27 Senior Center Closed	28 Senior Center Closed	29 Senior Center Closed

MEDICARE INFORMATION

Medicare Open Enrollment October 15–December 7

The annual open enrollment period for Medicare Part D and Advantage Plans for 2018 coverage is **October 15, 2017 through December 7, 2017**. It is a good idea to review your coverage yearly at this time with a CHOICES counselor to be sure that you are getting the coverage you want at the best reasonable cost. Changes in coverage can be made without penalty during Open Enrollment.

For those on Original Medicare, there are 22 plans being offered for 2018 Medicare Part D. There are new insurance plans to Connecticut, changed formularies, and premium changes. One program has a premium of \$12.60 per month. Is it right for you? Make an appointment through the Weston Senior Center or you may call SWCAA (Southwest Connecticut Agency on Aging) directly to speak with a CHOICES counselor. Your prescription medications including precise name (properly spelled), dosage and frequency of use will be reviewed on the Medicare.gov website and the Medicare D insurance plans will be presented to you in order of price effectiveness. Some seniors change Medicare D suppliers yearly to meet their current medication requirements and to get the best prices offered.

During Open Enrollment there will be availability for half hour appointments from 10:30 – 12:30 every Monday in November 6, 13, 20, and 27 – as well as Monday, December 4. **YOU MUST MAKE AN APPOINTMENT THROUGH THE WESTON SENIOR CENTER at (203) 222 - 2608. NO WALK-INS.** If times or dates are not convenient for you simply contact a SWCAA CHOICES counselor at 1(800) 994 - 9422.

CHOICES presents objective information for you to consider when making decisions about Medicare issues. **Advantage plan advertising has been very active. If you are considering a change of Medicare provider especially to an Advantage program be sure your doctors, labs for blood work and the hospital of your choice accept that exact particular insurance plan.** Do not trust lists that have been made to meet a printing deadline of four or five months ago. Lists can change at any time. Telephone the doctors, labs & hospitals to be sure they accept the exact particular insurance that you are considering before you enroll. Remember any Medicare resource can drop out of any plan any time during the year.

Please book appointments as soon as possible and early in the open enrollment period – couples book two appointments. There may not be time available when booking later. There is never a charge for Medicare Choices consultations. See you at the Center!

Meta Schroeter

CHOICES Counselor

Note: On Thursday, November 16th at 10:30am, SWCAA will present “What’s New In Medicare”.

See page 7 for details.

Weston Public Library, (203) 222-2665

Friends of the Library Book Sale	November 3-5
New Yorker Roundtable 10:30am	11/7, 13, 21, 28
	12/5, 12, 19
Living Well: Medicare and Beyond	11/8: 12:00pm
Book Group: All the Rivers by Rabinyan	11/9: 10:30am
Tech Tips: Intro to 3D Printer	11/9: 11:00am
Flu Shot Clinic, WWDH	11/14 9:30-11:30am
Living Well: Advance Directives	11/15: 12:00pm
Book Group: The Golem and the Jinni	11/15: 7:00pm
Craft for Cause: Knit in Red Scarves	11/15: 10:00am
Movie Night: The Glass Castle	11/6: 7:00pm
Camera Club	12/6: 12:00pm
Adult Craft Night: Epson Salt Votive	12/7: 6:00pm
Movie Night: Lost in Paris	12/20: 7:00pm



Art Exhibit November/December Lydia Johnston

Lydia Johnston's textile collages have an Asian feel to them; their designs are simple yet elegant with an asymmetry that draws the eye around the piece. The artist hand-dyes all of her fabric in order to capture the exact colors desired. These textile pieces are composed of a fine cotton broadcloth with silk accent pieces. Color blocks are individually dyed, then layered upon each other collage-style. Color accents are overlaid, completing each piece.

This group of textile pieces were created from 2001 to 2003. In 2003, she began to work with oil paints from a desire to have more control of her color. Painting with oils gives her the control over color she was searching for. With the switch in medium, her work changed from purely abstract to creating a sense of place, without providing all the details, drawing you back continually to find something new.

The artist now lives and paints in northern New Mexico where she is delighting in the big, open skies and incredible light. Her work has been exhibited throughout the country and hangs in many private collections.

Friends of the Weston Senior Activities Center

We would like to thank those of you who made donations to our Friends of the Weston Senior Activities Center over the years! Over the past six years, we have purchased a new excursion bus (with the help of the Town of Weston and the Elderly Assistance Fund), contributed to the renovations of the expended Senior Center, and sponsored many Center trips, lectures, programs and events, just to name a few accomplishments!

The Friends is a 501(c)(3) organization; all donations are tax deductible as allowed by law. The Friends of the Weston Senior Activities Center is dedicated to supporting the Center and enriching and expanding the programs and activities the Center provides.

If you would like to make a donation to the Friends of the Weston Senior Activities Center, please make checks payable to Friends of WSAC and mail to:

Weston Senior Center
PO Box 1007, Weston, CT 06883

Thank you for your continued support!



Mark Albertson

Sign-up required, call (203) 222-2608

**Tuesday, November 7th, 1:00pm****100th Anniversary of the Balfour Declaration**

This month marks the centennial of the Balfour Declaration, the British promise of a homeland for Jewish people in the Middle East, which some historians mark as the beginning of the Israeli-Palestinian issue. This talk will focus on this historical development as another example of the collapse of the Ottoman Empire and how the tragedy of the Israeli-Palestinian crisis for land is another one of those issues which demonstrates unequivocally that Man has not recovered from the 1914-1918 conflict.

Friday, December 1st, 10:00am**History of Christmas...what is it actually?**

December 25th is viewed generally as the day of the birth of Jesus Christ; recognized as one of the most significant feast days on the Christian liturgical calendar. Yet, for the first three hundred years of Christianity, the Church did not celebrate Christmas. In addition, other aspects surrounding Christmas will be explored.

**Holiday Events**

Annual Re-Gifting Sale: November 27th-30th, 9:00am-3:00pm. We will stay open until 4:00pm on Tuesday, November 28th. Come in a shop, it's a great day to start your holiday shopping! Gift wrapping is available.

Christmas Tree Shop and out to lunch at On The Border

Thursday, November 30th. Depart Norfield at 10:00am, bring money for lunch.

Lockwood Mathews Mansion: Monday, December 11th, 10:45am meet at Norfield Church. One hour tour of the 1st floor and servant quarters. \$8.00 due at time of signing up.

Lunch at Tavern on Main: Monday, December 18th, depart Norfield at 11:00am, or meet at restaurant at 11:30am. Bring a wrapped ornament to exchange and money for lunch. Sign up is required.

Holiday Lunch at Norfield: Wednesday, December 20th at 12:00pm. Co-sponsored by the Friends of the Weston Senior Activities Center. Entertainment by The Hoot Owls with Chris Coogan. There is no charge for lunch, but sign up is required by the day before by 2:00pm.

Floral Arranging Class w/Betty: Thurs., December 21st 10:00am-12:00pm. It's time for our annual spectacular arrangements. The class fee is \$10.00 and includes instruction, flowers, candles and container. Please bring garden clippers and your own greens. Space is limited to 10 people, payment due at time of signing up.

New Programs

Sign-up required, call (203) 222-2608

**Thursday, November 16th, 10:30am****What's New in Medicare**

This event is free, sign up is required. Lisa Alhabal from the Southwestern CT Agency on Aging (SWCAA) will be conducting a Medicare update presentation. Come and hear what's new with Medicare, including the new Medicare replacement card coming in spring 2018.

Thursday, November 16th, 12:00pm**Brain Games and Lunch**

This event is free, sign up is required.

Sponsored by Wilton Meadows.

Join us for an afternoon of puzzling brain games and teasers that challenge you to think. This is fun and open to everyone!

**Tuesday, November 28th, 1:00pm-2:00pm****Betty Jones: The Music In My Life by Doug Jones**

Doug will discuss the Music In My Life, the autobiography of his wife of over 60 years, the opera singer, Betty Jones. This powerful memoir tells of Betty Jones' fascinating life. The memoir describes how at the age of 41, she went from signing in the Wilton Congregational Church to singing professionally with the Seattle Opera, the New York City Opera and many more of the world's finest opera companies. Sign up is required.

Tuesday, December 5th, 12:30pm**An Educational Program****by the Alzheimer's Association**

This event is free, sign up is required. A light lunch will be served. Sponsored by Synergy Homes.

Presented by Shannon Jordan, Southwestern Regional Director, Alzheimer's Association CT Chapter. If you or someone you know is effected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment and more.

**Wednesday, December 6th, 12:45pm****(following lunch)****Family Feud**

Presented by Visiting Angels. This is a fun, easy game played with teams just like the show on TV. Games and prizes will be provided by Visiting Angels. Stay and play or just watch.

**Wednesday, December 13th, 12:30pm****(following lunch)****Sleep Smart**

Presented by Visiting Nurse & Hospice of Fairfield County. To sleep or not to sleep? That is the questions! Explore the benefits of getting a good night's sleep, common triggers that interfere with your sleep pattern, and hear simple tips.

**Coming in January:****A Matter of Balance Program**

Provided by the Fairfield University School of Nursing and funded by SWCAA. Thursdays, 1:00-3:00pm starting in February. Space is limited and participants must attend all sessions.

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

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Donations to the Senior Center

In Loving Memory of Dean Hartman

Eileen Buckley, Helen and Arne de Keijzer, Diane and John Hartman, Carol and James Meholic, Diana and David Muller, Becky, Isabel and Michael Neidorf, Beata and Dennis Prorokovic, Meta Schroeter and Cynthia Williams

In Loving Memory of Ray Krypel

(Carla's Dad)
Roberta Morelli and Meta Schroeter

~~~~~  
While donations are most often given to honor the memory of someone dear, donations may also be made to celebrate birthdays, anniversaries or other special occasions.

### **In Celebration of Gordon Hall's Birthday**

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A donation has been made by Dorothy Hall in honor of Gordon's 90th birthday on November 18th!

To make a contribution, please make checks payable to the Weston Senior Activities Center and mail to:

Weston Senior Center
P.O. Box 1007, Weston, CT 06883.



Annual Re-Gifting Sale

Opens Monday, November 27th at 9:00am and will run through Thursday, November 30th. Come and start your holiday shopping for kids, grandkids, teachers, extended family, party gifts—we have something for everyone! All of the money raised directly supports our Senior Center. Gift wrapping available.

We are gratefully accepting new and unused items up until November 27th.

Please think of us over the holidays and throughout the year—did you receive a present that just wasn't your style? Did you forget to return something and now it's too late?

Consider donating any such items to us! Donations are welcome throughout the year.

