



WESTON SENIOR ACTIVITIES CENTER

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

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

www.westonseniorcenter.info

Weston Senior Services and Resources

Weston Senior Center
9 School Road
www.westonseniorcenter.info
203-222-2608

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

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

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

Dept. of Social Services
203-222-2663

Weston Town Hall
www.westonct.gov
203-222-2656

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

Friends of WSAC



This symbol means the event is sponsored by the Friends of the Weston Senior Activities Center.

January/February 2019

Greetings and Happy New Year!

We continue to be grateful to all of the wonderful people who come to our senior center and are so happy to welcome new faces every week. We would also like to thank the members of the Commission on Aging as well as the Friends of the Weston Senior Activities Center, who donate their time to help support our senior community.

We hope you enjoyed the holidays and are settled into the beautiful winter weather. It's a perfect time to come and workout indoors at our Senior Center. We have great exercise classes for all levels. If you want to skip the class and walk in our gym, 10 laps around equals 1/4 mile.

We would also like to thank Thomas Burke, the new associate minister at Norfield Congregational Church for the incredible series he taught on comparative religion. The classes were so well received that we will be continuing them for another four weeks! If you would like to sign up, please let us know, as the classes fill up quickly.

The art exhibit hanging on the walls this month is by artist Bobbi Eike Mullen and the show is absolutely beautiful. Stop by during Center hours through January to view her work, or come to the reception on Sunday, January 13th from 2pm-4pm.

As always, we hope to see you at The Hub!

Wendy, Carla, Linda, Angela and Roy (our Dial-a-Ride driver)

CodeRED

Have you signed up for Code Red yet? CodeRED is a service by which authorized Town officials can notify Weston residents and businesses by telephone, e-mail or text messages 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. Do you need help signing up? Call the Senior Center and we will be happy to help you.

Weather Related Closings and Delays

We follow the Weston Public School closings and delayed opening schedule. We will post weather related updates on:

our website, www.westonseniorcenter.info, our email (if you are on our list) and Channel 12 News.

Holiday Closings:

January 1st, New Year's Day
January 21st, Martin Luther King
February 14th-18th, Winter
Break and Presidents Day

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 Start at 12:45pm on Wednesdays and 12:30pm on Thursdays



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

1/2: Movie TBD

1/3: **An Elephant's Journey PG**

After losing his parents, Phoenix moves to Africa to live with his Aunt Sarah. While on safari with his uncle one day, Phoenix wanders off and becomes lost in the African bush. After rescuing a huge elephant from a trap, Phoenix befriends the great creature, which he names Indlovu.

1/10: **Crazy Rich Asians PG-13**

"Crazy Rich Asians" follows native New Yorker Rachel Chu as she accompanies her longtime boyfriend, Nick Young, to his best friend's wedding in Singapore. Excited about visiting Asia for the first time but nervous about meeting Nick's family, Rachel is unprepared to learn that Nick has neglected to mention a few key details about his life. It turns out that he is not only the scion of one of the country's wealthiest families but also one of its most sought-after bachelors.

1/17: **Bel Canto NR**

When opera diva Roxanne Coss agrees to sing at a rich businessman's swank birthday party in South America, a group of rebel guerrillas takes everyone hostage. During the ensuing month long standoff, the hostages and their captors form unlikely bonds.

1/24: **The Courageous Heart of Irena Sendler NR**

In the early days of World War II, Polish Catholic social worker Irena Sendler devises a daring plan: Disguised as nurses, she and colleagues gain access to the Jewish ghetto in Warsaw and smuggle some 2,500 Jewish children to safety. John Kent Harrison directs this drama based on Sendler's real-life exploits, for which she received a Nobel Peace Prize nomination.

1/30: **Dog Days PG**

In this ensemble comedy, dogs are not only man's best friend, they're his best matchmaker as a disparate group of Los Angelenos -- including a mom, an athlete turned TV host and a barista -- connects through their canine companions.

1/31: **Leave No Trace PG**

For survivalist Will and his teenage daughter, living off the grid means residing in a nature reserve on the edge of a city -- a lifestyle that suits them until they're discovered and forced into the social services system.

2/6: **Three Identical Strangers PG-13**

This riveting documentary charts the twisty story of identical triplets separated at birth, who reconnect by chance at age 19. But what starts as a happy reunion soon sets off a series of events that lead to shocking and sinister secrets.

2/7: **Hearts Beat Loud PG13**

As Brooklynite Frank Fisher is getting ready to send his daughter, Sam, off to college on the West Coast, he can't quite seem to let go of her. Knowing that the two share a love of music, Frank comes up with a ploy to keep Sam from leaving the nest.

2/21: **Always at the Carlyle PG-13**

A landmark since its 1930 debut, New York City's Carlyle Hotel houses a raft of celebrities, many of whom share their reminiscences in this documentary, which also includes engaging stories from longtime staffers who are legendary in their own right.

2/27: **The Sun At Midnight R**

Sixteen-year-old Native American "city girl" Lia, is sent to spend the summer with her grandmother in a small community in Canada's breathtaking Northwest Territories. Desperate to return home she steals a boat and becomes lost in the vast wilderness where she is discovered by Alfred, a Gwich'in hunter.

2/28: **Little Women PG (1994)**

Louisa May Alcott's beloved novel comes to life in this sensitive, soulful adaptation. Four sisters and their mother battle life's vicissitudes in Civil War-era America after their father leaves to join the conflict.

A Message from Our First Selectman, Chris Spaulding

Hello seniors,

It has been a while since I last wrote to you and would like to first of all wish you all a Happy New Year.

We have had a great deal of activity on the hiring front in Town, as veteran staff have retired. We have hired a new Director of Public Works, Lou Martirano. Laura Cleary is off to a fantastic start as our new Director of Youth Services. Sean Amato who was our Town Hall Floater is now our new Assistant Town Clerk. We are also thrilled that Rose Cruz has been hired as our Administrative Assistant for Social Services. Presently, we are in the process of finalizing our search for a new Social Services Director. We hope to fill this critically important position in a few weeks time. Wendy Petty has been involved with the interviews and will continue to do so until a decision is made.

Good news on the financial front: The Town recently refunded its existing debt obligations without taking on any new debt or extending the duration of existing debt. The result is that the Town has saved close to \$300,000 and reaffirmed its Moody's triple A bond rating.

More good news on the financial front: Weston recently received 2 grant awards from the State. The first grant is a Community Connectivity Grant in the amount of \$396,000 to build sidewalks connecting the four school buildings (including the Senior Center) to each other, and connecting the School Campus to Town Center (Peter's) and the Town Hall/ Library area. I am eagerly looking forward to crossing you along the path in the near future. The second grant is an \$82,550 State Library Construction Grant for the purpose of infrastructure upgrades, energy efficiency enhancements and improvements to the Library.

Again, we are here for you and really appreciate your input and feedback, please do not hesitate to reach out. *Chris*

Ageless Grace, Brain Health and Fitness Class

January 15, 22, 29, 12pm-1pm, \$15.00 for series, sign up required.

Ageless Grace is a brain-body program that uses physical exercises along with music, to activate systems of the brain, organs and your core. The exercises in the program are based on the cutting-edge concept of neuroplasticity; the ability of the brain to change structurally and functionally. Ageless Grace is practiced while sitting in a chair and combines the benefits of yoga, tai chi, Pilates and learning, but in a chair with music. Taught by *Coach Robin Fortin, she is certified to teach Ageless Grace, Tai Chi, and Pickleball.*

Learn to Play Pickleball!!

Tuesday, January 8th, 11:00am

Join Robin Fortin on 1/8 and have the opportunity to learn basic and intermediate skills, including proper form, positioning and shot selection, and will include drills and actual game play. Paddles will be provided. This is a free clinic and open to everyone.



Sponsored Programs

All sponsored programs are free, but sign-up is required.

Tuesdays, January 8th and February 5th, 12:00pm: Wilton Meadows presents *Brain Games and Lunch*.

Thursday, January 10th, 1:00pm Bankers Life present an educational seminar on Extended Care. This will be held at the Weston Library.

Friday, January 25th, 1:00pm: Visiting Angels presents Bingo

Tuesday, February 26th, 1:30pm: AAA Northeast presents Winter Driving Tips, how to go in the ice and snow. Sign up is required.

A Message From the Friends of the Weston Senior Activities Center

Most of us begin the New Year making resolutions which, to be completely honest, we proceed to ignore in short order. That's human nature however sincere our intentions. Why not, instead of resolutions, enter the New Year 2019 making a list of things for which you are grateful? It's a pleasant exercise to count one's blessings, life's gifts that we feel good about receiving. However your holidays unfold, there is always some bright spot to fix your eyes on. No matter how dark the winter months, spring will come with renewed energy, life and light. In the meanwhile, the Friends of the Senior Activities Center wish you happy holidays and a healthy New Year!

Nina Daniel, President of the Friends

**Lectures with Art Gottlieb**

Wednesday, January 16th, 1:00pm

I Have A Dream: Delivered on the steps of the Lincoln Memorial on August 28th, 1963 by Dr. Martin Luther King, Jr. the "I Have a Dream" speech remains one of the most famous orations in modern history, calling for America to live up to its founding ideals of equality for all, and the end of racial discrimination.

Wednesday, February 20th, 1:00pm

The Ox-Bow Incident. Released by 20th Century Fox in 1942, The Ox-Bow Incident was nominated for Best Picture, losing only to the film Casablanca. Set in 1885 Nevada, the film offers powerful performances by a star-studded cast to yield a powerful message about power, impulsivity and the meaning of justice.

Lectures with Mark Albertson

Friday, January 18th, 10:00am

Fascism Today. What is Fascism? Especially as put forth by Mussolini and his Corporate Fascist State. But what about today? A look at Victor Orban in Hungary, The Trump Administration, The Fascist Government in Ukraine, Parties such as Golden Dawn in Greece and the Rise of Rightist hate groups.

Tuesday, February 12th, 10:00am

Queen Victoria & Prince Albert from Germany. An amalgamation which produced nine children and a plethora of grandchildren; which in turn, would staff many of the royal houses of Europe. Prince Albert became one of Victoria's closest advisors, championing education reform and the abolition of slavery worldwide. Victoria was devastated when he died and would wear black for much of the rest of her life.

Knitting Group

Monday mornings at 10am.

This is a great, casual group, everyone is welcome!

**Comparative Religion Series
with Thomas Burke**

Associate Minister of Children, Youth, and Families
Norfield Congregational Church

January 7, 14, 28, February 4, Mondays, 1:00pm-2:00pm

Topics to include a deeper study into Islam, introducing a variety of religious themes, how religions interact with culture, politics, and the history of Connecticut.

There will be time for questions and group discussion each week.

Sign up is required (203) 222-2608.

Exercise and Wellness

first class is free!

A FITNESS WAIVER MUST BE SIGNED BEFORE STARTING ANY EXERCISE CLASSES.

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

Mondays 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 (free, drop in okay)

Mondays 9:30am-10:00am

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

Mondays (Eileen) and Wednesdays (Cathy) 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 w/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 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 with Sandy (must pay for series in full)

Wednesdays at 11:00am

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 you're working out!

January 2019

Mon

Tue

Wed

Thu

Fri

<p>Artist Exhibit</p> <p>Bobbi Eike Mullen 12/3 through 1/21</p> <p>Reception January 13th 2pm-4pm</p>	<p>1</p> <p>Senior Center Closed</p> 	<p>2</p> <p>10am Feldenkrais 10am Yoga No Dance 12pm Lunch at the Senior Center</p>	<p>3</p> <p>9:30am Tai Chi w/Bill 10:30am Mah Jong 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30pm Movie: <i>An Elephant's Journey</i></p>	<p>4</p> <p>9am Yoga 9:30am Bridge Group 9:30am-12pm Open Art 10am Canasta 11am-3pm Open Gym</p>
<p>7</p> <p>9:15am Commission Mtg. 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 10:30am Medicare Appt. 11am Pickleball 12pm Pilates 1pm Comparative Religion 1:30pm Walk in the gym</p>	<p>8</p> <p>8:30am Backgammon 9:30am Tai Chi w/Mari 10am Art Class w/Chris 11am Strength & Fitness 11am-3pm Open Gym 11am Pickleball Lessons 12pm Brain Games and Lunch w/Wilton Meadows 1pm Rummikub 1-4pm Duplicate Bridge 3pm-4pm Technology</p>	<p>9</p> <p>10am Feldenkrais 10am Yoga 11am Dance 12pm Lunch at the Senior Center 1:00pm Alzheimer's Association, Know the 10 signs</p>	<p>10</p> <p>9:30am Tai Chi w/Bill 10am Art Class w/Wendy 10:30pm Mah Jong 11am Strength & Fitness No Massage Today 11:15am Pickleball 12:30pm Pilates 12:30 pm Movie: <i>Crazy Rich Asians</i> 1pm Extended Care, How to Cover the Gaps. <i>Held at the Weston Library</i></p>	<p>11</p> <p>9am Yoga 9:30am Bridge Group 9:30am-12pm Open Art 10am Canasta 11am-3pm Open Gym</p> <p>Artist Reception Sunday, January 13th at 2pm.</p>
<p>14</p> <p>9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Pickleball 12pm Pilates 1pm Comparative Religion 1:30pm Walk in the gym</p>	<p>15</p> <p>8:30am Backgammon 9:30am Tai Chi w/Mari 10am Art Class w/Chris 11am Strength & Fitness 12pm Ageless Grace 1pm Rummikub 1-4pm Duplicate Bridge 3pm-4pm Technology</p>	<p>16</p> <p>10am Feldenkrais 10am Yoga 11am Dance 12pm Lunch at the Senior Center 1pm Art Gottlieb presents: <i>I Have a Dream, Dr. Martin Luther King, Jr.</i></p>	<p>17</p> <p>9:30am Tai Chi w/Bill 10am Art Class w/Wendy 10am Art Class w/Karen 10:30am Mah Jong 11am Strength & Fitness No Massage Today 11:15am Pickleball 12:30pm Pilates 12:30pm Movie: <i>Bel Canto</i></p>	<p>18</p> <p>9am Yoga 9:30am Bridge Group 9:30am-12pm Open Art 10am Out to Breakfast at Orem's Diner 10am Canasta 10am Mark Albertson presents: <i>Fascism Today</i> 11am-3pm Open Gym</p>
<p>21</p> <p>Senior Center Closed</p>	<p>22</p> <p>8:30am Y's Men's Backgammon 9:30am Tai Chi w/Mari 10am Art Class w/Chris 11am Strength & Fitness 11am-3pm Open Gym 12pm Ageless Grace 12:30pm Gelli Plate Wksp 1pm Rummikub 1-4pm Duplicate Bridge</p>	<p>23</p> <p>10am Feldenkrais 10am Yoga 11am Dance 12pm Lunch at the Senior Center 1pm Elsa Cantor and Don Lamberty's Travel Adventure to Turkey</p>	<p>24</p> <p>9:30am Tai Chi w/Bill 10am Art Class w/Wendy 10am Art Class w/Karen 10:30am Mah Jong 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30pm Movie: <i>The Courageous Heart of</i></p>	<p>25</p> <p>9am Yoga 9:30am Bridge Group 9:30am-12pm Open Art 10am Canasta 11am Book Group Weston Senior Center Jeanne Bennett discusses: <i>Founding Brothers</i>, by Ellis 1pm Visiting Angels Bingo 11am-3pm Open Gym</p>
<p>28</p> <p>9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 10:30am Medicare Appt. 11am Pickleball 12pm Pilates 1pm Comparative Religion 1:30-3pm Walk in the gym</p>	<p>29</p> <p>8:30am Y's Men's Backgammon No Tai Chi Today 11am Strength & Fitness 11am-3pm Open Gym 12pm Ageless Grace 1-4pm Duplicate Bridge 3pm-4pm Technology Appointments with Jack T.</p>	<p>30</p> <p>10am Feldenkrais 10am Yoga 11am Dance 12pm Lunch at the Senior Center 12:45pm Movie: <i>Dog Days</i></p>	<p>31</p> <p>9:30am Tai Chi w/Bill 10am Art Class w/Wendy 10am Art Class w/Karen 10:30am Mah Jong 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30pm Movie: <i>Leave No Trace</i></p>	

February 2019

Mon

Tue

Wed

Thu

Fri

				1 9am Yoga 9:30am Bridge Group 9:30am-12pm Open Art 10am Canasta 10am Lunch and Shopping in Newtown, BD Provisions and Barnwood Grill 11am-3pm Open Gym
4 9:15am Commission Meeting 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Pickleball 12pm Pilates 1pm Comparative Religion 1:30pm Walk in gym	5 8:30am Y's Men's Backgam. 9:30am Tai Chi w/Mari 10am Art Class w/Chris 11am Strength & Fitness 11am-3pm Open Gym 12pm Brain Games and Lunch with Wilton Meadows 12:30pm Gelli Plate Workshop 1-4:00pm Duplicate Bridge 1pm Rummikub	6 10am Feldenkrais 10am Yoga 11am Dance 12pm Lunch at the Senior Center 12:45pm Movie: <i>Three Identical Strangers</i>	7 9:30am Tai Chi w/Bill 10am Art Class w/Wendy 10am Art Class w/Karen 10:30am Mah Jong 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30 Movie: <i>Hearts Beat Loud</i>	8 9am Yoga 9:30am Bridge Group 9:30am-12pm Open Art 10am Canasta 11am-3pm Open Gym
11 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 10:30am Medicare Appt. 11am Pickleball 12pm Pilates 1:30pm Walk in gym	12 8:30am Y's Men's Backgam. 9:30am Tai Chi w/Mari 10am Art Class w/Chris 10am Mark Albertson presents: <i>Queen Victoria & Prince Albert</i> 11am Strength & Fitness 11am-3pm Open Gym 1-4:00pm Duplicate Bridge 1pm Rummikub	13 10am Feldenkrais 10am Yoga 11am Dance 12pm Lunch at the Senior Center 1pm Valentine's Bingo Valentine's Day Luncheon	14 Senior Center Closed 	15 Senior Center Closed
18 Senior Center Closed	19 8:30am Y's Men's Backgam. 9:30am Tai Chi w/Mari 10am Art Class w/Chris No Strength & Fitness 11am-3pm Open Gym 12:30pm Gelli Plate Workshop 1-4:00pm Duplicate Bridge 1pm Rummikub	20 10am Feldenkrais 10am Yoga No Dance 12pm Lunch at the Senior Center 1pm Art Gottlieb presents: <i>The Ox-Bow Incident</i>	21 9:30am Tai Chi w/Bill 10am Art Class w/Karen 10:30am Mah Jong No Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30pm Movie: <i>Always at the Carlyle</i>	22 9am Yoga 9:30am Bridge Group 9:30am-12pm Open Art 10am Canasta 11am Book Group Weston Public Library Kathy Failla discusses "Just Mercy: A Story of Justice and Redemption" 12pm Out to Lunch at the Black Cat Grill
25 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Feldenkrais 10:30am Medicare Appt. 11am Pickleball 12pm Pilates 1:30pm Walk in the gym	26 8:30am Y's Men's Backgam. 9:30am Tai Chi w/Mari 11am Strength & Fitness 11am-3pm Open Gym 1-4:00pm Duplicate Bridge 1pm Rummikub 1:30pm AAA Northeast presents A Presentation On Winter Driving	27 10am Feldenkrais 10am Yoga 11am Dance 12pm Lunch at the Senior Center 12:45pm Movie: <i>The Sun at Midnight</i>	28 9:30am Tai Chi w/Bill 10am Art Class w/Karen 10:30am Mah Jong 11am Strength & Fitness 11am-2:30pm Massage 11:15am Pickleball 12:30pm Pilates 12:30pm Movie: <i>Little Women (1994 version)</i>	.

MEDICARE INFORMATION

GOVERNMENT INFO "Medicare & You - 2019" is the yearly booklet on basic Medicare requirements, dos and don'ts. It lists all CT

Medicare programs at the back including the 26 Medicare - D drug plans for 2019 and the Medicare Advantage health plans under Medicare - C available in Fairfield County. (Part A is regular hospital coverage, Part B is doc & medical service coverage.) For the computer savvy go on the web site: 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 of 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 insurance company although basic 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 me for one. **NOTE: PLAN F will be retired in 2020. Those that have Plan F in 2019 will be grandfathered in to Plan F in future years if they wish. Right now Plan F is the most comprehensive medigap plan available.**

INITIAL ENROLLMENT - Starts 3 months before 65th 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 working at 65 covered by employer or spouse's active employment. This SEP lasts 8 mos. Begins a month after coverage/employment ends whichever is first.

OPEN ENROLLMENT PERIOD Oct 15th - Dec 7th Select/change to a more cost savings Medicare D plan that carries your prescribed drugs, or some other required Medicare D prescription plan. If desired, switch to an Advantage Plan from Original Medicare or from an Advantage Plan to Original Medicare. All coverage start Jan 1.

MSP (MEDICARE SAVINGS PLAN) This is a program designed to help those with lower incomes with insurance premiums and drug costs if qualified. Please ask me about this important program if you feel that you need some extra help.

MEDICARE CARD Starting April 2018 current Medicare Cards will begin to be replaced & new id numbers/ letters issued to all. This process will take a year to complete. All those who had Medicare in CT should now have a new Medicare card. Be sure to bring it to your doctors so they can change their records. If you do not have a new card please contact me for information on how to obtain one.

Meta Schroeter, Choice Counselor

Weston Department of Social Services

Would you like to be added to our Emergency and Reassurance lists? Call Rose Cruz if you have any questions or to sign up 203-222-2556

Emergency List - The list is for those people who live alone, can't drive, are disabled or have any medical needs and would like to be called and *checked on* in case of an emergency or weather event.

Reassurance list - This list is for anyone who would like a phone call in case of an emergency or weather event.

Weston Public Library

(203) 222-2665, www.westonpubliclibrary.org

Jan. 9, 7:30PM	Movie Night: What They Had (R)
Jan. 10, 10:30AM	Friends of the Library Book Group
Jan. 8, 15, 22, 29, 10:45AM	New Yorker Roundtable
Jan. 10, 1PM	Lunch and Learn: Long Term Health Care
Jan. 16, 6:30PM	Making Social Security Simple
Jan. 16, 7PM	Friends of the Library Book Group
Jan. 17, 7PM	Sip and Stitch
Jan. 24, 12PM	Cookbook Club: Ina Garten
Jan. 25, 11AM (at Senior Center)	Non-Fiction Book Group: <i>Founding Brothers</i> by Ellis
Feb. 3, 3PM	Documentary Screening and Commentary: <i>When Were Kings</i> with Larry Shore
Feb. 5, 9AM	Friends Camera Club
Feb. 5, 12, 19, 26, 10:45AM	New Yorker Roundtable
Feb. 7, 7PM	First Thursday Film Screening and Discussion: Comedies
Feb. 13, 7:30PM	Movie Night: TBD
Feb. 21, 12PM	Cookbook Club: TBD
Feb. 21, 7PM	Theatre du Grand Fromage: Cheese Pairings
Feb. 22, 11AM (at Library)	Non-Fiction Book Group: <i>Just Mercy</i> by Stevenson

Norfield Grange Barn Dance and Dinner

Saturday, January 5th at 7:00pm, \$10/person, kids under 8 free. With Legendary Dance Caller Ron Baldwin. Come dance and eat as they spice up the winter. Enjoy the Grange's award winning chili. Bring an appetizer or dessert to share. RSVP: NorfieldGrange@gmail.com. The Grange is at 12 Goodhill Road.

Book Discussion Groups



The Weston Public Library, the Weston Senior Center (The Hub), and the Weston Historical Society are jointly organizing a monthly Friday Book Club and Lunch with guest discussion leaders.

We will rotate locations between the Library, Senior Center, and Historical Society. The discussion will take place between 11am-12pm and will be followed by a light lunch catered from Peter's Market from 12pm-1pm. The cost for lunch is \$5.00.

Sign-up by calling the library (203) 222-2665

Friday, January 25th at the Weston Senior Center
Discussion Leader: **Jeanne Bennett**
Book: *Founding Brothers* by Joseph Ellis

Friday, February 22nd at the Weston Library
Discussion Leader **Kathy Failla**
Book: *Just Mercy: A Story of Justice and Redemption* by Bryan Stevenson

Bobbi Eike Mullen Art Exhibit "Sample"**Artist Reception Sunday, January 13th, 2pm-4pm**

A lifetime pursuit of the fine art experience has enabled New England artist Bobbi Eike Mullen to achieve a level of accomplishment reflecting numerous exhibits, awards and she continues to gain viewer recognition. Ms. Mullen has mastered the illusion of realism, working in acrylic with egg medium. Her drawings of the human figure have been judged "sensitive and classical". She has recently been challenged and rewarded in both oil and acrylic by turning to her first love: Impressionism. "Color is my focus. My approach to my creativity is simple: I love to Paint! Becoming a New American Impressionist has introduced a renewed attitude of seeing, feeling and excitement while capturing form, line and color."



Bobbi has worked for the United States National Park Service at Weir Farm NHS for the past 8 years as the professional artist instructor in the "Take Part In Art" Program. Recent exhibits include: The Brush Gallery, Lowell, MA; The Ellis Island Memorial Museum, Liberty Island, NY; and Weir Farm NHS, Wilton/Ridgefield, CT. An innovated instructor, Bobbi teaches oil, acrylic and water media painting at the Georgetown Cultural Center in Georgetown, CT and has conducted workshops throughout New England. Her art is in private collections in the U.S., England, France and is included in the Reader's Digest Corporate Collection. Her studio and home are located in Georgetown, CT.

Join Bobbi on Sunday, January 13th at 2pm for this reception. Refreshments will be served. If you can't make the reception, her work will be on display until the end of January.

Wednesday Luncheons

All Luncheons start at noon,
but sign-up is required the day before by 2pm
Call (203) 222-2608

January 2nd: Lunch at the Senior Center
12:45pm: Movie: TBD

January 9th: Lunch at the Senior Center
1pm Shanon Jordan from the Alzheimer's Association. Learn the 10 signs of early detection.

January 16th: Lunch at the Senior Center
1pm Art Gottlieb presents Martin Luther King's *I Have a Dream*.

January 23rd: Lunch at the Senior Center
1pm Elsa Cantor and Don Lambert's Travel Adventure slideshow and presentation on their trip to Turkey!

January 30th: Lunch at the Senior Center
12:45pm Movie: *Dog Days*

February 6th: Lunch at the Senior Center
12:45pm Movie: *Three Identical Strangers*

February 13th: Lunch at the Senior Center
1pm Valentine's Bingo

February 20th: Lunch at the Senior Center
1pm Art Gottlieb presents *The Ox-Bow Incident*

February 27th: Lunch at the Senior Center
12:45pm movie: *The Sun At Midnight*

Watercolor Class with Wendy Pieper

Thursdays, 10am-12pm, January 10, 17, 24, 31, February 7
\$25 for this series, sign-up required.

Have you ever wanted to learn to paint in watercolors? Or brush up on your skills? Join artist Wendy Pieper for a fun and energetic class. This class is open to beginners and intermediates alike. You will work from still life, landscape (from your own photos or outside if weather permits) and the figure if there is class interest (model fee will be additional). Basic drawing, composition and watercolor techniques will be demonstrated. Participants must provide their own supplies.

Watercolor with Karen Siegel

Thursdays at 9:30am, beginning January 17th
\$10 drop in fee

Join Karen for watercolor instruction, for this ongoing drop in class. Learn the basics while enjoying good company with other art students. Bring your own supplies or drop in and see a class.

The Basics and Beyond With Chris Goldbach

Tuesdays, January 8, 15, 22, February 5, 12, 19, 10am-12pm,
\$30 for this series, sign-up required.

In this course students may paint or draw in any medium of their choice. Lessons will cover basic to advance techniques both specific and common to these mediums. Visual elements like color and composition will be discussed. Students will also be encouraged to explore personal choices in subject matter, themes and styles, as they work at their own level, with lots of instructor input.

Gelli Plates Workshops with Missy Savard

Tuesdays, January 22, February 5, 19, 12:30pm-3:00pm
\$15.00 for each workshop, plus \$5.00 for supplies, sign-up required.

Join us for a fun workshop of printing on Gelli plates! This is an impromptu process that gives immediate gratification and can lead to thoughtful pieces of strong design. Each piece is unique and a result of individual stenciling, color and process. The possibilities are endless and final works can be used later as greeting cards, fine art images or collage. *Sign up for one or all of these workshops!*

Art Classes Coming Soon....**Pastel workshop with Jane Wolf**

Are you interested in learning how to use pastels? Pastel is an immediate, versatile pure-pigment medium compressed into stick form and used on sanded paper. It is one of the oldest art forms which has recently found a contemporary audience. Notable pastel artists include Edgar Degas, Mary Cassatt, Mary Silverman and Wolf Kahn. Classes will start on Wednesdays in March. Materials will be provided and there is no fee for this series! Let us know if you are interested in signing up!

Jane is a Signature Member of: the Pastel Society of America, Allied Artists of America, Audubon Artists, Inc., and the Salmagundi Club, NYC

Mixing Colors with Judith Lambertson

Starting April 15th: Judith Lambertson will be back for another fabulous four part series on Mixing Colors using a limited palette. A new still life object will be painted each week and by using 7 tubes of paint, you can make a beautiful array of colors. The colors will be labeled and made into your own color books.

Weston Senior Activities Center

P.O. Box 1007

Weston, CT 06883

203-222-2608

www.westonseniorcenter.info

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Games

Rummikub: Tuesdays at 1pm. This is a fun board game using tiles. Everyone is welcome, we usually have a couple of tables going at once!

Canasta: Fridays at 10am. Must know how to play but all levels are welcome!

Mah Jong: For beginners, the group plays on Thursdays at 10:30am. Are you interested in joining? Give us a call!

Our Seniors Are Going Places

Friday, January 18th, 10am: Breakfast outing to Orem's Diner. Depart Norfield at 9:30am. Sign up required for both bus and restaurant.

Friday, February 1st, 10am: Join us to shop at the new grocery store, BD Provisions, a bulk food concept where everything is sold by the pound. After that we will head to lunch at the Barnwood Grill. Depart Norfield at 10am, sign up required.

Friday, February 22nd, 12pm: Lunch outing to Black Cat Grill. Depart Norfield at 11:45am. Sign up required for both bus and restaurant.



Enjoying holiday events.

