



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 Activities Center

9 School Road
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203-222-2608
Mailing Address:
P.O. Box 1007
Weston, CT 06883

Center Staff:

203-222-2608
Director: Allison Lisbon
Program Coordinators:
Julia Braden
Linda Gilmore
Anne Bigin

Dial-a-Ride

203-222-2576
Wyn Clark
(48-hour notice required)

Dept. of Human Services

203-222-2556
Director: Allison Lisbon
Youth & Family Social
Worker: Rashida Miller

Commission on Aging

Bruce Lorentzen, Chair
Terry Castellano
Francine Goldstein
David Goodman
Alison McElhone
Richard Wolf

The Friends of WSAC

Richard Wolf, Chair
Theresa Brasco
Diane Hartman
Bruce Lorentzen
Bruce Missett
Woody Bliss
Thomas Watson

November & December 2024

Hello Friends,

Welcome to the holiday season—a time filled with family, friends and countless joyful moments. However, it can also be a season of stress and loneliness. To keep you balanced, here are some expert Holiday Tips:

Follow Diet Restrictions—don't regret those unhealthy choices.

Moderate Alcohol Consumption—too much is just plain dangerous.

Stay Active—especially important during cold months.

Seek Help if Needed—everyone has low times. It's okay to ask for help.

And remember to have a good belly laugh every day. Science shows that it benefits both your emotional and physical health. Whether it's a silly meme, corny dad joke or a Marmaduke cartoon, make sure to find something that makes you laugh. And if you're feeling low, stop by—we'll be here to lift your spirits.



Thank you for being a part of the Center this year, whether you joined an art class, played a game of pickleball or shared a meal with us. We've experienced many changes and are excitedly preparing for an amazing 2025. Keep giving us your great ideas for events and trips.

Look forward to seeing you! And as we have said before - please bring a friend and show them what a hidden gem the Weston Senior Activity Center truly is.

On a serious note, if you're feeling down or struggling to cope, please check page 6 for helpful resources.

See you soon!

Julia Braden
Weston Senior Center

Holiday Closings

Monday, November 11 for Veterans' Day
Thursday & Friday, November 28 & 29 for Thanksgiving
Tuesday & Wednesday, December 24 & 25 for Christmas

*A Note from the Friends of the Weston Senior Activities Center:
All donations directly benefit the Weston Senior Center and the many programs offered by the Center. Thank you for your support!*

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.



Veronica Hauvesz & Karen Kallins

(November-December Art Show)

Veronica and Karen met at the Weston Library Photography Club when the club began in 2018. They became fast friends, enhanced by their mutual love of photography and drive to learn and expand their photography skills. In 2024 they had the opportunity to embark on a 2-person exhibit at the Weston Public Library. Veronica had done some work with oil and

water photography and Karen suggested they learn more about it together and make that the subject of their exhibit. And so, their partnership began!

They worked together to create this inspired, imaginative body of work called 'Immiscible'. After the opening reception of the first exhibit, they were invited to show the body of work at the Westport Book Shop. And now are on the Center's walls. Come and enjoy!

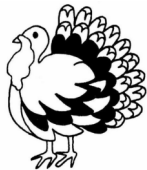
Special Events

Don't forget to RSVP

Thanksgiving Lunch

**Wednesday, November 20,
11:30am at Norfield Church**

Celebration lunch at Norfield with turkey, stuffing & mashed potatoes from Calise's. Followed by a decadent array of pies.



Holiday Lunch

**Wednesday, December 18,
11:30am at Norfield Church**

Celebration lunch at Norfield with Calise's lasagna, both veggie and meat, plus salad and sinful desserts.



All lunches are \$5 per person. Please email or call Center to reserve a spot.

Suzanne Sheriden

**Thanksgiving Entertainment
Wednesday, Nov 20, 11:30am**

Suzanne is a masterful philosopher, singer-songwriter, guitarist and artist. Join us as she covers her musical idols.



Peter Randazzo

Holiday Concert

Wednesday, Dec 18, 11:30am

Peter is a piano professional for over 25 years. He performs a variety of music from 40's standards to light rock & pop. Join us for some of your favorite holiday tunes.

To RSVP, email Julia: jbraden@westonct.gov



Dr. Sachin Gianchandani Lecture & Exercise

Arthritis

**Wednesday, Nov 6,
10:30-11:30am,
Free**

Arthritis Tips and Exercise – what to do to keep your joints healthy and moving for the rest of your life.



Holiday Survival Tips

Wednesday, Dec 11, 10:30-11:30am, Free

How to stay healthy, active and safe during the most stressful time of year.

Dr Sachin Gianchandani is a Doctor of Physical Therapy, specialist for Parkinson's and other movement disorders, and a certified Exercise Expert for Aging Adults at RGG Health in Stamford.

Program sponsored by a generous donation from the Thomas Family.

Estate Planning and Elder Law With Attorney Denis e Mortati

Wednesday Nov 6, 12:45pm

(after lunch), **Free**

Advanced Healthcare Directive

Learn the importance of having a directive which includes appointment of agent and conservator as well as your end-of-life care instructions.



Wednesday Dec 11, 12:45pm

(after lunch), **Free**

Revocable Living Trusts

Learn how a Living Trust is useful, how it can distribute your assets and how it's different from Last Will & Testament.



So Many Woodpeckers!

with Chris Petherick from Wild Birds Unlimited

Thursday, Nov 21, 1-2pm, Free

Join Wild Birds Unlimited's Chris Petherick to learn all about the different species of woodpeckers that call Connecticut home. He'll discuss what species we can expect to see in our area as well as what makes these birds so interesting! He'll also answer any questions you might have about them and their behaviors.

Sponsored by Wild Birds Unlimited, Fairfield CT

iPhone Know-how with Lindsey Burk

**Friday, Nov 15, 10:30-11:30am, Free
Max 12 people**

Lindsey is back! If you missed her classes in the past, here's your chance! Whether you have a brand spanking new version or an older one, Lindsey will help you master the fundamentals.



WIS Chorus Sings

Holiday Tunes

**Wednesday, Dec 11, 11:15
(before Lunch)**

Join along as the Intermediate School Chorus sings everyone's favorite tunes.



Draw with Chris Goldbach
Each Monday on Zoom
 Mondays, Nov 4—Dec 16 (no Nov 11, Dec 23 & 30), 1pm-2pm
 \$30 for 6 classes, all classes via ZOOM

Draw what you see! Chris walks you through everything you need to know. Be part of a supportive group with Chris leading you to improve whatever you're working on.

Beaded Serving Spoon with Vera
 Friday, Nov 8, 11am, Free



Make unique beaded serving spoons. Just in time for the holidays as a perfect hostess gift.

All materials provided.

Card Making Class with Agata

Tuesday, Nov 5, 12, 19
10am-Noon
Max 10 people, Free

Nov 5—Stamps Galore
 Nov 12—Pop-up Cards
 Nov 19—Pull-out Cards



Learn how to make unique one-of-a-kind cards for the holidays or any time! Greeting cards, notecards, place cards—for lots of occasions year-round. Add dimension and movement to your handmade cards. And anything Agata makes will be spectacular so sign up now since 10 people max. All material provided.

Bingo with Linda
Friday, Nov 8, 12:30pm

Linda, our favorite caller, will be ready to make your Bingo dreams come true. Treats & prizes!

Bingo with Dean
Friday, Nov 15, 12:30pm, with snacks



Get lucky and win with Dean from Epoch Senior Living. Plus yummy desserts!

BINGO

14	29	38	52	74
4	18	33	46	62
7	16	★	60	71
9	27	44	51	67
12	23	35	47	73

Crafts & Lunch With Mary
Nov 22, Noon-1:30pm, Free

Making faux pumpkin centerpieces. All materials provided. Plus lunch!

Sponsored by Wilton Meadows.



Snowman Wood Ornament
With Anne

Dec 9, Noon-1pm, Free

All materials provided to make a Frosty for your tree.



Wreath Making and Lunch with Linda
Friday, Dec 6, 11am-1pm
\$10, must pre-register, 10 people max

The popular annual wreath making event. Bring your own wreath or swag.

And afterwards, we'll clean up and have pizza.

Holiday Craft with Caryn
Tuesday, Dec 10
11am-Noon, \$5
15 people max

Caryn shows us how to make an elaborate holiday craft that will look perfect on a mantel or tabletop.



Tips & Tricks with Chris Goldbach

Tuesday, Nov 19, 11am, on Zoom, Free

The FINAL Tips & Tricks with Chris. She will show you techniques that an artist needs in their repertoire. Learn from a veteran who knows all the tricks. And learn for free.

Starting in January, Chris will do a deep-dive into composition, starting with Line Drawing.

Art Chat with Chris Goldbach

**Tuesday, Dec 17, 11am,
Zoom, Free**



Van Gogh is on his death bed. His brother has been called. Will Theo make it in time?!

Sponsored by Friends of WSAC

Holiday Appetizers with Caryn

Monday, Nov 18,

11am-Noon, \$5

Must pre-register, 20 max

Come and learn new and creative appetizers for your friends and family. Best

part is you taste it all and go home with some winning recipes.



Trivia + Lunch with Allison

Friday, Nov 1, Noon, Free

Test your knowledge with Allison from Brookdale Senior Living.

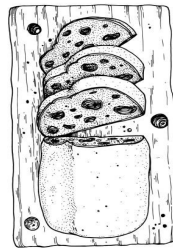


Bread Making Class with Lauren

Monday, Nov 18, 10am, Free

10 people max, must pre-register

Lauren shares and shows us how to make the perfect basic bread recipe that you can use all season long.



Stollen Bread

Monday, Dec 9, 10am, Free, 10 people max, must pre-register

Lauren shows us how to make this traditional German Christmas bread made with nuts, spices and candied fruit. A bit of work in the morning with a reward of a fresh loaf later.

Centerpieces with Betty

Wood Scene

Wednesday, Nov 13,

12:45-1:30pm, \$10

Must pre-register

Betty has all the materials ready for a centerpiece that will be the center of conversation as well.



Floral Holiday Centerpiece

Thursday, Nov 19, Noon-1:30pm

\$10, Must pre-register

One of our most popular events. Join Betty as she walks us through creating a floral arrangement so fresh, it will last well into the new year.



Cookie Exchange

Monday, Dec 16, Noon-1pm

Have a favorite cookie? Make a few dozen and join other cookie connoisseurs to trade around and swap recipes.

Trivia + Lunch with Mary

Friday, Dec 20, Noon, Free

Questions and trivia to keep your mind sharp. Plus a free lunch!



November 2024

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
				1 10am Beginner Mahjong 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Pickleball 12pm Trivia & Lunch with Allison from Brookdale
4 10am Open Craft & Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Balance & Strength w/ Laurie 12pm Chess 1pm Draw w/Chris ZOOM	5 <i>*ELECTION DAY*</i> 10am Card Making w/ Agata – Stamping 11am Pickleball 11:15am Sonya – Strength 12:15pm Qigong w/Deby 1:30pm Bereavement Group	6 <i>*PUMPKIN DAY*</i> 10am Soul Yoga – Max 10:30am Dr Sachin: Arthritis Lect/Exercise 11:30am Lunch: Vil Mkt Ravioli 12:45pm Denise Mortati Lecture: Healthcare Directives	7 10am Open Art 10am Walk with Linda 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya 12:30 Dig’n It Plant Group	8 10am Beginner Mahjong 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 11am Beaded Spoon 11am Pickleball Clinic-Int 12pm Pickleball 12:30pm Bingo with Linda
11 CLOSED Veterans Day 	12 10am Card Making w/ Agata – Pop-up Cards 11am Pickleball 11:15am Sonya – Strength 12:15pm Qigong w/Deby	13 10am Soul Yoga – Max Lunch – Lily’s Swedish Meatballs w/noodles 12:45pm Wood Scene Centerpiece w/Betty	14 10am Trip to Brookfield Craft Center 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya	15 10am Beginner Mahjong 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 10:30am Lindsey Tech Class 11am Pickleball Clinic-Int 12pm Pickleball 12:30pm Bingo w/ Dean
18 10am Laureen Breadmaking 10am Open Craft & Knitting 11am Caryn Holiday Apps 11am Pickleball 11am Qigong – Bill ZOOM 11am Balance & Strength w/ Laurie 12pm Chess 1pm Draw w/Chris ZOOM	19 10am Card Making w/ Agata – Pull-out Cards 11am Pickleball 11am Tips & Tricks w/ Chris ZOOM 11:15am Sonya – Strength 12:15pm Qigong w/Deby 1:30pm Caregiver Group	20 10am Soul Yoga – Max 11am EMS BP Screen 11:30am Thanksgiving Celebration with Suzanne Sheridan @ Norfield & Calise’s Turkey & fixings	21 10am Open Art 10am Walk with Linda 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball NO Strength – Sonya 1pm Birds with Chris: So Many Woodpeckers”	22 10am Beginner Mahjong 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 11:30am Coffee w/ a Cop 12pm Pickleball 12pm Mary Craft + Lunch
25 10am Open Craft & Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Chair Aerobics-Laurie 12pm Chess 1pm Draw w/Chris ZOOM	26 11am Pickleball 11:15am Sonya – Strength 12:15pm Qigong w/Deby	27 10am Soul Yoga – Max NO Lunch	28 	29 CLOSED

December 2024

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
2 10am Open Craft/Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal/Strength – Laurie 12pm Chess 1pm Draw w/Chris ZOOM	3 11am Pickleball 11:15am Strength-Sonya 12:15pm Qigong – Deby 1:30pm Bereavement Group <i>Gift Sale: 9am – 3pm and 5:30-7:30pm</i> Holiday Gift Sale	4 10am Soul Yoga – Max NO Lunch <i>Gift Sale: 9am – 3pm</i>	5 10am Open Art NO Walk with Linda 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength-Sonya NO Dig’n It Plant Group <i>Gift Sale 9am – 2pm</i>	6 10am Beginner Mahjong 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 11am Wreath Making w/ Linda + pizza lunch 11am Pickleball Clinic-Int 12pm Pickleball
9 10am Open Craft/Knitting 10 am Stollen Bread w/ Laureen 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal/Strength-Laurie 12pm Chess 12pm Snowman Ornament Craft w/ Anne 1pm Draw w/Chris ZOOM	10 11am Caryn Holiday Craft 11am Pickleball 11:15am Strength-Sonya 12:15pm Qigong – Deby	11 10am Soul Yoga – Max 10:30am Dr. Sachin Lecture & Exercise 11:15am WIS Chorus 11:30am Lunch: Village Mkt Chix + potatoes 12:45pm Denise Mortati Lecture: Living Trusts	12 10am Bus Trip to Miss Dallas (Milford) 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength-Sonya	13 10am Beginner Mahjong 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Pickleball 12pm Ornament Exchange Lunch at Black Cat Grille
16 10am Open Craft/Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal/Strength-Laurie 12pm Cookie Exchange 12pm Chess 1pm Draw w/Chris ZOOM	17 11am Pickleball 11am Art Chat w/ Chris 11:15am Strength-Sonya 12:15pm Qigong – Deby NO Caregivers Group	18 10am Soul Yoga – Max 11am EMS BP Screen 11:30am Lunch: Holiday Celebration at Norfield with Peter Randazzo	19 10am Open Art 10am Walk with Linda 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength-Sonya 12pm Floral Centerpieces	20 No Yoga 10am Beginner Mahjong 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Mary Trivia + Lunch 12pm Pickleball
23 10am Open Craft/Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal/Strength-Laurie 12pm Chess NO Draw w/Chris	24 CLOSED	25 CLOSED	26 Center closed for cleaning and renovation of activity room. Only Gym open. for Pickleball reservations 10am Strength-Sandy ZOOM	27 Center closed for cleaning and renovation of activity room. Only Gym open. for Pickleball reservations
30 Center closed for cleaning and renovation of activity room. Only Gym open. for Pickleball reservations 11am Qigong – Bill ZOOM	31 Center closed for cleaning and renovation of activity room. Only Gym open. for Pickleball reservations	Jan 1 CLOSED		



Walking with Linda

Thursday mornings at 10am, Free

We all know walking is good for you physically and mentally. But walking with a friend adds the social benefit as well. Dress appropriately and meet at Center for a beautiful fall walk. Talking optional. The walk along school road takes approximately 30-45 mins, so grab your sneakers!



Open Knitting Group Every Monday, 10am-Noon

The knitting group is collecting homemade hats and scarves for holiday donations.

Come chat with this easy-going knitting group. Bring your knitting, sewing, quilting, needlepoint, beading or other projects you are working on. We would love to see it!

Open Art Every Thursday, 10am-Noon

Meet a great group of friendly and knowledgeable artists who support and encourage each other! Bring art projects you are working on—and psst, a light lunch for chatting afterwards.



Mental Health Resources

Dial 988

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

The Weston Urgent Assessment Program Call 1-866-542-4455 or go to www.silverhillhospital.org/new-canaan-urgent-assessment-program/

This program is a collaboration between the Town of Weston and Silver Hill Hospital. Its goal is to connect those in urgent need of mental health treatment with a timely, psychiatric assessment and tailored referral for ongoing care. The Assessment is available by advance appointment only and is no cost to Weston and New Caanan residents.

Caregivers Support Group

**Tuesday, Nov 19 (no Dec meeting), 1:30pm, Free
With Allison Lisbon, LCSW, MSW**

Director of Weston Human Services & Senior Center

Monthly meetings are held every third Tuesday at the Weston Senior Center. For questions or to be added to the Caregiver Support Group email list, contact Allison Lisbon at alisbon@westonct.gov

Bereavement Support Group

**Tuesday, Nov 5 & Dec 3, 1:30pm, Free
With Rashida Miller, MSW**

Monthly meetings are held first Tuesday of every month. Whether you have recently lost a loved one or still coping with a past loss, we can help each other heal. For questions or to be added to the Support Group email list, contact Rashida at rmiller@westonct.gov.

To register, email Julia: jbraden@westonct.gov

Blood Pressure Check With Weston EMS

Wednesdays, Nov 20 and
Dec 18, 11am

Sit and chat before lunch.
EMT's will check your Blood
Pressure, talk about any concerns you have, and
you can thank them for the 24/7 medical service
they provide to Weston for FREE.



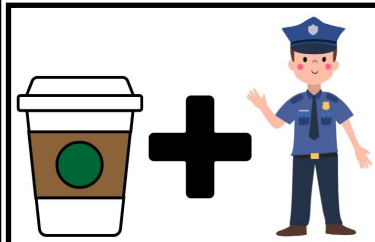
Coffee with a Cop

Friday, Nov 22, 11:30am

Sit and chat with a Weston officer in a casual setting.

Meet one of the officers
who serve and protect
Weston on a daily basis.

Note: Availability depends
on their schedules so
watch the weekly email
blast where we'll confirm
the date.



Coffee with a Cop



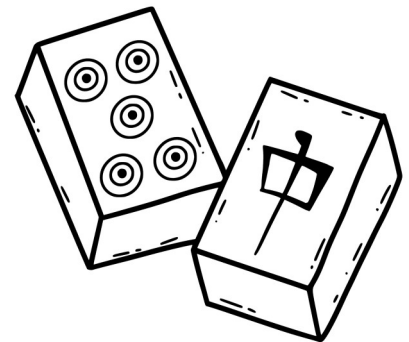
Chess Every Monday, 12 pm

From Beginners to
Competitive, every
level is welcome to
join a very friendly
and growing group!

Want to join the newest Mahjong Group?

Every Friday, 10am-
Noon, Free

The newbies just
finished their intro
class and are ready to
start a group.
Interested?
Call for more details.



Lunches

Wednesday Lunch

Please RSVP by noon on Monday.

*All lunches served at 11:30am at the Senior Center Café
unless noted otherwise. \$5 per person.*

Nov 6 — Village Market Ravioli *Pumpkin Day*

Nov 13—Lily's Swedish Meatballs with noodles

Nov 20—Thanksgiving Lunch at Norfield Church with Calise's
turkey, stuffing and mashed potatoes

Nov 27—No lunch

Dec 4—No lunch because Tag Sale in Cafe

Dec 11—Village Market Chicken Tetrizzini, scalloped potatoes

Dec 18—Holiday Lunch at Norfield Church with Calise's lasagna

Dec 25—Closed, No lunch

Dig'n It Plant Group

**First Thursday of each month, Nov 7
(no December meeting)**

12:30-1:30pm, Free

Bring a 4-6" pot and we have spider
plants, pathos, Mother-of-
thousands to split up and
share. We'll also share tips and
tricks to keep plants healthy
through the cold months.



POTS!!

Donate your old POTS! We
are looking for all sizes of
pots—the larger, the better.



To register, email Julia: jbraden@westonct.gov

Brookfield Craft Center

Thursday, November 14

**Bus leaves at 10am from the Senior Center and returns by 4pm-ish, Bring money for shopping & lunch
8 people max on bus, carpools being made for others**

One of our most popular trips. Includes stops at Bridgewater Chocolates, Lunch at Brisas Latin Fusion, Brookfield Craft Center, Simpson & Vales Tea Shoppe, and Scoops Ice Cream with a secret little scent shop in back.



Miss Dallas + Lunch (in Milford)

Thursday, December 12

**Bus leaves at 10am from Center
15 max, 8 people max on bus, carpools being made for others
Bring money for shopping & lunch**

If you haven't been to Miss Dallas, you'll be dazzled. You'll find something for everyone on your gift list. Shopping and then lunch at Gusto Trattoria In Milford.

Ornament Exchange & Lunch

Friday, December 13, 12pm

8 people max on bus

Or meet there for 12:30 pm reservation at Black Cat Grill in Georgetown

Join us for our annual ornament exchange. Bring a **wrapped new ornament** to exchange and money for lunch. To see the menu: www.blackcatct.com



Holiday Gift Sale

Thank you to everyone who has donated.

We accept new or gently used jewelry, kitchen goods, home décor and miscellaneous household items. No clothing.

Sale Dates:

Tuesday, Dec 3: 9am-3pm + 5:30-7:30pm

Wednesday, Dec 4: 9am-3pm

Thursday, Dec 5: 9am-2pm

All proceeds directly support the Center.

***Thank you for
your support!***

Sale Volunteers Needed

Please call 203-222-2608 for a 2-hour slot

Tuesday, Dec 3: 9am-11am

11am-1pm

1pm-3pm

Wednesday, Dec 4: 9am-11am

11am-1pm

1pm-3pm

Thursday, Dec 5: 9am-11am

11am-1pm

Balance & Strength with Laurie: Mondays at 11am (In-House), \$5 Drop-in

With great music playing, you'll work with balls, bands and light weights to get a full-body workout that increases muscle mass and bone density. Perfect for all fitness levels because Laurie guides you through seated or standing options.

Qigong with Bill: Mondays at 11am (Zoom), \$40 for 8 classes

This class will focus on easy to learn exercises that build internal strength, flexibility and resiliency. These mind body practices help us cultivate more energy in our bodies while calming and clearing our minds.

Pickleball Drop-In Play: Mondays, Tuesdays, Thursdays, 11am-1:00pm, and Fridays, Noon-2pm, Free

Drop in for Open Play. Or if you have a group, you can reserve the court for another time throughout the week. Free to play. Note that Tuesdays are Beginner-Friendly.

Qigong/Meditation with Deby: Tuesdays, 12:15-1:15pm (In-House), \$5 Drop-in (No class Dec 31)

Each session covers ancient martial art moves, balance activities, mindfulness, community building, strength, and a minute or two of cardio. All who attend will leave smiling, renewed and awakened with energy, guaranteed.

Strength & Stretch with Sonya:

Tuesdays at 11:15am (In-House), \$5 Drop-in (No class Dec 31)

Thursdays at 11:15am (In-House), \$5 Drop-in (No Class Nov 21 or Dec 26)

Each class includes varied exercises and movement patterns to help with daily activities, and improve posture and balance, all while having fun! A 45-minute full body strength class seated and standing dynamic warmup; 30 minutes of strength and balance using weights and resistance bands, and about 5 minutes of stretching.

Yoga for Soul & Body with Maxine: Wednesdays at 10am (In-House), \$5 Drop-in

Inspiring movement, music, laughter, bone building, flexibility and deepening ♥ intention.

Strength & Fitness with Sandy: Thursdays at 10am (Zoom), \$35 for 7 classes.

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

Gentle Yoga with Amanda: Fridays at 10am (Zoom), \$30 for 6 classes (no Dec 20, 27)

Gentle Yoga is a therapeutic practice with emphasis on mindful movement, safe stretching and relaxation. This class is a mix of gentle warm-ups, chair yoga, classic and creative yoga postures (with modifications for different body types) and a guided relaxation/meditation at the end. Leave feeling more balanced, peaceful and ready to face the world!

Please note that Zoom classes must be prepaid. No credit for missed classes.

Holidays

Monday, Nov 11

Thursday, Nov 28

Friday, Nov 29

Tuesday, Dec 24

Wednesday, Dec 25

Attention all Pickleballers!

Pickleball Clinics, Class Limit of 8 players, \$5 per class
Advanced Beginner Level Every Thursday AND Friday: 10-11am
Intermediate Level Every Friday: 11am-Noon

Join our Pickleball Instructor **Alice Addicks** to take your skills to the next level!
 She has been teaching Pickleball for Westport Continuing Education since 2016.



To register, email Julia: jbraden@westonct.gov

Important and Noteworthy

Medicare Open Enrollment Appointments Medicare Changes and Medicare Part D Review

Open Enrollment (October 15 - December 7) allows the Medicare client to change prescription medication suppliers under Medicare Part D, to switch to/ from Original Medicare to/from Advantage Plans and other adjustments to Medicare which then take effect January 1, 2025. Weston Senior Center will be providing Open Enrollment half hour sessions, either by in-person appointments or by telephone. Please indicate your preference. All who use this free of charge service must submit their prescription information ahead of time and/or any questions you have about Medicare via snail mail or drop off at the Weston Senior Center. Once your information is received, someone from the Center will call you to schedule your 30 minute appointment (couples will need a 60 minute one). Wearing a mask is optional. All prescription information provided by you will be destroyed once you indicate that you have made your Medicare decisions.

All appointments, either in person or telephone, will be limited to 1/2 hour. No appointments can be made without the pre-submitted requested information (see details in box at the right). All appointments will be made on a "first come, first serve" basis. Days and times available are limited so turn in your requests as soon as possible for preferred scheduling. Scheduling can take at least a two week lead time from receipt of information. Once these appointment slots are filled, we will refer you to SWCAA or to the Medicare.gov website.

A special reminder -- you should participate in Open Enrollment, especially if you have not reviewed your insurance coverage in the last few years, and even if you did it last year -- insurance company drug formularies change so drugs can be dropped or added at any time, drug prices can also change, and plans may be dropped while others are added. The least expensive insurance programs for current prescriptions will be generated by the Medicare information for 2025.

**If you have questions,
call the Senior Center (203) 222-2608**

Meta Schroeter
CHOICES COUNSELOR

Rashida Miller
CHOICES COUNSELOR

Open Enrollment Medicare Information Needed Before An Appointment Can Be Made

- Name (First and Last)
- Town and zip code
- Telephone number
- Appointment choice: Telephone or In-person
- Current Medicare Coverage
 - Original (A,B & D, with State Name of D-Plan)
 - Advantage HMO/PPO/PPFS Plan (C) list name of plan
- Preferred drug store name or mail order
- List each (and all) prescription medications. (No over the counter meds) After each full and carefully spelled correct prescription name indicate dosage and frequency.
- List any Medicare questions or issues you want to discuss.

Place in an envelope and either drop off or mail to:

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

On the back of the envelope, please write "OPEN ENROLLMENT". You may mail the envelope or drop it off at the Weston Senior Center, 9:00am - 3:00pm, Monday - Friday. Someone will take your sealed envelope.

Weston Department of Human Services

Allison Lisbon, MSW, LCSW Dir of Human Services
alisbon@westonct.gov 203-222-2663

Rashida Miller, Family & Youth Social Worker
rmiller@westonct.gov 203-222-2556

Financial assistance is available for those who qualify for any classes and lunches here at the Senior Center. Please contact Human Services at 203-222-2556 or email Allison at alisbon@westonct.gov to inquire about eligibility. Schedule an appointment or pose questions by calling Weston Human Services at 203-222-2556.

After Hours: For an urgent matter: Call 211

For an emergency: Call 911

National Suicide & Crisis Hotline: Call 988 Anytime
Crisis Text Line: Text HOME to 74174