



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
www.westonseniorcenter.info
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

Dial-a-Ride

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

Dept. of Human Services

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

Commission on Aging

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

The Friends of WSAC

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

Weston Town Hall

www.westonct.gov
203-222-2500 Main

Spring 2024

Dear Friends,

Welcome to the Spring Season! We are excited to share the programs and classes being offered throughout April, May, and June. Changes and additions will be posted on our weekly email blasts so if we don't have your email, please contact us.

We have been listening and are taking your ideas and suggestions into consideration as we create the Center's schedule. You will see more art and exercise classes, more lectures about issues you care about, and more community involvement with the Weston Police, EMS, and Lachat Farm. We have added additional pickleball lessons for those who want to get summer-ready for Weston's new and upcoming outdoor pickleball courts. We also have a Parkinson's series and the return of the popular Tech Savvy classes. There are fun social events including a cornhole tournament in June. We will continue to host a caregivers support group and have added a bereavement support group. There is something for everyone so please take advantage of the good weather and join us.

We appreciate your help and support through the changes the Center has experienced over the past few months. We have been overwhelmed by your offers to help. The Center is a real community that takes care of one another and we feel that.

We are excited to announce that our own Julia Braden will start as the full-time Senior Program Coordinator and we hope to have her previous part-time position filled in the coming weeks. We will keep you updated on all hiring announcements and if you have any questions or concerns please give us a call.

You may sign up using www.myactivecenter.com or by calling us or coming in. We 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 is.

Best,

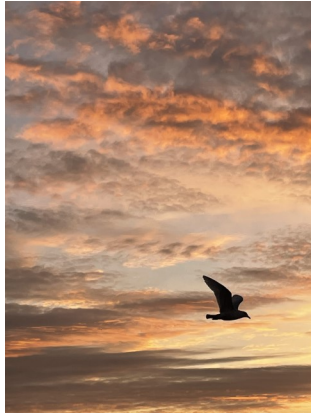
Allison Lisbon
Weston Director of Human Services

Holiday Closings

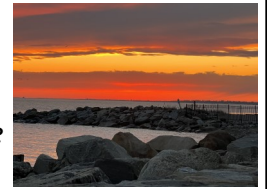
May 27 for Memorial Day
June 19 for Juneteenth Day

*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.



Phyllis Satin
(May-June show)



After closing my store in 2020 after 35 years, I had to think of the next chapter. We had just moved to Lordship in Stratford a few years before and the new beach area enhanced memories of my hometown of Belle Harbor in Queens, located between Jamaica Bay and the Atlantic Ocean. As a young girl I dreamed of being an artist... The concept was romantic and unpractical in 1968. I had an Art minor and a major in English so I could teach after college. A short stint as a High School English teacher after Bridgeport University was shortened by many years as a stay at home Mom. In 1985 I opened Wave Gallery in New Haven. Then it was Covid confinement, and I began online Tai Chi Easy Zoom classes with Bill Wrenn at Weston Senior Center ... and with his help became a Practice Leader and now teach almost 100 students a week. During that unusual period I also took photographs of the beautiful Sunrises and Sunsets in my new hometown in Lordshipand became the impractical artist.—Phyllis Satin

Art Classes

Drawing on Zoom with Chris Goldbach
Mondays, April 1-June 24 (12 classes—no May 27), 1pm-2pm (Zoom)
\$60 for series of 12 classes. Sign-up required.



Get those creative juices flowing! Look and then draw what you see.

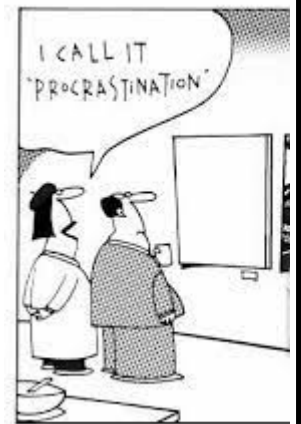
Supplies needed: pencil, eraser, drawing paper and sharpener.

Art Chat with Chris Goldbach
Tuesday, Apr 16 & June 18, 1pm (Zoom) Free
Chris will talk about art in all its forms – from how to hold a pencil to the wide world of art history. Chris will answer your questions and solve your art problems.

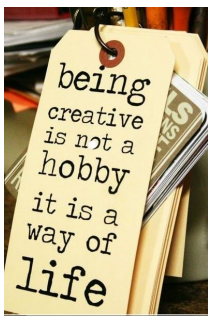
Tips & Tricks with Chris Goldbach
Tuesday, May 21, 1pm (Zoom)
Free

Discussion and demonstration of some of the most common issues regarding your art. Learn new techniques, see new products, ask questions and Chris will try to answer them.

Sponsored by Friends of WSAC



Crafts with Mary
Friday, Apr 26, May 24, June 28 at Noon, lunch (free) will be served



Who doesn't like a fun craft? And lunch as well?! Always imaginative Mary has several spring projects so join us!

Sponsored by
Wilton Meadows



Open Art
Thursdays, 10am-12pm
Bring art projects you are working on to this open art group. A great opportunity to see old friends and to meet new ones!



To register, email Julia: jbraden@westonct.gov

Maj Kalfus Art Potpourri

Tuesdays, 10am-12pm (In-House)

May 7, 14, 21, June 4, (no May 28)

\$20 for series of 4 classes

A fun mixture of art skills...that are good for artists of all levels. Learn new skills and fine tune existing ones.

Week 1: Drawing w/Graphite

First week supplies needed:

- 11x14 Drawing pad
- graphite pencils (#6 & #9)
- kneaded eraser
- smudge stick

Maj will recommend supplies for each following week.



Collage Class

with Carmen

Tuesdays, 10am-12pm

(In-House)

April 9, 16, 23 & 30

\$5 per class or

\$20 for series



Explore your creativity through the unique medium of collage using your pictures (family, pets, nature, trips, events, hobbies, whatever you like). Carmen keeps the class fun and inspiring as you learn new techniques and create stunning works of art.

Instructions and supplies needed will be sent once you register. Center providing canvas & glue.

Textured Floral Painting

with Agata

Fridays, 10am-Noon (In-House)

May 3, 10, 17, 24, 31

\$5 per class or \$25 for Series of 5 classes

Immerse yourself in the captivating world of art with this amazing textured acrylic painting. Add texture to your art and add depth to your painting. Texture increases interest, dimension and drama to your artwork.

This technique makes your artwork invoke the visual 'feeling' the piece gives off, and will have the power to attract a viewer's eyes by applying 3D lines, shapes, and forms.

Supplies needed: canvas, brushes, acrylic paint and piping bags



Painting Realism with Cindy Wagner

Tuesdays, 10am-12pm (In-House)

June 11, 18, 25

\$15 for series of 3 classes

Each Class will begin with a demonstration. This course will help you compose a well designed painting, teach accurate drawing with paint, help you see and interpret value and color relationships, give you an organized method to mix the correct color and value resulting in three dimensional forms and paintings with atmosphere.

All levels of painting skills welcome. Students may work from a photograph of a landscape or portrait. Or students may set up their own still life and work from life. Atelier style with each student working on their own project at their own level. Oil paint or acrylic paint may be used.

Bring your own supplies.



**Spring Bird Migration Lecture
with Wild Birds Unlimited's Chris Petherick**

Wed, Apr 3, 1pm, following lunch



Join Chris Petherick as he discusses spring migration - what it is, what birds we can expect to see in our area, and how we can make our yards more attractive to them. Prepare for our summer visitors and enjoy the birds in your backyard even more than you already do!

Chris Petherick is owner of Wild Birds Unlimited, Your Local Backyard Bird Feeding Experts. Located next to Trader Joes on Black Rock Turnpike in Fairfield.



Dr. Sachin Gianchandani

Parkinson's Lecture

Successful Aging & Specialized Treatments

Wed, Apr 10, 12:45pm, Free

Successful aging with focus on physical, mental and social well being. Learn about Blue zones and how the population lives so long. Also covering latest treatments like LVST BIG for Parkinson's and other related conditions.



Balance and Endurance Clinic

Wed, Apr 17, 12:45pm, Free

Let's meet and get screened with objective tests to evaluate your balance, endurance and risk of falls. Screening is essential for maintaining overall health and well-being. Take this One BIG step towards better balance and endurance to



make a significant difference.

Dr Sachin Gianchandani is a Doctor of Physical Therapy and a certified Exercise Expert for Aging Adults

Program sponsored by a generous donation from the Thomas Family.

Resilience and the Aging Productive Mind

Lecture by Deb Levinson, LCSW

Wednesday, June 5, 12:45pm after lunch

Resilience gives one the strength to move on after major loss and craft the next chapter in one's life. Some people are born with the resilience gene; others are not but may acquire the skills to be resilient.

The Aging Productive Mind is promoted by Gene Cohen, first head of National Institutes of Health, Aging Division.



Gene Cohen talks about four new developmental stages which expand Erik Erikson's stage of Integrity vs despair. Cohen offers a roadmap for things people can do as they age until they die or their health gives out. With the population living longer and the number of people turning 65 increases, the older population in this country are becoming a large percentage of the general population.

Debbie Levinson, a Johns Hopkins trained psychotherapist and a licensed clinical social worker.

Makeup for Mature Women

With Joby Rogers, Makeup Artist
Thursday, May 16, 12:30-3pm, Free



This 2.5 hour forum is the perfect place for mature women & women of all ages & experience to learn how to create a MakeUp style that compliments their personal features & skin tone. We will

explore products & tools & 'must haves' for your personal makeup collection. You will participate in 'hands-on' makeup demonstrations & leave knowing that with a little practice you can perfect your personal appearance for all occasions.



Joby is a celebrity makeup artist & educator.

Property Scams

With Weston Town Clerk Donna Anastasia
Wednesday, May 15, 12:45pm, after lunch



Are you worried about falling victim to property scams? Join our Q&A session where Donna will answer all your questions and provide valuable insights on how to protect yourself. We'll cover topics such as common scams to watch out for, red flags to look for when buying or renting

property, and how to verify the legitimacy of a property deal.

The Magic of Schubert

Lecture by David Stein
Thursday, May 23, 1pm

Melody is the great gift of Schubert's music. In this, the purest art of musical creation, he was unequalled by anyone before or since. His songs were not just catchy tunes but perfect creations that might fill you with joy or break your heart. This one-hour presentation will open up a few of his greatest songs, each a brief expressive masterpiece. With the help of performance clips and demonstration at the piano, we will learn to hear and understand more deeply the beauty in them. No prior knowledge of music is necessary.



David Stein has been playing and studying classical music for over 50 years.

80th Anniversary of D-Day

Lecture by Mark Albertson
Thursday, June 27, 12:45

A special lecture in honor of the anniversary of D-Day. Favorite lecturer Mark Albertson provides insight and analysis into the events surrounding the Normandy invasion. We encourage all history enthusiasts to attend and learn more about this pivotal moment in World War II. Don't miss this opportunity

to deepen your understanding of one of the most important events in modern history.



JUNE 6, 1944
D-DAY

Mark Albertson is a longtime historian of Army Aviation and author of several books.



Stages of Dementia & Alzheimer's

Lecture with Mary (Wilton Meadows) & Jen (Bridges)
Lunch (free) will be served!
Wednesday, May 8, 12:45am

Mary Sourivanh is back with a follow-up lecture of Dementia & Alzheimer's. She and Jen from Bridges will cover Stages that affect seniors along with current information & advice.

Wilton Meadows

Nursing & Rehabilitation

Sponsored By Wilton Meadows & Bridges Epoch of Norwalk

Bridges

BY EPOCH
MEMORY CARE ASSISTED LIVING AT NORWALK

Bartlett Mini-Meditation Garden

Tuesday, April 2, 11am-Noon, \$10



Studies found even five to 10 minutes in a room with a few houseplants makes you feel happier.

Michelle from Bartlett Arboretum helps us create a unique planter that will be calming yet uplifting.

Price includes everything: ceramic pot, 3-4 plants, soil, sand, and decorative rocks.

Tech Support with High Schooler Ben

Mon Apr 15, Wed Apr 17 and Fri, April 19, 1-3pm



By appointment only, but plenty of openings, so ask Ben to fix an annoying problem with your phone, or explain a quirk, or whatever little question you have.

We all wish we had a teenager on hand as a personal IT guy, so take advantage of Ben's spring break as he spends a few hours with us.

Cooking Class with Chef Deby

Class at Lachat Farm

Monday, May 6, 11am-1pm, Cost \$10

10 people max

Join Chef Deby as she walks us through a small but delicious meal sized for 1-2 people. You'll work along side of her from salad to dessert as she gives hands-on advice and tips that incorporate seasonal foods for a nutritious dinner.



Supported by Lachat Farm

BP Check

With Weston EMS

Wed, Apr 17, May 15, Jun 12

11am, before lunch

Come early to the lunch and Weston EMT's will check your Blood Pressure.

And then the EMT's will be chatting during lunch, so you can meet the team of people who respond to all Weston EMS calls 24/7 and do it for Free!



Plant Herbs

With Gardener Linda

Thursday, June 6, 11am-Noon,

\$10, 10 people max

Bring your own pot (big enough for 3-4 herbs), trowel and gloves. We provide the soil and plants.



Join us for a fun and educational experience where you learn about different types of herbs, planting techniques, and how to care for your herbs to ensure a bountiful harvest. Enjoy the benefits of growing your own fresh herbs at home.

Lindsey Burk Tech Class

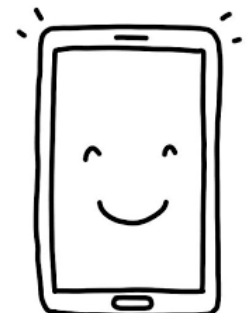
Series of 2 classes:

June 5 and 12, 1-2pm

16 people max, Free

Learn about your iphone or ipad's apps and how to find and enjoy them.

The class is designed to help you master your device and make the most out of its features. Unlock the full potential of your iphone or ipad!



Sponsored by Friends of Weston Senior Center



Trivia with Mary

Friday, May 10, Jun 14 at Noon, lunch (free) will be served

Test your knowledge with this always popular event! Sponsored by Wilton Meadows.



Ask a Nurse!

Tues, Apr 16, May 14, 11:30am-12:30pm

A registered nurse from Visiting Nurse & Hospice of Fairfield County will offer free blood pressure, depression screenings, medication management and answer any other questions you may have.



Open Crafting & Knitting

Every Monday, 10am-12pm

Bring your knitting, sewing, quilting, needlepoint, beading or other projects you are working on to this open craft group.

Currently collecting knitted projects for several charities including Open Doors in Norwalk.



Come and knit, but be ready to chat!

Fall Prevention

Tuesday, June 11 Noon-1pm, Free

Learn from a registered nurse from Visiting Nurse & Hospice of Fairfield

County about preventing falls—a leading cause of death from injury. Promises to be informative and engaging.



Caregivers Support Group

Tuesdays, Apr 9*, May 21 & Jun 18, 1-2pm

With Allison Lisbon, LCSW, MSW Director of Weston Human Services

Monthly meetings are held every third Tuesday (*April moved to 2nd Tuesday), 1-2pm at the Weston Senior Center. For questions or to be added to the Caregiver Support Group email list, contact Allison Lisbon at alison@westonct.gov

Bereavement Support Group *NEW*

Monthly meetings will be held every fourth Tuesday Apr 23, May 28, Jun 25, 1-2pm at the Weston Senior Center

It can be difficult to navigate through the grieving process, which is why we invite you to join our new bereavement group meeting. This is a safe space where you can share your thoughts and emotions, connect with others who are also experiencing loss, and receive support from Weston's trained professional. Whether you have recently lost a loved one or are still coping with a past loss, you are welcome to attend this meeting. Together, we can help each other heal and find comfort in knowing that we are not alone in our grief. For questions or to be added to the Support Group email list, contact Rashida Miller at rmiller@westonct.gov.



Brain Games & Lunch with Danielle

Friday, Apr 12, Noon, Free

Always popular Brain Games is back with Danielle. Give your brain a workout and embark on a journey of mental stimulation.



Sponsored by National Healthcare Assoc. Inc.

B-I-N-G-O !!

**Fridays, Apr 19,
May 3, 17,
12:30pm**

Come play, win prizes and laugh with the Bingo gang.

Linda will be calling your lucky numbers!



B I N G O

1	17	43	50	70
3	19	34	48	74
4	20	★	46	67
6	18	32	60	69
14	16	33	47	75

Special BINGO with Gisselle

Wed Apr 24, May 1 & May 29, Jun 12, 12:45pm, after lunch

Get lucky and not only win—but win a gift bag as your prize!

Sponsored by Gisselle Vaz-McCann, owner of G-Vaz Care Services, providing care for people, pets, and places.

www.gvazservices.com



Trips

Hubbard Park’s Daffodil and Castle Tour & Lunch

Thursday, April 11 (bus leaves Center at 9:45am), Free event, but bring money for lunch



Join us for the ride up to Meriden’s Castle Craig, dating back to 1900, is the highest point 25 miles from the East Coast atop the Hanging Mountains, offering a stunning vista of the entire region (including both Hartford and New Haven). Lunch planned for Illiano’s Restaurant in Meriden.

Keeler Tavern & Lunch

Thursday, June 13 (bus leaves Center at 10:15am), \$10 includes admission, and bring money for lunch. 10 people max.



“Meet the Residents” Tour at Keeler Tavern Museum & History Center interprets hundreds of years of local and national history. Located on a beautiful, four-acre site in the heart of Ridgefield. The tour provides educational and cultural topics that connect past and present, with a focus on our former residents’ experiences in the colonial era through the early 20th century.

To register, email Julia: jbraden@westonct.gov

Wednesday Lunches!

Please RSVP by noon on Monday. All lunches served at the Senior Center, Cost is \$5 / person.

- Apr 3 * —Layla’s Falafels, Rice, Hummus + Salad (Vegetarian)
- Apr 10—Lily’s Chicken Parm + Salad
- Apr 17—Village Mkt Roasted Pork Tenderloin + Roasted Vegetables
- Apr 24—Chili Contest + Cornbread
- May 1 * —Calise’s Veggie Lasagna + Salad + Garlic Bread (Vegetarian)
- May 8—Sponsored by Wilton Meadows
- May 15—Lily’s Chicken Rollatini + Salad
- May 22—no lunch
- May 29—Lunch Box Pizza + Salad
- June 5 * —Village Mkt Rotisserie Chicken + Orzo
- June 12—Calise’s Eggplant Parm + Salad (vegetarian)
- June 19—no lunch
- June 26—Greek Specialties & Treats

Happy Birthday!



* Let us know your birthday month, and we’ll have a special treat for you at our Wednesday lunch

* April 3, May 1, and June 5 will be the Birthday Lunches

**Coffee with a Cop
(& maybe a donut)**

A unique opportunity to meet and interact with a Weston officer in a casual setting. Ask questions, voice concerns, and get to know the officers who serve and protect Weston on a daily basis.



Availability depends on their schedules so we’ll tell you the date in the weekly bulletin.

Chess

Every Monday, 12 pm

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



You are officially invited



Spring Tea Party at Lachat

Wednesday, May 22, 12-2pm

A special annual event for our seniors!

Sign-up is required, \$15 per person

Lachat Town Farm and the Senior Center extend a special invitation to members of the senior community for an afternoon tea party on the farm. Tea sandwiches, scones and desserts will be provided.

Open to everyone; kindly RSVP by Fri, May 10.



Hello *Spring*

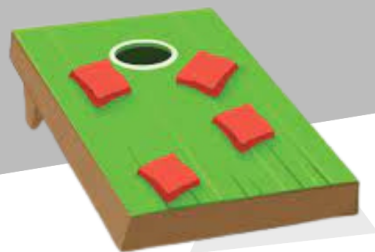
Let's get the Center's Back Patio ready for spring!

Garden Workday: Monday, April 15 @ 10am

Bring gloves, spade or trowel

WESTON SENIOR CENTER
CORNHOLE
TOURNAMENT

18 JUNE 2024



**FULL DETAILS
COMING IN JUNE**



**WESTON SENIOR
ACTIVITIES CENTER**

Chair Aerobics with Ruth: Mondays and Fridays at 11am (In-House), free.

Ruth worked as a gym teacher in a public school and has been teaching exercise classes for forty-seven years. Now she teaches exercise classes to senior citizens.

Qi Gong with Bill: Mondays at 11am (Zoom), \$60 for 12 classes. (No class May 27)

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 and Thursdays, 11am-1:00pm (In-House).

Drop in and play on Mondays, Tuesdays and Thursdays. Wait. Do I call to join? Nope, hence the "Drop-In". Stop in and play, or reserve the court for another time throughout the week.

***NEW* QiGong/Meditation with Deby: Tuesdays, 12:45-1:45pm (In-House), \$5 Drop-in or \$65 for 13 classes**

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 or \$65 for 13 classes.

Thursdays at 11:15am (In-House), \$5 Drop-in or \$65 for 13 classes.

Each class includes varied exercises and movement patterns to help with daily activities, and improve posture and balance, all while having fun! A 50-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.

Holidays—No Classes
 May 27 Memorial Day
 Jun 19 Juneteenth

Yoga with Maxine: Wednesdays at 10am (In House), \$5 Drop-in or \$65 for 13 classes. (No class June 19)

Curiously strong and wisely gentle, each one hour class is unique and fun, incorporating uplifting themes, safe and strengthening movement, optional weights, guided meditation and an inspiring bespoke playlist.

Strength & Fitness with Sandy: Thursdays at 10am (Hybrid), \$65 for 13 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 Gloria: Fridays at 10am (Zoom) \$65 for 13 classes.

Gentle Yoga is a therapeutic practice with emphasis on mindful movement, safe stretching and relaxation. This class includes 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!

***NEW* Aerobics with Jill: Fridays at 10:30am (In House), \$5 Drop-in or \$65 for 13 classes.**

A 45 minute class of functional training to help with everyday movements with a focus on cardiovascular wellness, improving balance, and improving strength. Class uses weights, balls, and tubing.

Attention all Current and Future Pickleballers!

**Pickleball Clinics Every Friday, Class Limit of 8 players, \$5
 Beginner Level 10-11am & Intermediate Level 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.





The Weston Senior Activity Center's community would like to extend our heartfelt gratitude to the Thomas Family for their incredibly generous donation. Their support and kindness have had a significant impact on the Center and have enabled us to purchase exercise equipment, fund a Parkinson's program, offer a month of free lunches, begin upgrades to the art room, and partner with Lachat Farm on a cooking class. Their support will continue to provide more opportunities in the months to come for all to enjoy at the Center.

The Thomas Family; Jim, Evelyn, and their daughters Elizabeth and Kathi, lived in Weston from 1958 to 1986. They have many fond memories of living in Weston and raising their family here. They are particularly sentimental about the good times spent with their friends and neighbors through the summers and holiday seasons. Jim commuted to work in Manhattan where he worked for Mobil Oil Corporation until his early retirement due to a Parkinson's diagnosis. Evelyn and Jim retired to Florida to be cared for by their daughter Kathi.

The Thomas family's contribution not only demonstrates their commitment to making a difference but also serves as an inspiration to others. We are truly grateful for their generosity and belief in our community senior center. Thank you, Thomas family, for your unwavering support and generosity.

All donations to the Friends of the Weston Senior Activities Center directly contribute to the many programs offered by the Center.

Thank you for your support!

Important and Noteworthy

MEDICARE INFORMATION Medicare and You - 2024

Medicare is a federal program that is then administered by each state. Connecticut has always been known for its ease of organization. This booklet designed for Connecticut, "Medicare and You - 2024", was sent to you at the end of September. Please keep it for reference through 2024. Another source for information for the computer savvy is Medicare.gov. This computer program has become more and more user friendly. You are welcome to call Meta Schroeter, CHOICES counselor, at the Weston Senior Center for an appointment to answer questions, to provide explanations or to discuss situations about Original Medicare, Advantage plans or any Medicare related issues. Please refer anyone from any Connecticut town who may have need to speak to a CHOICES counselor to make an appointment.

Best general advice: Review you Medicare programs with a CHOICES counselor every Open Enrollment period every year- October 15 - December 7. In this past Open Enrollment for Connecticut there were some very big changes in formularies and Medicare D programs as well as Advantage programs offered for 2024. We saved several people \$15,000 in diabetic meds and many up to \$1,000 on overall meds. It is important to keep your Medicare choices current.

Medicare will NOT telephone to verify your current ID number. NEVER ever give personal information out over the telephone.

Half hour appointments are available in person or over the phone. There is never a charge for these services.

MAKE AN APPOINTMENT OR IF YOU HAVE QUESTIONS, CALL THE WESTON SENIOR CENTER at (203) 222-2608.

Meta Schroeter
CHOICES COUNSELOR

Rashida Miller
CHOICES COUNSELOR

Weston Department of Human Services

We are happy to announce that the Weston Senior Center is now under the auspices of the Weston Human Services department. This transition aims to streamline administrative tasks and provide additional support to the senior residents of the Town.

For questions, please contact:

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

Financial assistance is available for those who qualify for any classes and lunches here at the Senior Center. Please contact Weston Human Services at 203-222-2556 or email Rashida at rmiller@westonct.gov to inquire about eligibility.

After 4pm: For urgent matters call 211
For an emergency call 911

National Suicide & Crisis Hotline: call 988
24/7 Crisis Text Line: Text HOME to 74174

Dial-a-Ride

Please call (203) 222-2576 to make an appointment.

- 48 Hour prior notice needed.
- Medical appointments take priority.
- Questions? Call the Center for answers at (203) 222-2608.



April 2024

Mon

Tue

Wed

Thu

Fri

1 10am Open Craft/Knitting 11am Qigong w/Bill ZOOM 11am Pickleball 11am Chair Aerobics-Ruth 12pm Chess 1pm Draw w/Chris	2 11am Bartlett Mini Meditation Garden Class 11am Pickleball 11:15am Sonya – Strength 12:45pm Qigong w/Deby	3 10am Yoga – Maxine 11:30 Lunch: Layla’s Falafels (Veg) 1pm Bird Migration Lecture	4 10am Open Art 10am Sandy-Strength 11am Pickleball 11:15am Strength – Sonya	5 10am Yoga-Gloria ZOOM 10am Pickleball Clinic-Beg 10:30am Aerobics – Jill 11am Pickleball Clinic-Int 11am Chair Aerobics-Ruth
8 10am Open Craft/Knitting 11am Qigong w/Bill ZOOM 11am Pickleball 11am Chair Aerobics-Ruth 12pm Chess 1pm Draw w/Chris	9 10am Carmen Collage Art Class #1 11am Pickleball 11:15am Sonya – Strength 12:45pm Qigong w/Deby 1pm Caregiver Group	10 10am Yoga – Maxine 11:30am Lunch: Lily’s Chicken Parm 12:45pm Parkinson Lecture	11 9:45am Trip – Hubbard Castle/Daffodils 10am Open Art 10am Garden Workday 10am Strength – Sandy 11am Pickleball 11:15am Strength – Sonya	12 10am Yoga-Gloria ZOOM 10am Pickleball Clinic-Beg 10:30am Aerobics – Jill 11am Pickleball Clinic-Int 11am Chair Aerobics-Ruth 12pm Danielle Brain Games
15 10am Open Craft/Knitting 10am Seedling Day with Girl Scouts on patio 11am Qigong w/Bill ZOOM 11am Pickleball 11am Chair Aerobics-Ruth 12pm Chess 1pm Draw w/Chris 1pm Tech Kid by appt	16 10am Carmen Collage Art Class #2 11am Pickleball 11:15am Sonya – Strength 11:30am Ask a Nurse 12:45pm Qigong w/Deby 1pm Art Chat	17 10am Yoga – Maxine 11am EMS PP Screen 11:30am Lunch: Vil Mkt Pork Tenderloin 12:45pm Parkinson Clinic 1pm Tech Kid by appt	18 10am Open Art 10am Strength – Sandy 11am Pickleball 11:15am Strength – Sonya	19 10am Yoga-Gloria ZOOM 10am Pickleball Clinic-Beg 10:30am Aerobics – Jill 11am Chair Aerobics-Ruth 11am Pickleball Clinic-Int 12:30 Bingo 1pm Tech Kid by appt
22 10am Open Craft/Knitting 11am Qigong w/Bill ZOOM 11am Pickleball 11am Chair Aerobics-Ruth 12pm Chess 1pm Draw w/Chris	23 10am Carmen Collage Art class #3 11am Pickleball 11:15am Sonya – Strength 12:45pm Qigong w/Deby 1pm Bereavement Group	24 10am Yoga – Maxine 11:30am Lunch: Chili Contest 12:45pm Bingo with Gisselle	25 10am Open Art 10am Strength – Sandy 11am Pickleball 11:15am Strength – Sonya	26 10am Yoga-Gloria ZOOM 10am Pickleball Clinic-Beg 10:30 Aerobics – Jill 11am Pickleball Clinic-Int 11am Chair Aerobics-Ruth 12pm Craft & Lunch with Mary
29 10am Open Craft/Knitting 11am Qigong w/Bill ZOOM 11am Pickleball 11am Chair Aerobics-Ruth 12pm Chess 1pm Draw w/Chris	30 10am Carmen Collage Art Class #4 11am Pickleball 11:15am Sonya – Strength 12:45pm Qigong w/Deby			

May 2024

Mon

Tue

Wed

Thu

Fri

		<p>1</p> <p>10am Yoga – Maxine</p> <p>11:30am Lunch: Calise’s Lasagna (Veg)</p> <p>12:45 Bingo w/Gisselle</p>	<p>2</p> <p>10am Open Art</p> <p>10am Strength – Sandy</p> <p>11am Pickleball</p> <p>11:15am Strength-Sonya</p>	<p>3</p> <p>10am Agata Painting #1</p> <p>10am Yoga-Gloria ZOOM</p> <p>10am Pickleball Clinic-Beg</p> <p>10:30 Jill – Aerobics</p> <p>11am Pickleball Clinic-Int</p> <p>11am Chair Aerobics-Ruth</p> <p>12:30pm Bingo</p>
<p>6</p> <p>10am Open Craft/Knitting</p> <p>11am Cooking Class at Lachat w/Chef Deby</p> <p>11am Pickleball</p> <p>11am Qigong w/Bill ZOOM</p> <p>11am Chair Aerobics -Ruth</p> <p>12pm Chess</p> <p>1pm Draw w/Chris</p>	<p>7</p> <p>10am Maj’s Art Potpourri Class #1</p> <p>11am Pickleball</p> <p>11:15am Strength-Sonya</p> <p>12:45pm Qigong w/Deby</p>	<p>8</p> <p>10am Yoga – Maxine</p> <p>11:30am Lunch: Sponsored by Wilton Meadows</p> <p>12:45pm Dementia & Alzheimers Stages Lecture</p>	<p>9</p> <p>10am Open Art</p> <p>10am Strength – Sandy</p> <p>11am Pickleball</p> <p>11:15am Strength-Sonya</p>	<p>10</p> <p>10am Agata Painting #2</p> <p>10am Yoga-Gloria ZOOM</p> <p>10am Pickleball Clinic-Beg</p> <p>10:30am Jill – Aerobics</p> <p>11am Pickleball Clinic-Int</p> <p>11am Chair Aerobics-Ruth</p> <p>12pm Trivia-Mary+Lunch</p>
<p>13</p> <p>10am Open Craft/Knitting</p> <p>11am Pickleball</p> <p>11am Qigong w/Bill ZOOM</p> <p>11am Chair Aerobics -Ruth</p> <p>12pm Chess</p> <p>1pm Draw w/Chris</p>	<p>14</p> <p>10am Maj’s Art Potpourri Class #2</p> <p>11am Pickleball</p> <p>11:15am Strength-Sonya</p> <p>11:30am Ask a Nurse</p> <p>12:45pm Qigong w/Deby</p>	<p>15</p> <p>10am Yoga – Maxine</p> <p>11am EMS BP Screen</p> <p>11:30am Lunch: Lily’s Chicken Rollatini</p> <p>12:45pm Property Scam Lecture</p>	<p>16</p> <p>10am Open Art</p> <p>10am Strength – Sandy</p> <p>11am Pickleball</p> <p>11:15am Strength-Sonya</p> <p>12:30pm Makeup for Mature Women</p>	<p>17</p> <p>10am Agata Painting #3</p> <p>10am Yoga-Gloria ZOOM</p> <p>10am Pickleball Clinic-Beg</p> <p>10:30am Jill – Aerobics</p> <p>11am Pickleball Clinic-Int</p> <p>11am Chair Aerobics-Ruth</p> <p>12:30 Bingo</p>
<p>20</p> <p>10am Open Craft/Knitting</p> <p>11am Pickleball</p> <p>11am Qigong w/Bill ZOOM</p> <p>11am Chair Aerobics -Ruth</p> <p>12pm Chess</p> <p>1pm Draw w/Chris</p>	<p>21</p> <p>10am Maj’s Art Potpourri Class #3</p> <p>11am Pickleball</p> <p>11:15am Strength-Sonya</p> <p>12:45pm Qigong w/Deby</p> <p>1pm Tips & Tricks – Chris</p> <p>1pm Caregivers Support Group</p>	<p>22</p> <p>10am Yoga – Maxine</p> <p>12pm Special Lunch: Spring Tea Party at Lachat Farm, RSVP by 10th</p>	<p>23</p> <p>10am Open Art</p> <p>10am Strength – Sandy</p> <p>11am Pickleball</p> <p>11:15am Strength-Sonya</p> <p>1pm Schubert Lecture</p>	<p>24</p> <p>10am Agata Painting #4</p> <p>10am Yoga-Gloria ZOOM</p> <p>10am Pickleball Clinic-Beg</p> <p>10:30am Jill – Aerobics</p> <p>11am Pickleball Clinic-Int</p> <p>11am Chair Aerobics-Ruth</p> <p>12pm Crafts-Mary+Lunch</p>
<p>27</p> <p>CLOSED</p>  <p>MEMORIAL DAY</p> <p>REMEMBER & HONOR</p> 	<p>28</p> <p>10am NO Maj CLASS</p> <p>11am Pickleball</p> <p>11:15am Strength-Sonya</p> <p>12:45pm Qigong w/Deby</p> <p>1pm Bereavement Support Group</p>	<p>29</p> <p>10am Yoga – Maxine</p> <p>11:30am Lunch: Lunch Box Pizza & Salad</p> <p>12:45 Bingo w/ Gisselle</p>	<p>30</p> <p>10am Open Art</p> <p>10am Strength – Sandy</p> <p>11am Pickleball</p> <p>11:15am Strength-Sonya</p>	<p>31</p> <p>10am Agata Painting #5</p> <p>10am Yoga-Gloria ZOOM</p> <p>10am Pickleball Clinic-Beg</p> <p>10:30am Jill – Aerobics</p> <p>11am Pickleball Clinic-Int</p> <p>11am Chair Aerobics-Ruth</p>

June 2024

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
3 10am Open Craft/Knitting 11am Pickleball 11am Qigong w/Bill ZOOM 11am Chair Aerobics -Ruth 12pm Chess 1pm Draw w/Chris	4 10am Maj's Art Potpourri Class #4 11am Pickleball 11:15am Strength-Sonya 12:45pm Qigong w/Deby	5 10am Yoga – Maxine 11:30am Lunch: Village Mkt Rotisserie Chicken 12:45pm Resilient Mind Lecture 1pm Tech Class #1	6 10am Open Art 10am Strength – Sandy 11am Pickleball 11am Herb Gardening 11:15am Strength-Sonya	7 10am Yoga-Gloria ZOOM 10am Pickleball Clinic-Beg 10:30am Jill – Aerobics 11am Pickleball Clinic-Int 11am Chair Aerobics-Ruth
10 10am Open Craft/Knitting 11am Pickleball 11am Qigong w/Bill ZOOM 11am Chair Aerobics -Ruth 12pm Chess 1pm Draw w/Chris	11 10am Cindy Art Realism Class #1 11am Pickleball 11:15am Strength-Sonya 12pm Fall Prevention 12:45pm Qigong w/Deby	12 10am Yoga – Maxine 11am EMS BP Screen 11:30am Lunch: Calise's Eggplant Parm (Veg) 1pm Tech Class #2 12:45pm Bingo w/Gisselle	13 10:15 Trip – Keeler Tavern in Ridgefield 10am Open Art 10am Strength – Sandy 11am Pickleball 11:15am Strength-Sonya	14 10am Yoga-Gloria ZOOM 10am Pickleball Clinic-Beg 10:30am Jill – Aerobics 11am Pickleball Clinic-Int 11am Chair Aerobics-Ruth 12pm Trivia-Mary+ Lunch
17 10am Open Craft/Knitting 11am Pickleball 11am Qigong w/Bill ZOOM 11am Chair Aerobics -Ruth 12pm Chess 1pm Draw w/Chris	18 10am Cornhole Tournament + BBQ 10am Cindy Art Realism Class #2 11am Pickleball 11:15am Strength-Sonya 12:45pm Qigong w/Deby 1pm Art Chat 1pm Caregiver Support Group	19 CLOSED  <i>Juneteenth</i> CELEBRATE FREEDOM	20 10am Open Art 10am Strength – Sandy 11am Pickleball 11:15am Strength-Sonya	21 10am Yoga-Gloria ZOOM 10am Pickleball Clinic-Beg 10:30am Jill – Aerobics 11am Pickleball Clinic-Int 11am Chair Aerobics-Ruth
24 10am Open Craft/Knitting 11am Pickleball 11am Qigong w/Bill ZOOM 11am Chair Aerobics -Ruth 12pm Chess 1pm Draw w/Chris	25 10am Cindy Art Realism Class #3 11am Pickleball 11:15am Strength-Sonya 12:45pm Qigong w/Deby 1pm Bereavement Support Group	26 10am Yoga – Maxine 11:30am Lunch: Greek Specialties TBD	27 10am Open Art 10am Strength – Sandy 11am Pickleball 11:15am Strength-Sonya 12:45 D-Day Lecture	28 10am Yoga-Gloria ZOOM 10am Pickleball Clinic-Beg 10:30am Jill – Aerobics 11am Pickleball Clinic-Int 11am Chair Aerobics-Ruth 12pm Craft-Mary + lunch