



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, LCSW
Rashida Miller, MSW
Melissa DiVito, LCSW

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
Thomas Watson

January & February 2025

Hello Friends,

Resolutions provide us with goals and purpose for the new year. Starting fresh can be incredibly empowering! Here are some tips:

- **Reflect on Your Values:** A meaningful resolution will be easier to achieve.
- **Set Specific Goals:** Instead of vague resolutions like "get fit," aim for something specific like "exercise three times a week for 30 minutes."
- **Break It Down:** Large goals can be overwhelming so break them into smaller, manageable steps.
- **Be Realistic:** Set goals that are challenging yet attainable.
- **Celebrate Progress:** Acknowledge and reward yourself to reinforce positive behavior.
- **Be Kind to Yourself:** Setbacks are part of the process. Don't give up, just adjust your plan as needed.

By setting resolutions that resonate with your purpose, you can make 2025 a year of growth and achievement. Research shows that people with a sense of purpose are less likely to develop Alzheimer's. Further, an American Medical Association study showed that seniors who have a sense of purpose stay physically stronger longer. Hand grips and walking speeds are age indicators interestingly enough.

So let's make an anti-aging resolution. Join a strength class and grip some weights or learn pickleball and grab a paddle. Let's embrace Dr. Sachin's advice about staying active and healthy, and then do his exercise class. Let's try something new like making soup with Caryn or candles with Carrie. Lots of new events and old favorites at the Center, so find something that interests you in the next pages.

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 Center is.

See you soon!

Julia Braden
Weston Senior Center

Holiday Closings

Monday, January 20 for MLK Day and Monday, February 17 for President's 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.

Agata Tria

(January-February Art Show)

Agata is an accomplished and award-winning artist, exhibiting her soft pastels in the United States as well as Europe. Her style is mostly minimalistic nature portraits emphasizing color and composition. She loves to create in all kinds of mediums from acrylic/oils and pastels to glass, resins and wood. She has been interested in art since childhood and loved to make toys: stuffed animals, dolls, toy cars, blocks, and mechanical figurines. Ultimately, she earned her Master's Degree from the European Academy of Arts in Warsaw, Poland. Agata arrived in the US in 2000 from Warsaw looking for the American Dream. She didn't know the English language but because of her creative talent, she was able to land a job as an artist, eventually becoming a Senior Graphic Designer, all the while taking English classes at night. Photography is another love of Agata's and she's won awards at photography exhibitions. One of her big dreams is to learn the art of glassblowing sometime in the future. Agata has a very active life as a wife/mother/artist residing in Weston with her family and assorted pets (she's also an animal lover!).



Art Classes

Carmen Jewelry Class

Tuesdays, Jan 7-28, 10am-Noon

\$5 drop-in

Jan 7—Repairs

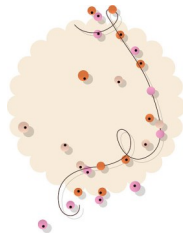
Jan 14—Charm Bracelet

Jan 21—Necklace

Jan 28—Reconfigure unused jewelry

Each Class begins with a demonstration. Carmen will show you all her jewelry tips and tricks to make or remake or repurpose your jewelry so you love wearing it again.

Bring pieces from home. Limited materials will be available to fix or restore.



Beaded Necklace With Vera

Monday, Jan 27, 10am-Noon

\$10 per necklace

Join Vera as she demonstrates her latest beaded necklace masterpiece. You'll take home a one-of-a-kind piece of jewelry. All materials provided.



Draw with Chris Goldbach

Each Monday on Zoom, Jan 27—Feb 24 (no Jan 6, 13, 20 or Feb 17), 1pm-2pm (Zoom)

\$20 for 4 classes.

Draw what you see! Chris walks you through everything you need to know.

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



Art Class with Agata

Tuesdays, Feb 11, 18, 25, 10am-Noon, Free

Everyone loves Agata not only as an artist but as an instructor as well! Whatever project she chooses, you'll cherish the art you create with her.

List of supplies needed will be sent to participants before start of each class.

Sponsored by Friends of the WSAC



To register, email Julia: jbraden@westonct.gov

One Million Pillowcase Challenge

Monday, Jan 6, 11am-Noon, Free

Be part of a project 10+ years and still going strong.

Learn to cut and make a handmade pillowcase that will be donated to a local charity. **If you can donate cotton fabric, please contact the Center.**

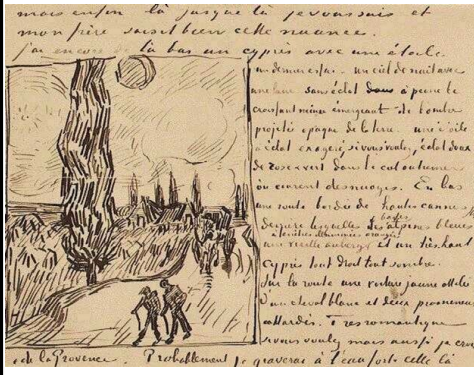
Need: Portable Sewing Machine *
1 yard of main fabric (cotton)
1/2 yard accent band fabric (cotton)
1/4 yard trim fabric (optional)
Matching thread

* Center has one machine to share if you cannot bring one. Ironing board and iron on site.

AMERICAN PATCHWORK & QUILTING
1 MILLION
PILLOWCASE CHALLENGE

Art Chat with Chris Goldbach

Tuesday, Jan 21, 11am, on Zoom, Free



Van Gogh is nearing the end. But he's still actively sketching and describing the world around him in his letters to his brother. Learn

more about this fascinating artist.

Sponsored by Friends of WSAC

Crafts with Mary Sourivanh (and lunch!)



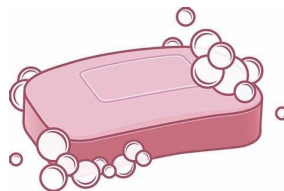
Friday, Jan 17, 12pm, Free
Snowy Mason Jar craft.

Make a scene that will keep your spirits up during the winter months.

Friday, Feb 21, 12pm, Free
Homemade Soap

Who knew it would be so

easy! Mary always does the best crafts.



Sponsored by Wilton Meadows

Wilton
Meadows

Writing Group *NEW*

With Brenda Sorrel

Friday, Jan 10 and Feb 7,
10:30am-Noon, Free



Brenda's workshop in October was such a hit, it is now a monthly event. Join this new group! Brenda teaches you how to get thoughts out of your memory and onto paper with different prompts.

Examples of prompts are:

- What's your earliest memory?
- When did you first fall in love?
- Who was your best friend growing up?
- One thing you remember about your mother?

Write YOUR story and preserve memories. Each session will close out with journaling tips.



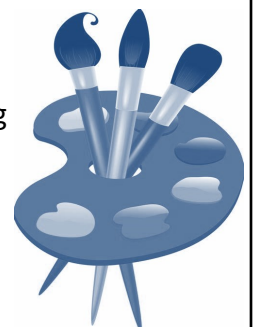
Pressed Flower and Leaf Printing Class

With Michelle, Bartlett Arboretum
Tuesday, Feb 4, 10:30-11:30am
\$10 per person

Who better to teach a class than the flower (and plant) expert Michelle. All materials supplied.

Open Art for everyone Every Thursday, 10am-Noon

Bring art projects you are working on to this open art group. A great group of knowledgeable artists who support and encourage each other! Bring a bag lunch and stay to socialize.



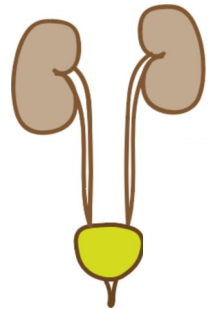
Dr. Sachin Gianchandani Lectures
**Successful Aging:
LSVT, Parkinson's and Other
Conditions**
Wednesday, Jan 22, 10:30-11:30am, Free
Healthy Happy Heart Lecture
Wednesday, Feb 12, 10:30-11:30am, Free

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.

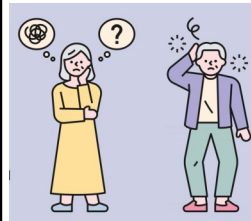
Program sponsored by a generous donation from the Thomas Family.

The Nurse Knows Lecture:**UTI's: Yikes!**
**Wednesday, Jan 29,
12:45pm, Free**

Unseen, misdiagnosed and untreated, UTI's are hard to detect since symptoms mimic other diseases. Very common, especially in older women. Learn to recognize the unlikely symptoms and the correct treatments.


**Dementia: What's Normal &
What's Not**
Wednesday, Feb 26, 12:45pm, Free

Forgetful? Memory problems? When to be concerned.



*Tips and advice from
Christine Burns, an RN at
Visiting Nurse & Hospice
of Fairfield County.*

Dr. Sachin "Strong & Balanced"**Group Exercise Classes**
**Wednesday, Jan 29 and Feb 26,
10:30-11:30am, Free**


Join Dr. Sachin's group exercise class as he shows you tried-and-true moves that you can incorporate in your everyday life. Staying Strong & Balanced is crucial for ALL adults, no matter the age. Improve your strength, balance, and overall well-being while bonding with the group!

Program sponsored by a generous donation from the Thomas Family.

Tech Savvy Senior Classes
with Lindsey Burk
Friday, Jan 17, 10:30am-11:30am
12 people max

Bring your iPhone or iPad and learn how to use the pre-installed apps. Before you know it, you will be a Tech Savvy Senior!

Friday, Feb 21, 10:30-11:30am
12 people max

Lindsey continues our apps journey while she shows us how to update, download and delete apps to make life easier.

**Tiny Homes**
Wednesday, Jan 8, 12:45pm

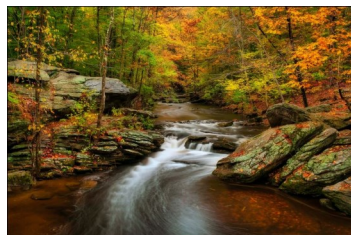

Learn about the beauty and practicality of tiny homes that can provide

you with additional space or income.

*Lunch and Lecture sponsored by
Contemporary Tiny Homes*

Photography Lecture
With Michael Tomashefsky
Wednesday, Jan 15, 12:45pm

Award-winning landscape photographer Michael will give us a CT tour, 40 years in the making.

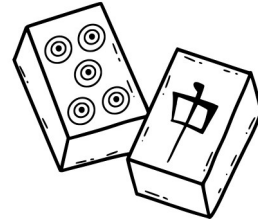


Candle Making**With Natalie****Friday, February 28,****10am-Noon****Cost \$5 per candle**

Learn how to pour candles, personalize them with scent and in colors of your choice. Perfect gift for yourself or a loved one! All materials supplied.

**Mahjong Group Play****Every Friday (except Jan 24)****10am-Noon, Free**

Join other beginners and trust us, you'll be laughing with this group soon.

**Valentine's Day Craft****with Caryn****Monday, Feb 10, 11am, \$5 per person**

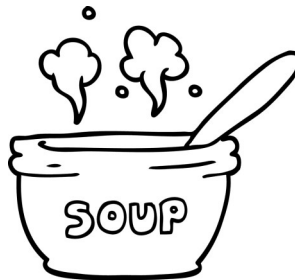
Caryn always brings the best crafts, so join us for a surprise craft that you (or your Valentine) will love. All supplies provided.

**Mahjong Refresher Class*****SPECIAL ONE DAY ONLY*****Friday, Jan 24, 10am-Noon, Free****8 people max**

You know how to play—maybe? Sybl will remind you the ins and outs so you can start playing again.

Winter Food: Making Soup**With Caryn****Monday, Jan 13, 11am, \$5 per person**

Nothing better during the cold months than soul-warming soup. Caryn will teach us some of her favorites that are bound to be yours soon as well. And we love her tips and tricks. You'll be making soup all winter long.

**Medicare Fraud
With SWCT Agency
on Aging****Wednesday, Jan 22,
12:45pm (after lunch)**

Learn how to detect, report and protect yourself from Medicare fraud.

**UN Architecture & Art****With Loraine Sievers****Wednesday, Feb 12, 12:45pm (after lunch)**

Loraine captivated us with her lecture back in September. Join us as she continues sharing her



extensive knowledge of art and history of the UN.

Music and Your Brain**Lecture & Recital****With Andrew Chi, MD****Wednesday, Feb 19, 12:45pm**

The healing power of music can enhance cognitive function, reduce stress and improve neurological disorders.

Artistica Dynamica musicians include students from Juillard and Manhattan School of Music.



Trivia with Mary (plus Lunch)

Friday, Jan 3 & Feb 7, Noon, Free

Questions and trivia to keep your mind sharp. And Mary always has the best questions that will make you think AND laugh.

Wilton
Meadows

Sponsored by Wilton Meadows



B-I-N-G-O with Dean Friday, Jan 24 & Feb 14, 12:30pm, with snacks

Get lucky and win! And psssst, Dean brings the best desserts!

EPOCH
SENIOR LIVING

Sponsored by Epoch Senior Living



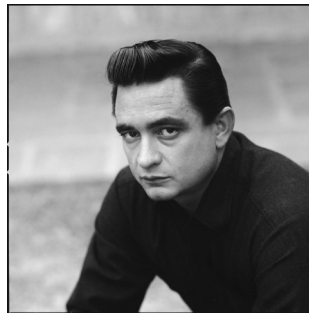
Trivia with Allison (plus Lunch)

Friday, Jan 10, Noon, Free

Who is that handsome guy?

Reminisce, socialize, and sharpen your mind with Allison. Test your knowledge of famous people (like Johnny Cash, above), music trivia and more. Plus Allison has a raffle prize! Don't miss it!

Sponsored by Brookdale



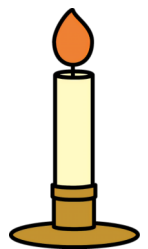
BROOKDALE
SENIOR LIVING

Valentine's Day Candle Holder Painting Class

With Vera

Friday, Feb 14, 11am-Noon, Free

Paint a unique candle holder that you'll use all year long.



Knitting for a Good Cause Every Monday, 10am-Noon

Friendliest group you'll meet that donates dozens of knitted hats and scarves and will continue to knit through the cold winter months! All levels of knitters are welcome to our Knitting Group. Bring your own work in progress or check out our skein stash here. We have lots of needles, yarn and books to choose from if you need inspiration!



Bingo with Linda

Friday, Feb 28, 12:30pm, Free

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

Caregivers Support Group

Tuesday, Jan 21 & Feb 18, 1:30pm, Free

With Allison Lisbon, LCSW, MSW

Director of Human Services & Senior Center

Monthly meetings are held every third Tuesday, at the 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, Jan 7 & Feb 4, 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, guided by Rashida. 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

Dig'n It Plant Group

Thursday, Jan 2 and Feb 6,
12:30-1:30pm, Free
First Thursday of every month.

You've seen our horticultural corner in the front office. Come join us to sit and share tips and tricks to keep plants healthy. Linda and Nell are the resident plant whisperers, so they'll take the lead. New projects each month, so contact us for more details and what to bring.

Always looking for **Pot Donations** if you have any!

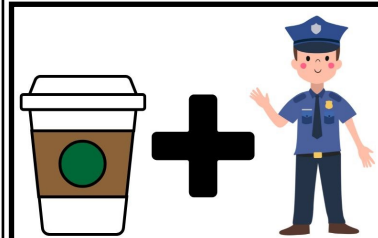
**Coffee with a Cop**

Friday, Jan 31, 12pm

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.

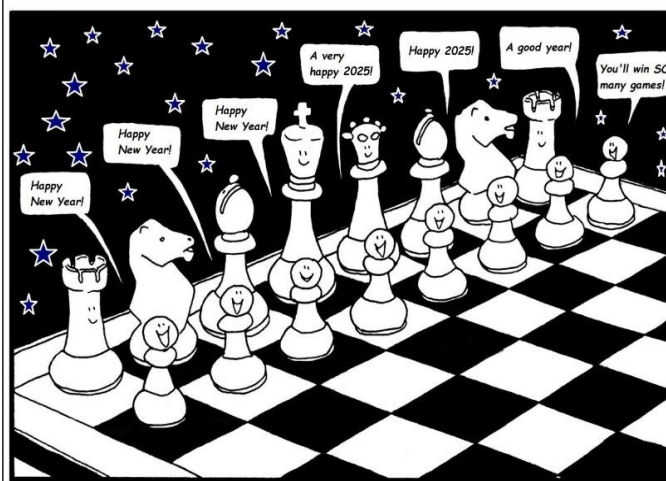


Coffee with a Cop

**Walking
with Linda**
Thursday
mornings at
10am, Free



Meet at Center and walk. Talking optional. The walk around Weston's school "campus" takes approximately 45 mins, so join us and get those steps in!



chesscartoons.wordpress.com

Chess
Every Monday, 12pm

Free and open to every level. From Beginner to Competitive, you are welcome to join this cheery chess crew for camaraderie (and treats)!

Lunches

Wednesday Lunch

Please RSVP by noon on Monday.

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

Jan 8 — Lunch Box Healthy Pizza & Salad

Jan 15 — Saffron Indian food

Jan 22 — Calise's Presidential Sliders

Jan 29 — Soup(er) Bowls & Salad from Caraluzzi

Feb 5 — Broadway Show, so no lunch

Feb 12 — Red food (think tomato soup!) from Lily's

Feb 19 — Chinese Chicken & Broccoli with Lo-Mein

Feb 26 — Truly Greek Falafels & Salad

Blood Pressure Check

Before Lunch with Weston EMS
Wednesdays, Jan 22 and Feb 19,
11am

EMT's will
check your
Blood Pressure
before lunch.



To register, email Julia: jbraden@westonct.gov

Thank you for all the donations to the Friends of the Weston Senior Activities Center that make these trips possible.



Bruce Museum

Thursday, January 23

Bus leaves Center at 10am and returns by 3pm.

Cost is \$20 per person.

14 people max on tour.

General tour of the Bruce Museum of art, a world class institution high-



lighting art, science and natural history in more than a dozen changing exhibitions annually. Followed by lunch at their café, operated by Aux Delices. Seats will go fast!



Broadway Show: Moulin Rouge

Wednesday, February 5

Excursion Bus leaves Center at 11:30am and returns around 7pm, Box lunch included.

50 people max. Cost is \$80 per person.

Must pre-register with payment.

Hottest show on Broadway, and we don't mean trendy. Enter a world of splendor and romance and eye-popping excess of glitz, grandeur and glory. Invite a friend and enjoy an afternoon out on Broadway. Orchestra seats!

Boxed lunch provided on trip into city.

Flower Show of Connecticut (Hartford)

Thursday, February 20

Bus leaves Center at 10am and returns by 4pm.

20 people max on our BIG bus, Cost \$15.

Bring money for lunch.

Flower show is just the pre-spring vibe you're yearning for at this time of year! Bring money to buy necessary (really? Necessary?) items for your gardening plans.

Lunch items for sale at CT Convention Center.



To register, email Julia: jbraden@westonct.gov

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

Good music to keep you going during this low-impact fitness class. Perfect for all fitness levels. Full body workout plus songs that make you want to move!

Qigong with Bill: Mondays at 11am (Zoom), \$30 for 6 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 and Thursdays, 11am-1:00pm, Fridays, Noon-2pm, Free

Drop in for open play. Stop in and play, or 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

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

Thursdays at 11:15am (In-House), \$5 Drop-in

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), \$45 for 9 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: Fridays at 10am (Zoom), \$45 for 8 classes (no Jan 3 class).

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.

No Classes

Monday, Jan 20

Monday, Feb 17

Attention all Pickleballers!

Pickleball Clinics, Class Limit of 8 players, \$5 per class

Advanced Beginner 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! Alice has been teaching Pickleball for Westport Continuing Education since 2016.

***Special One Day Only***

Pickleball Clinic

with HK Rook

Intermediate Players only, \$10

Monday, Jan 13, Noon-1:30pm

Only 4 spots open. Must pay at registration.

Start the New Year off right and brush up on your pickleballs skills!

To register, email Julia: jbraden@westonct.gov

January 2025

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
		1 <i>CLOSED</i>	2 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	3 NO Yoga ZOOM 10am Open Mahjong 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Pickleball 12pm Mary Trivia + Lunch
6 10am Open Craft & Knitting 11am Pillowcase Challenge 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal & Strength-Laurie 12pm Chess NO Draw w/Chris	7 10am Carmen – Jewelry Class #1 (Repair) 11am Pickleball 11:15am Sonya – Strength 12:15pm Qigong w/Deby 1:30pm Bereavement Group	8 10am Soul Yoga – Max 11:30am Lunch: Lunch Box Pizza & Salad 12:45pm Tiny Houses	9 10am Open Art 10am Walk with Linda 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya	10 10am Yoga ZOOM 10am Open Mahjong 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 10:30am Writing Group 12pm Pickleball 12pm Trivia & Lunch with Allison
13 11am Caryn Winter Soup 10am Open Craft & Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal & Strength-Laurie 12pm Chess NO Draw w/Chris 12pm PB Clinic with HK	14 10am Carmen – Jewelry Class #2 (Charm bracelet) 11am Pickleball 11:15am Sonya – Strength 12:15pm Qigong w/Deby	15 10am Soul Yoga – Max 11:30am Lunch: Indian food from Saffron 12:45pm Photography Lecture with Michael	16 10am Open Art 10am Walk with Linda 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya	17 10am Yoga ZOOM 10am Open Mahjong 10am PB Clinic-Adv Beg 10:30am Tech Class with Lindsey 11am Pickleball Clinic-Int 12pm Pickleball 12pm Mary Craft + Lunch
20 CLOSED Martin Luther King Day 	21 10am Carmen Jewelry Class #3 (Necklace) 11am Art Chat with Chris ZOOM 11am Pickleball 11:15am Sonya – Strength 12:15pm Qigong w/Deby 1:30pm Caregiver Group	22 10am Soul Yoga – Max 10:30am Dr Sachin Lecture: Successful Aging 11am EMS BP Screen 11:30am Lunch: Presidential Sliders – Calise 12:45pm Lecture: Medicare Fraud with SWCT Agency on Aging	23 10am Trip to Stamford Bruce Museum 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya	24 10am Mahjong Refresher Class with Sybi 10am Yoga ZOOM 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Pickleball 12:30pm Bingo with Dean
27 10am Beaded Necklace Class with Vera 10am Open Craft & Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal & Strength-Laurie 12pm Chess 1pm Draw w/Chris ZOOM	28 10am Carmen Jewelry Class #4 (Repurpose) 11am Pickleball 11:15am Sonya – Strength 12:15pm Qigong w/Deby	29 10am Soul Yoga – Max 10:30am Dr Sachin Exercie Class 11:30am Lunch: “Soup”er Bowl & salad 12:45pm Nurse Knows: UTI’s Yikes!	30 10am Open Art 10am Walk with Linda 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya	31 10am Yoga ZOOM 10am Open Mahjong 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Coffee with a Cop 12pm Pickleball

February 2025

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
3 10am Open Craft/Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal & Strength-Laurie 12pm Chess 1pm Draw w/Chris ZOOM	4 10:30am Pressed Flower Class with Michelle from Bartlett 11am Pickleball 11:15am Strength-Sonya 12:15pm Qigong – Deby 1:30pm Bereavement Group	5 11:30am Trip: Broadway show Moulin Rouge Center CLOSED for all other events	6 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	7 10am Yoga ZOOM 10am Open Mahjong 10am PB Clinic-Adv Beg 10:30am Writing Group 11am Pickleball Clinic-Int 12pm Pickleball 12pm Mary Trivia + Lunch
10 10am Open Craft/Knitting 11am Caryn Valentine Craft 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal & Strength-Laurie 12pm Chess 1pm Draw w/Chris ZOOM	11 10am Agata Art Class 11am Pickleball 11:15am Strength-Sonya 12:15pm Qigong – Deby	12 10am Soul Yoga – Max 10:30am Dr. Sachin Lecture: Healthy, Happy Heart 11:30am Lunch: All RED 12:45pm UN Architecture & Art w/Lorraine	13 10am Open Art 10am Walk with Linda 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength-Sonya	14 11am Vera Valentine's Candle holder craft 10am Yoga ZOOM 10am Open Mahjong 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Pickleball 12:30pm Bingo with Dean
17 CLOSED Presidents Day 	18 10am Agata Art Class 11am Pickleball NO Art Chat with Chris 11:15am Strength-Sonya 12:15pm Qigong – Deby 1:30pm Caregivers Group	19 10am Soul Yoga – Max 11am EMS BP Screen 11:30am Lunch: Chinese 1pm Music Your Brain with Andrew Chi	20 10am Trip: Flower Show in Hartford 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength-Sonya	21 10am Yoga ZOOM 10am Open Mahjong 10am PB Clinic-Adv Beg 10:30am Tech Class with Lindsey 11am Pickleball Clinic-Int 12pm Pickleball 12pm Mary Craft + Lunch
24 10am Open Craft/Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal & Strength-Laurie 12pm Chess 1pm Draw w/Chris ZOOM	25 10am Agata Art Class 11am Pickleball 11:15am Strength-Sonya 12:15pm Qigong – Deby	26 10am Soul Yoga – Max 10:30am Dr. Sachin Exercise Class 11:30am Lunch: Greek 12:45pm Nurse Knows: Dementia – What's Normal & What's Not	27 10am Open Art 10am Walk with Linda 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength-Sonya	28 10am Candle-making Class with Natalie 10am Yoga ZOOM 10am Open Mahjong 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Pickleball 12:30pm Bingo with Linda

Looking forward to March & April.

Get Ready for Spring Adventures!

Important and Noteworthy

MEDICARE INFORMATION

Medicare and You - 2025

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 - 2025", was sent to you at the end of September. Please keep it for reference through 2025. Another source for information is the computer savvy is Medicare.gov. This computer program has become more and more user-friendly. And 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 or Advantage programs 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 with me to discuss soon-to-be new to Medicare enrollment or any Medicare question.

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 2025. 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.

Want to discuss Medicare issues? Half hour appointments are available in person or over the phone. Never a charge for these services.

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

Meta Schroeter
CHOICES COUNSELOR

Rashida Miller
CHOICES COUNSELOR

Special Medicare Notes:

1. In 2025, there will be a \$2000 cap on all monies spent towards drugs, including any deductible and drug costs within your Medicare D plan or your Advantage plan (that includes a drug plan).
2. Medicare records have been breached and it is possible that if your record was part of that breach that you'll receive notification and a new Medicare card.



Weston Department of Human Services

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Financial assistance is available for those who qualify. Please contact Human Services at 203-222-2556 to inquire about eligibility, schedule an appointment or pose questions.

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