



## 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](http://www.westonseniorcenter.info)

### Weston Senior Activities Center

9 School Road  
[www.westonseniorcenter.info](http://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  
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

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

### The Friends of WSAC

Richard Wolf, President  
Theresa Brasco  
David Goodman  
Diane Hartman  
Diana Heisinger  
Bruce Lorentzen  
Bruce Missett  
Thomas Watson

## March & April 2025

Hello Friends,

Spring!!! It's coming, but slowly. First we have to get through the 75 days of March. So while we're waiting, make sure to get out and socialize.

*Human beings are social creatures. Our connection to others enables us to survive and thrive. Yet, as we age, many of us are alone more often than when we were younger, leaving us vulnerable to social isolation and loneliness—and related health problems such as cognitive decline, depression, and heart disease. Fortunately, there are ways to counteract these negative effects. (National Institute on Aging)*

*Loneliness acts as a fertilizer for other diseases according to Dr. Steve Cole, UCLA. Since older adults are more likely to live alone (28% nationally), suffer from a chronic illness (80%) or hearing loss (31%), they are more affected by social isolation and/or loneliness. (National Council on Aging)*

At the Center, we encourage socialization. Check out our enriching programs and events. Stop by for a free cup of coffee and treat. We are always ready for a friendly chat.

Join an exercise class or an art class or a trip! Can't make it out? Zoom classes! Check out the following pages or peruse via [MyActiveCenter.com](http://MyActiveCenter.com). Not sure how to use MyActiveCenter? We'll give you a demo.

Look forward to seeing you! And we'll say it again - bring a friend and show them the hidden gem of the Weston Senior Activity Center.

See you soon!  
Julia Braden  
Weston Senior Center

### Holiday Closings

Friday, April 18 for Good Friday

*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!*

Loneliness acts as  
a fertilizer for  
other diseases.

Dr. Steve Cole, UCLA

*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.*



### Claudia Francoeur (March-April Art Show)

Claudia picked up her brushes again after retiring from a career in IT. She primarily works in watercolor but has been exploring different mediums and techniques. Claudia strives to capture the mood and atmosphere of nature. Her works reflect her love of beach and shore areas, woodlands, and flowers.



Having no formal art training, Claudia learned her craft by participating in classes and workshops offered by various artists. Prior to her corporate years, she studied watercolor with Robert Calrow, Harold Seroy and Edgar Whitney. Claudia is a member of the Rowayton Arts Center and has had her exhibits shown locally as well as in private collections nationwide.

## Art Classes

### Painting Realism Art Class with Cindy Wagner

**4 Classes, Tuesday, March 4-25, 10am-Noon**  
**\$5 Drop-in, \$20 for Series**

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 or acrylic paint may be used.

Bring your own supplies—call Center for full list.

### Watercolor and Line Painting Class with Agata Tria

**Tuesdays, April 1, 15, 22, 29, 10am-Noon**  
**\$5 drop-in**

During the class Agata teaches watercolor techniques: This includes understanding how to mix colors to create washes, gradients, and textures. You will learn to control the flow and opacity of colors by using various techniques such as wet-on-wet, dry-on-dry and wet-on-dry.



For class, please bring watercolor paper, watercolors, brushes, acrylic markers, sharpies.

### Draw with Chris Goldbach Each Monday on Zoom

**Mondays, Mar 10—Apr 28**  
**(no class Mar 24)**  
**1-2pm (Zoom), \$35 for 7 classes**



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

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

**To register, email Julia: [jbraden@westonct.gov](mailto:jbraden@westonct.gov) or call Center at 203-222-2608**

### Art Chat with Chris Goldbach

Tuesday, Mar 18 and Apr 15, 11am, Zoom, Free



Van Gogh is still alive! And still writing letters to his brother. The drama builds!

Join Chris as she explores and explains Van Gogh through his writings.

*Sponsored by Friends of WSAC*

### Floral Centerpiece with Betty

Thursday, Apr 17, 11am, \$10, max 12 people



No one does flowers like Betty so because class will fill quickly.

Make a beautiful spring floral centerpiece. Perfect for your holiday table.

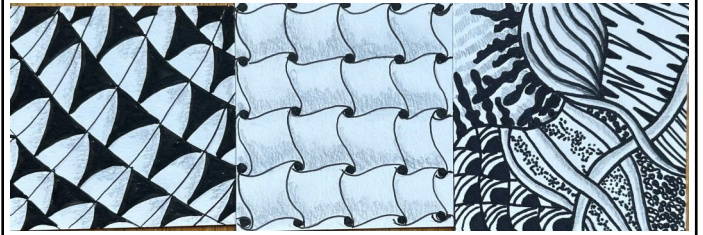
**Cancelled**

### Zentangle & Zendangle

With Lisa Greenberg

Monday, March 31 & April 21, 11am, Free

Join us as we engage in the therapeutic art of Zentangle. This meditative art form was created in 2004 by former monk and printer Rick Roberts and Maria Thomas, a calligrapher/designer. The "zen" is the state of calm attentiveness one aims to achieve while absorbed in the creation of "tangles" which are a series of repetitive patterns created on 3.5x3.5 square papers in black and white. All materials will be provided. This is a beginner's level workshop, no previous art experience or expertise required.



### Polish Easter Eggs

with Ewa Ojarowska

Tuesday, April 8, 11am, Free but **MUST** pre-register, 15 people max

The history and traditions of Polish and Ukrainian Pisanki decorating will be presented. Learn how to use beeswax and dye to create unique and colorful decorative eggs. The materials for this adult workshop will be provided with demonstrations and hands-on instruction for all to create a personal Easter holiday keepsake! Students will be handling delicate eggs, a lit candle, and using permanent dyes, so dress appropriately.

Please bring 3-5 clean eggs (raw or hard boiled) and a roll of toilet paper.

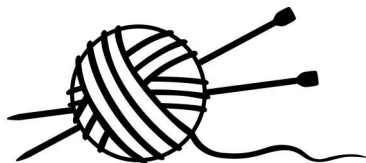


### Open Knitting Group for everyone

Every Monday, 10am-Noon

All levels are welcome to our Knitting Group. Join and refine your skills from others in a welcoming and relaxed atmosphere.

Bring your own work in progress or start something new from our cache of yarns.



### Open Art for everyone

Every Thursday, 10am-Noon



Watercolor? Collage? Bring art projects you are working on to this open art group. A great group of friendly and knowledgeable artists who support and encourage each other!



**Dr. Sachin Gianchandani Lectures****Kidney Health, Diabetes, Exercise and Lifestyle Modification****Wednesday, March 12, 10:30-11:30am, Free**

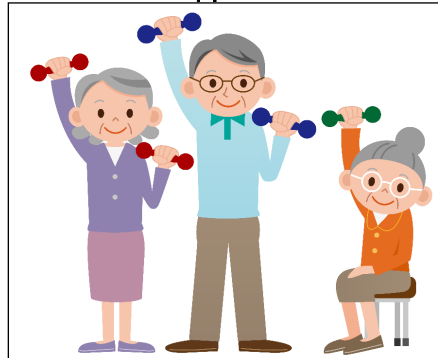
Take charge of your kidney health! If you have diabetes or other conditions, understanding how to protect your kidneys is essential. This presentation provides practical tools and strategies, including exercise guidelines and lifestyle modifications, to help you live a healthier life and preserve kidney function.

**Dr. Sachin's Strong & Balanced Group Exercise Classes****Wednesday, March 26 and April 23, 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 being social with the group!

*Dr. Sachin's programs are sponsored by a generous donation from the Thomas Family.*

*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.*

**Successful Aging****LSVT BIG, Boxing for Parkinson's & Other Conditions****Wed, April 16, 12:45pm (after lunch), Free**

Learn the concept and strategies for successful aging, Blue zones/regions with the longest living population and best specialized treatments for Parkinson's and other related conditions.

**Keep Your Brain Sharp****Lecture with David Wagner****Therapeutic Programmer at Mozaic Senior Life****Two week program****Wednesdays, March 5 and 12 12:45pm (after lunch), Free**

Two week workshop provides stimulating programs such as memory boosting exercise and memory loss prevention. Activities such as recall, brain games and cognitive exercises will be taught.

**Letting Go of Stress****with Diane Lowman****Wed, March 26 and April 23 12:45pm, Free**

In this 2-part workshop, learn how to minimize the negative effects of stress in our bodies and minds. Stress is inevitable, but how we respond to it is up to us. We will learn how to recognize its impacts on our bodies, and discuss coping strategies to make us more resilient.

**Financial Fitness for Seniors****Lecture with Nadine Vargas, Financial Advisor, Edward Jones****Wednesday, April 2 and April 9, 12:45pm (after lunch), Free**

**April 2** will cover **Financial Fitness and the Power of Budgeting**. Learn the importance of budgeting and is considered an instructional, educational workshop. This interactive seminar will explore the importance of creating and maintaining a budget, examine the difference between wants and needs, and set goals for personal spending, savings and debt repayment.

**April 9** will cover **Health Care and Your Retirement**. Learn what steps investors should take to prepare for health care costs to help ensure their retirement savings stay healthy.



**To register, email Julia: [jbraden@westonct.gov](mailto:jbraden@westonct.gov) or call Center at 203-222-2608**

### Writing Group with Brenda Sorrels

Second Friday of each month

Friday, March 14 and April 11, 10:30am-Noon



Preserve your memories and capture your experiences, emotions, and lessons learned. Tell your life

journey, both triumphs and trials. Brenda helps you exercise your brain and promote mental agility with easy but surprising prompts.



### The Nurse Knows Lecture: CBD Oil, What's the Deal?

Wednesday, April 30, 12:45pm (after lunch)

Cannabidiol oil, or "CBD oil" derived from cannabis, is a trendy natural remedy for a variety of ailments. Benefits include pain relief and relaxation without any mind-altering issues.

Is it effective? Is it dangerous? The benefits of CBD oil help with a long list of conditions. Learn more from Nurse Christine.



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

### Mark Albertson: Women's History

Friday, March 7, 1pm, Free

Fifty years after Black men gained the right to vote with the 15th Amendment in 1870, women secured the right to vote with the passage of the 19th Amendment in 1920. Arguably, the suffragists were responsible for this victory, with Alice Paul being one of the most influential leaders. A New Jersey native and highly educated woman, Paul attended multiple colleges and universities before traveling to England, where she learned the tactics of militant suffrage activism. Bringing her radical training back to the United States in 1910, she led an intense campaign to secure the passage of the Susan B. Anthony Amendment. From breaking windows and burning tires to engaging in street brawls with police and enduring hunger strikes, Paul and her fellow activists used bold and relentless tactics to win women the right to vote.



*Suffragettes parade, 1910*

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

*Mark's lecture sponsored by Friends of WSAC*



*Don't forget to move your clocks forward an hour on Sunday, March 9.*

*We don't want you late for Caryn's class on Monday! (next page)*

**To register, email Julia: [jbraden@westonct.gov](mailto:jbraden@westonct.gov) or call Center at 203-222-2608**

### Cooking with Caryn

Monday, March 10

11am-Noon

\$5 per person

Ever-popular Caryn is making a spring meal. Let's learn to make Veggie Dumplings and Cucumber Salad. Bonus: eating samples!



### Crafts with Caryn

Monday, April 14, 11am-Noon

\$5 per person

And now a craft that will make spring come sooner. Well, no, but guaranteed to put a spring in your step when done. Fun and easy!



### Movie Day at the Center

Now Showing: **WICKED**

Monday, March 17, Noon-3pm, Free



All things green today! Come watch the Broadway-movie adaptation.

Elphaba, a misunderstood young woman because of her green skin, and Glinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads.



Grab a seat in our media room and get comfy. Popcorn included!

### Makeup for Mature Women

with Joby Rogers, Makeup Artist

Thursday, April 10, 12:30-3pm, Free



This 2.5 hour forum is the perfect place for mature women and women of all ages & experience to learn how to create a makeup style that compliments their personal features and 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. Class sponsored by Friends of WSAC*

To register, email Julia: [jbraden@westonct.gov](mailto:jbraden@westonct.gov) or call Center at 203-222-2608



# March 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 NO Draw w/Chris	4 10am Cindy Art Class #1 11am Pickleball 11:15am Sonya – Strength 12:15pm Tai Chi w/Deby 1:30pm Bereavement Group	5 10am Soul Yoga – Max 11:30am Lunch: Fish & Chips 12:45pm Lecture: Keep Your Brain Sharp, Pt 1	6 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya 12:30 Dig’n It Plant Group	7 10:30am Open Mahjong 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Pickleball 12pm Mary Trivia + Lunch 1pm Mark Albertson Women’s History Lecture
10 10am Open Craft & Knitting 11am Caryn Cooking 11am Pickleball 11am Qigong – Bill ZOOM NO class with Laurie 12pm Chess 1pm Draw w/Chris ZOOM	11 10am Cindy Art Class #2 11am Pickleball 11:15am Sonya – Strength 12:15pm Tai Chi w/Deby	12 10am Soul Yoga – Max 10:30am Dr Sachin: Kidney & Diabetes 11:30am Lunch: Corn Beef & Cabbage 12:45pm Lecture: Keep Your Brain Sharp, Pt 2	13 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya	14 10:30am Open Mahjong 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 10:30am Writing Group 11am Pickleball Clinic-Int 11:30am Etta Therapy Time 12pm Pickleball 12:30pm Bingo with Linda
17 9am Tax Help Appt’s 10am Open Craft & Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal & Strength-Laurie 12pm Wicked Movie 12pm Chess 1pm Draw w/Chris ZOOM	18 10am Cindy Art Class #3 11am Pickleball 11:15am Sonya – Strength 11am Art Chat w/Chris ZOOM 12:15pm Tai Chi w/Deby 1:30pm Caregivers Group	19 NO Yoga with Maxine 11am EMS BP Screen 11:30am Lunch: Veggie Lasagna 1pm Sticker Book of Saints	20 10am Fascia Chocolate Factory Trip to Waterbury 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya 6-8pm Art Reception	21 (Linda Bday) 10am Mahjong Beg Class #1 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Pickleball 1pm Tech with Ben
24 9am Tax Help Appt’s 10am Open Craft & Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal & Strength-Laurie 12pm Chess NO Draw w/Chris	25 10am Cindy Art Class #4 11am Pickleball 11:15am Sonya – Strength 12:15pm Tai Chi w/Deby	26 10am Soul Yoga – Max 10:30am Dr. Sachin Exercise class 11:30am Lunch: Chx Parm Sliders 12:45pm Letting Go of Stress: Diane Lowman, Part 1	27 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya	28 (Anne Bday) 10am Mahjong Beg Class #2 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 10:30am Tech Class 11am Pickleball Clinic-Int 12pm Pickleball 12pm Coffee w/ a Cop 12:30 Slot Machine Game
31 10am Open Craft & Knitting 11am Pickleball 11am Zentangle 11am Qigong – Bill ZOOM 11am Bal & Strength-Laurie 12pm Chess 1pm Draw w/Chris ZOOM				



# April 2025

<i><b>Mon</b></i>	<i><b>Tue</b></i>	<i><b>Wed</b></i>	<i><b>Thu</b></i>	<i><b>Fri</b></i>
	1 10am Agata Art Class 11am Pickleball 11:15am Strength-Sonya 12:15pm Tai Chi – Deby 1:30pm Bereavement Group	2 10am Soul Yoga – Max 11:30am Lunch: Quiche and Salad 12:45pm Financial Fitness w/Nadine	3 10am Trip to MOCA in Westport 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength-Sonya NO Plant Group Meeting	4 10am Mahjong with Sybl #1 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Pickleball 12:30pm Bingo
7 10am Open Craft/Knitting 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal & Strength-Laurie 12pm Chess 1pm Draw w/Chris ZOOM	8 11am Polish Easter Eggs Class with Ewa 11am Pickleball 11:15am Strength-Sonya 12:15pm Tai Chi – Deby	9 10am Soul Yoga – Max 11:30am Lunch: Mac & Cheese Bar 12:45pm Healthcare & Retirement w/Nadine	10 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength-Sonya 12:30pm Makeup for Mature Women	11 10am Mahjong with Sybl #2 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 10:30am Writing Group 11am Pickleball Clinic-Int 12pm Pickleball 12pm Trivia with Allison + Lunch
14 10am Open Craft/Knitting 11am Caryn Craft 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal & Strength-Laurie 12pm Chess 1pm Draw w/Chris ZOOM	15 10am Agata Art Class 11am Pickleball 11am Art Chat w/ Chris ZOOM 11:15am Strength-Sonya 12:15pm Tai Chi – Deby	16 10am Soul Yoga – Max 11am EMS BP Screen 11:30am Lunch: Pork Tenderloin 12:45pm Dr. Sachin Lecture: Parkinson's	17 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength-Sonya	18 Center CLOSED 
21 10am Open Craft/Knitting 11am Zendangle 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal & Strength-Laurie 12pm Chess 1pm Draw w/Chris ZOOM	22 10am Agata Art Class 11am Pickleball 11:15am Strength-Sonya 12:15pm Tai Chi – Deby 1:30pm Caregivers Group	23 10am Soul Yoga – Max 10:30am Dr Sachin Exercise Class 11:30am Lunch: Earth Day Green Lunch 12:45pm Diane Lowman Workshop Letting Go of Stress, Part 2	24 10am Trip: United Nations Art Tour in NYC 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength-Sonya	25 10am Mahjong with Sybl #3 10am Yoga-Amanda ZOOM 10am PB Clinic-Adv Beg 10:30am Tech Class 11am Pickleball Clinic-Int 12pm Pickleball 12:30 Karaoke with Craig & Chris
28 10am Open Craft/Knitting 11am Vera's Beaded Server 11am Pickleball 11am Qigong – Bill ZOOM 11am Bal & Strength-Laurie 12pm Chess 1pm Draw w/Chris ZOOM	29 10am Agata Art Class 11am Pickleball 11:15am Strength-Sonya 12:15pm Tai Chi – Deby	30 10am Soul Yoga – Max 11:30am Lunch: Shephard's Pie 12:45pm Nurse Knows: CBD Oil, What's the Deal?		

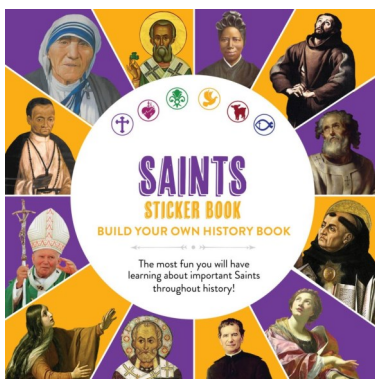


**Sticker Book of Saints**

**Wednesday, March 19, 1pm**  
(after lunch)

A fascinating, fun and challenging way to explore and learn about some of history's most interesting, influential and inspirational saints.

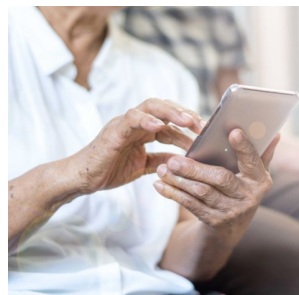
From the time of Christ and Apostolic Age, through the Crusades and Renaissance and up to the Reformation and the Post-Modern Church, this history book highlights 60 saints with 54 stickers in a challenging "Who Am I?" format. Test your knowledge!

**Tech Savvy Seniors With Lindsey Burk**

**ONLY iPhone or iPad**  
**10:30-11:30am, Free**  
**12 people max**

**Friday, March 28:**  
**Customize Your Phone & Apps**

Customize your iPhone or iPad to YOU. Clean out and organize apps so it makes sense to you.



**Friday, April 25:**  
**Master Your Camera & Pictures**

Best tips for taking and organizing all your pictures because, seriously, how many pictures do you have?

**Must call to register.** Please note that NEW participants will take priority.

*Sponsored by Friends of WSAC*



**Tax Help**  
**with Mark Spivack**  
**Monday, March 17 or**  
**Monday, March 24**  
**9-11:30am, Free**  
**Half-hour Appointments**

Time for tax preparation. Mark is our yearly visitor that make the whole process less painful.

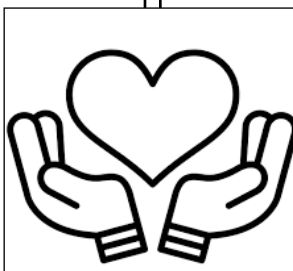
Please call Center to reserve a time. Spots limited.

Or find other locations and times at [www.simplifyct.org](http://www.simplifyct.org).

**Bereavement Support Group**

**Tuesday, March 4 & April 1, 1:30pm, Free**  
**With Rashida Miller, MSW**

Monthly meetings are held every first Tuesday, at the Center. 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 Miller at [rmiller@westonct.gov](mailto:rmiller@westonct.gov).

**Caregivers Support Group**

**Tuesday, March 18 and April 22**  
**1:30pm, Free**  
**With Melissa DiVito, LCSW**

Monthly meetings are held every third Tuesday at the Center. Find peer support and share tips with this open and friendly group. For questions or to be added to the group email list, contact Melissa DiVito at [mdivito@westonct.gov](mailto:mdivito@westonct.gov).

**Dig'n It Plant Group**

**Thursday, March 6**  
**(no April meeting)**  
**12:30-1:30pm, Free**

You've seen our horticultural corner in the front office and now we need your help to keep everything healthy by re-potting and splitting our plants. AND, if you come help Linda, our resident plant whisperer, you take home a cutting. With your help we all win.

**Trivia + Lunch**  
**with Mary**

**Friday, Mar 7, Noon, Free**

What is the name of the March full moon that happens at 2:55am on Friday, March 14? Mary has lots of questions and trivia to keep your mind sharp.

**Wilton**  
*Meadows*

Answer: Blood Worm Moon

**Etta the Therapy Dog**  
**Friday, March 14, 11:30am**  
**Free love**

Come meet Etta, a five-month old standard poodle who is in training to become a therapy dog. Help her achieve her goal by meeting and petting her and telling her how you feel. You can tell her anything and she promises to keep all your secrets.

**Bingo with Linda**

**Friday, Mar 14 and Apr 3,**  
**12:30pm, Free**



Linda, our favorite caller, will be assisted by the energetic high-schoolers. They are ready to make your Bingo dreams come true. Treats & prizes!

**Human Slot Machine Game**

**Friday, Mar 28, 12:30pm, Free**

The silly high-schoolers that regularly help out with bingo and lunch have come up with a fun, fast game. Laugh along with everyone—and win prizes!

**Trivia + Lunch**  
**with Allison**

**Friday, April 11, Noon, Free**

The first day of spring is also called what? Test your knowledge with Allison!



Answer: Vernal Equinox, which occurs in northern hemisphere on March 20 at 5:01am.



**BROOKDALE**  
 SENIOR LIVING

**Beaded Pie Server with Vera**  
**Monday, Apr 28, 11am-Noon,**  
**First one is Free**

Learn how to make a beautiful beaded pie server. Perfect hostess gift or fabulous on your own table.

**Karaoke with Craig and Chris**

**Friday, April 25, 12:30, Free**

Did you come to the last sing-along? Taking requests so you can sing your favorites along with the boys who keep it fun AND funny!



**CARE Patrol**  
 Your Partner In Senior Care Solutions



### Blood Pressure Check With Weston EMS Wednesdays, Mar 19 and Apr 16, 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, Mar 28, Noon

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

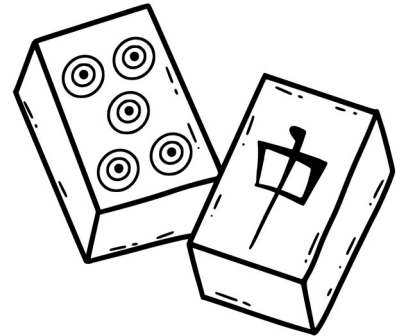


### Chess Every Monday Noon-3pm

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

### Mahjong Class for Advanced Beginners Friday, April 4-May 30, 10am-Noon, Free

Take your Mahjong skills to next level with Sybl. She taught lots of people back in September, so now she's ready to show you how to play smarter and faster.



### Mahjong Class for Beginners March 21 and 28, 10am-Noon, Free



All your friends play—now it's time for you to learn! Sybl will get you ready for the above class. Come learn the game that everyone is talking about.

### Lunches

#### Wednesday Lunch

**Please RSVP by noon on Monday.**

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

Mar 6 — Fish & Chips  
Mar 12—Corned Beef & Cabbage  
Mar 19—Veggie Lasagna from Calise's  
Mar 26—Chicken Parm Sliders from Calise's  
Apr 2—Quiche & Salad  
Apr 9—Mac 'n Cheese Bar  
Apr 16—Pork Tenderloin from Calise's  
Apr 23—Green Lunch (for Earth Day)  
Apr 30—Shepherd's Pie from Village Market

### Hey Mahjongers!

Don't forget the new 2025 card comes out in March.

It's up to you to **order your new card** so you'll receive in April. Go to [www.nationalmahjonggleague.org](http://www.nationalmahjonggleague.org)  
Cost is \$14 for Standard or \$15 for Large Print card.



**To register, email Julia: [jbraden@westonct.gov](mailto:jbraden@westonct.gov) or call Center at 203-222-2608**

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

A low-impact way to stay active and improve your fitness. The class is designed to help you get moving and grooving. This class is perfect for all fitness levels. Note: No class March 10.

**Qigong with Bill: Mondays at 11am (Zoom), \$45 for 9 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.

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

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

Drop in for open play. Or you can reserve the court for another time throughout the week. Free to play.

Note that Tuesdays are Beginner-Friendly.

**Tai Chi with Deby: Tuesdays, 12:15-1:15pm (In-House), \$5 Drop-in**

Join the growing community with participants as you capture your core Spirit and Vitality through full-body motion. No prior experience needed and all levels welcome. All who attend will leave smiling, renewed and awakened with energy. Guaranteed.

**Strength & Stretch with Sonya:**

**Tuesdays at 11:15am (In-House), \$5 per class, 12 person max**

**Thursdays at 11:15am (In-House), \$5 per class, 12 person max**

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.

Sign up and pay online at [MyActiveCenter.com](https://www.MyActiveCenter.com)

**Yoga for Soul & Body with Maxine: Wednesdays at 10am (In-House), \$5 Drop-in (no class March 19)**

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

**Strength & Fitness with Sandy: Thursdays at 10am (Zoom), \$40 for 8 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.

**Center CLOSED**  
**Friday, Apr 18**

**No clinics or classes**

**Gentle Yoga with Amanda: Fridays at 10am (Zoom), \$35 for 7 classes.**

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!

**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

## Important and Noteworthy

### Medicare & You – 2025

“Medicare & You – 2025” is the updated yearly Medicare booklet that is sent to you in late September. It has great information that can answer many questions that you might have about Medicare as it is administered in Connecticut. Additionally, Medicare trains CHOICES counselors to help when you need more in-depth answers. We are on call throughout the year and are glad to meet with you at any time and during Open Enrollment from October 15-December 7 for a review of your Medicare plan and help with changes for the following year.

Here are some useful page references in “Medicare & You – 2025” for the topics we hear about the most. The index itself runs for four pages to help you refine your search. Great reading!

Assignment 59-60  
Appeal 97-101  
Costs, Part A + Part B 22-24  
Creditable prescription drug coverage 115  
Drug coverage 97-101  
Drug Plan 79-88  
Hospitalization 26-27  
Medicare (Medigap) Supplemental Insurance 75-78  
Penalty for late enrollment – see index  
Veterans’ benefits 90  
Wellness visits 54-55

If you did not get a 2025 booklet or have misplaced it, please call the Weston Senior Center at 203-222-2608 and Meta Schroeter will be glad to provide you a replacement.

For an appointment to discuss Medicare questions either in person or by telephone, call 203-222-2608. Meta will call you back to arrange a mutually convenient meeting time. Never a charge for these services.

Meta Schroeter  
CHOICES COUNSELOR

Rashida Miller  
CHOICES COUNSELOR



### Weston Department of Human Services

Allison Lisbon, MSW, LCSW, Director  
alisbon@westonct.gov, 203-222-2663

Rashida Miller, MSW  
rmiller@westonct.gov, 203-222-2556

Melissa DiVito, LCSW  
mdivito@westonct.gov, 203-222-2585

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

Crisis Text Line: Text HOME to 74174

## Trips



### Fascia Chocolate Factory Tour

Thursday, March 20

20 people max, \$20 per person, includes Lunch

Bus leaves Center at 10am and will return around 3pm.



Learn how chocolate gets from bean to bar. See what is happening on the factory floor. We'll sample the different kinds of chocolate. PLUS, you will make your own milk chocolate bar with a variety of toppings. The chocolate portion of the event is always something to look forward to as well as learning about the delicious items they make. Lunch provided.

### MOCA Westport Tour

Thursday, April 3

20 people max, Free

**MOCA\CT** Museum of Contemporary Art Connecticut



Bus leaves Center at 10am and returns to Center for free pizza lunch and discussion.

Join us as the Head of Exhibitions of MOCA CT gives us a guided tour that includes their upcoming exhibition, Banks Violette: American Standard, a solo exhibition of sculpture, drawings, videos + maquettes, March 15-June 15.

### United Nations Tour in NYC

Thursday, April 24

20 people max, \$50 per person

Bring lunch or money to buy lunch, planning on eating in UN garden pre-tour

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



Exciting opportunity to discover UN Headquarters with a journey through the corridors of international diplomacy. Learn about the UN gifts collection with its combination of artworks, historic objects, and architectural components donated by member states, foundations, and individual donors since 1950. Many of the most prominent figures in the art world, such as Marc Chagall, Candido Portinari, Arnaldo Pomodoro, Barbara Hepworth and Henry Moore, are represented in the collection. Will also visit the famous General Assembly Hall and Security Council Chamber. Extensive walking with stairs. Pre-certification required (UN rules) so must register in-person at Center.



Please note that these trips (along with other programs and events) are sponsored by the **Friends of the Weston Senior Activities Center**.

So **THANK YOU** for your donations to the Friends. If you would like to contribute, please contact the Center or go to our Donate page at



To register, email Julia: [jbraden@westonct.gov](mailto:jbraden@westonct.gov) or call Center at 203-222-2608