



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

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

May & June 2025

Hello Friends,

Spring's here! Feeling that sudden rush of busyness? Maybe it's the good kind—exciting stuff like weddings, graduations, vacations—or maybe it's just...a lot. Between all the events and everyday life, things can get overwhelming fast.

You're not alone. Signs of stress overload can sneak up on you—thinking irrational thoughts, mood swings, pulling away from people, or just feeling super negative. Your body might chime in too, with a racing heart, dizziness, irritability, or nausea.

So how do you handle the stress when it all piles up?

Start by hitting Pause. Take a walk, breathe deeply, and try to get some distance from those racing thoughts. Talk it out—sometimes just saying your fears out loud to someone you trust can help you see things more clearly.

Spend time with others, feeling connected makes everything feel more manageable.

One helpful tool is the 5-4-3-2-1 exercise:

- Name 5 things you See
- 4 things you can Touch
- 3 things you Hear
- 2 things you can Smell
- And 1 thing you can Taste

Living a healthy, balanced life doesn't mean cutting out fun—quite the opposite! Keep up with social activities, hobbies, and things that bring you joy. Browse our newsletter to find a class, lunch, or lecture that sounds like fun.

Hope to see you soon—and bring a friend! Let them in on the hidden gem that is the Weston Senior Activity Center.

See you soon!

Julia Braden
Weston Senior Center

Holiday Closings

Monday, May 26 for Memorial Day
Thursday, June 19 for Juneteenth

Lachat Tea Invitation

Wednesday, May 21,
Noon-2pm
\$15
Tea hats optional!
RSVP by May 9



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!

MyActiveCenter.com

Sign up online and you can register for programs not only in Weston but neighboring towns as well. If you have questions, please come in, or call, and we'll help.

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.



Jane Gordon's Embroidery (May / June Art Show)

When I was a child, due to my mother's illness, I spent a lot of time with my favorite aunt who taught me to knit, crochet and cross stitch. In the 1970's English crewel work (wool threads on heavy linen fabric) was popular and I studied that technique. When I moved to Connecticut in 1981, I joined the Embroiderer's Guild of America, EGAUSA.org, and have studied with Master Teachers thru EGA in all types of embroidery - historical, ethnic, and contemporary - from all over the world, with classes in the US, Canada, England, Scotland, Wales, France, Italy, and New Zealand. My needle work display is meant as an opportunity to see up close some of the vast variety of hand stitched embroidery techniques done today. Internet opportunities for study of all techniques are endless. I have had wonderful travels and made many friends far and wide pursuing this passion. It is time consuming, challenging, and fun with an end result of a fine piece of handwork to enjoy!



Art Classes

ipad Digital Painting Class

**3 Classes, Tuesdays
May 6, 13, 20**

10am-Noon, Free
Class is free, but your ipad must have ArtSet app (one-time \$2.99 purchase). Call Center for details.



Be creative wherever you can take your ipad. Learn how to draw and paint effortlessly—anytime, anywhere! Create landscapes or portraits or any artwork without traditional supplies. And then print on paper, giclée or canvas. No art experience needed.

- ♦ Bring your completely-charged ipad AND charger.
- ♦ Stylus or ipencil is optional but great for detail.

Plant Saucer Decoupage

Tuesday, May 27, 10am-Noon
Free but must bring own glass pie plate. 10 people max.

A pretty napkin and some Mod Podge and you'll have plant saucers with pizzazz. Perfect gift!



Cindy's Painting Realism Art Class

4 Classes, Tuesdays, June 3, 10, 17, 24, 10am-Noon
\$5 Drop-in or \$20 for Series



Each Class begins with a demonstration. Cindy teaches so you have a well designed painting with atmosphere.

All levels of painting skills welcome. Students may work from a photograph of a landscape, portrait, or set up a still-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. Contact Center for complete list.

To register, go online to MyActiveCenter.com or call the Weston Senior Activities Center at 203-222-2608.

Learn your Digital Camera With Alison Wachstein Monday, June 16, 11am, Free



Whether you're a newbie or have been taking photographs for decades, join Alison Wachstein in a fun-filled class. She'll cover camera basics, as well as special insights regarding portraits, travel, nature and garden photography. Take better photos of your grandchildren. Learn how to pose to look your thinnest and youngest in family photos. Come with your cameras and questions.

Alison Wachstein has been a professional photographer for over 50 years. Her mission is to use her talents to help us appreciate (families, beauty) and ameliorate (situations we can help improve).



Besides her portrait, travel and garden photography; Alison is currently working on children's books and memoir using both her writing and photographic skills.

Draw with Chris Goldbach Each Monday on Zoom Mondays, May 5—June 23 1-2pm, Zoom, \$30 for 6 classes No class May 19, 26 or June 30.



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

Art Chat with Chris Goldbach Tuesdays, May 20 and June 17, 11am Zoom, Free

Wrapping up Van Gogh plus Chris keeps you updated on the latest art news, demos, new products, new artists and more.

Sponsored by Friends of WSAC



Crafts with Caryn Monday, June 9, 11am-Noon, \$5 per person

Must pre-register
Max 10 crafters

Summer windchimes!
Let your creativity flow and design a unique windchime with a variety of beads. Only need imagination!



Flower Arranging Craft + Lunch with Mary Friday, May 23, Noon, Free



Join Community Liaison Mary Sourivanh and arrange a bouquet of single stem flowers.



Open Knitting Group for everyone Every Monday, 10am-Noon

All levels of knitters are welcome to our knitting group. Refine your skills and be inspired from others in a welcoming and relaxed atmosphere. Bring your own work in progress.



Open Art for everyone Every Thursday, 10am-Noon

Whatcha working on? 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! *Group exhibit planned for July*



Memory Tips: Practical Skills to Improve Your Memory**with Dr. Wendy Hurwitz****Wednesday, May 7, 12:45pm (after lunch), Free**

Come learn the tips and techniques used by memory athletes. These skills can be taught, learned, and create changes in the brain that enhance memory.

A graduate of Yale University School of Medicine, Dr. Wendy Hurwitz is a nationally recognized expert on stress. A former medical researcher for ABC News, Dr. Hurwitz is an expert in two fields: Mind/Body Medicine and Energy Medicine. Dr. Hurwitz helps organizations and individuals achieve peak performance by enhancing vitality and wellness. Dr. Hurwitz has provided training for AT&T, Unilever, Lowe Worldwide, FDNY, and was an invited guest speaker at the United Nations.

**Dr. Sachin Gianchandani Lecture: Brain Health****Wednesday, June 18, 12:45 (after Lunch), Free**

Exercise and its impact on Brain health. Take the first step toward a healthier brain today with Dr. Sachin as he teaches us how to align our body and mind.

Group Exercise Classes**Wednesday, May 28 and June 25, 10:30-11:30am, Free**

Join Dr. Sachin 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. And sign up for lunch!

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.

**Letting Go of Stress, Part 3****with Diane Lowman****Wednesday, May 14, 12:45pm (after lunch), Free**

Learn how to minimize the negative effects of stress in our bodies and minds. How we respond to it is up to us. Diane teaches us coping strategies to make us more resilient.

**Duo Pianists Concert****Wednesday, May 28, 12:45pm (after lunch), Free**

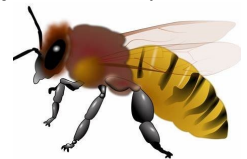
Pianists Alla and Olga will entertain us.

**The Nurse Knows Lecture:****Fall Prevention Tips to Learn NOW****Wednesday, June 25, 12:45pm (after lunch), Free**

Learn how small changes to your environment can reduce your risk for falls. Be aware of potential dangers – from what you wear to walking around your home.

Summer Public Health Tips**Wednesday, June 4, 12:45pm (after lunch), Free**

Summertime means spending more time outside. Variety of topics from food safety in hot weather to what to do if your dog or cat gets into an "altercation" with a wild animal to how you can prepare for thunderstorm and hurricane season.



*Aspetuck Health Department
Vanessa Hurta, DNP, APRN and Mike Vincelli, Director of Emergency Preparedness/Response*

Mature Hair with Teresa

Monday, May 5, 11am-12:30pm,
Free



Tips and tricks for mature women from experienced hair designer Teresa. How to style for your face shape and hair health. Plus the latest on current products for hair as you age.

Cooking with Caryn

Monday, May 19
11am-Noon
\$5 per person



Caryn is back and she's ready to whip up some yummy **homemade** tortellini paired with a refreshing summer salad. Fantastic way to learn the ins and outs of a nice meal, but also to share the joy of cooking with friends.

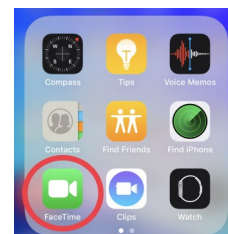
Tech Savvy Seniors

with Lindsey Burk
ONLY iphone
or ipad

Friday, May 30
and June 20
10:30-11:30am
Free

15 people max

Communication apps and how to use them. Two-part series.



Weston Writers Workshop

With Brenda Sorrels

Second Friday of each month

Friday, May 9 and June 13, 10:30am-Noon, Free



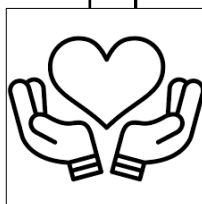
Where experience meets imagination.

Capture your life 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.

Bereavement Support Group

Tuesday, May 6 & June 3, 1:30pm, Free
With Rashida Miller, MSW

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



Caregivers Support Group

Tuesday, May 20 & June 17, 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 Caregiver Support Group email list, contact Melissa DiVito at mdivito@westonct.gov.

New Classes in May

Special *ONE DAY ONLY* Exercise Class

Wake & Shake with Sharon!
Monday, May 19 at 9am, Free



Popular Norwalk instructor Sharon Rubinstein is doing a One-Time Only class. Get up and groove as Sharon gets your body ready for the day and week ahead through strength, balance and choreographed aerobics.



Tap Dancing Class *NEW*

with Sue McEnany

May 5, 12, 19, June 2, 16, 30
10:30am, Free

Our tap class is in full swing, and we are loving every moment of our sessions. Join us every Monday in May and every other Monday in June for our beginner tap class. Rediscover the joy of tapping no matter how long it's been or try something old that's new again.

To register, go online to MyActiveCenter.com or call the Weston Senior Activities Center at 203-222-2608.

May 2025

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
			1 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya	2 9am Trip: Craft Show 10am Mahjong Class #4 10am Yoga ZOOM/In-house 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Pickleball
5 10am Open Knitting 10:30am Tap Dancing 11am Mature Hair & Teresa 11am Pickleball 11am Qigong – Bill ZOOM 12pm Chess 1pm Draw w/Chris ZOOM	6 10am ipad Art #1 11am Pickleball 11:15am Sonya – Strength 12:15pm Qigong w/Deby 1:30pm Bereavement Group	7 10am Soul Yoga – Max 11:30am Lunch: Fish & Fries (Caraluzzi) 12:45 Memory Tips with Wendy Hurwitz	8 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya 12:30 Memory Garden Clean-up Day	9 10am Mahjong Class #5 10am Yoga ZOOM/In-house 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 10:30am Writing Group 12pm Pickleball 12:30pm Bingo with Dean
12 10am Open Knitting 10:30am Tap Dancing 11am Pickleball 11am Qigong – Bill ZOOM 12pm Chess 1pm Draw w/Chris ZOOM	13 10am ipad Art #2 11am Pickleball 11:15am Sonya – Strength 12:15pm Qigong w/Deby	14 10am Soul Yoga – Max 11am EMS BP Screen 11:30am Lunch: Lily's Tky Chili/Cornbread 12:45pm Diane Low-man Stress Lecture #3	15 10am Trip CANCELLED 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya	16 10am Mahjong Class #6 10am Yoga ZOOM/In-house 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Pickleball 12pm Brain Games + Lunch with Danielle
19 (Interns Start) 9am Wake & Shake with Sharon ONE-DAY ONLY 10am Open Knitting 10:30am Tap Dancing 11am Caryn: Tortellini & Summer Salads 11am Pickleball 11am Qigong – Bill ZOOM 12pm Chess NO Draw withChris	20 10am ipad Art #3 11am Pickleball 11am Art Chat w/Chris ZOOM 11:15am Sonya – Strength 12:15pm Qigong w/Deby 1:30pm Caregiver Group	21 10am Soul Yoga – Max Noon Lachat Tea Pre-pay \$15 RSVP 5/9 Center closed at 11am	22 10am Trip to White Flower Farm in Morris CT * 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya	23 10am Final Mahjong Class 10am Yoga ZOOM/In-house 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Pickleball 12pm Flower Arranging + Lunch with Mary
26 MEMORIAL DAY IN HONOR OF OUR HEROES 	27 10am Saucer Decoupage 11am Pickleball 11:15am Sonya – Strength 12:15pm Qigong w/Deby	28 10am Soul Yoga – Max 10:30am Dr. Sachin Exercise Class 11:30am Lunch: Planet Pizza, Chix & Pasta 12:45pm Duo Pianists Alla & Olga Concert	29 10am * Raindate for Trip * 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength – Sonya *12:30pm Herb Container Class (if no trip*)	30 10am Open Mahjong 10am Yoga ZOOM/In-house 10am PB Clinic-Adv Beg 10:30am Tech Class 11am Pickleball Clinic-Int 11:30am Coffee with a Cop 12pm Pickleball 12pm Window Cling Craft + Lunch with Susie

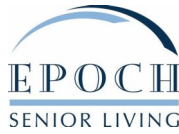
June 2025

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
2 10am Open Knitting 10:30am Tap Dancing 11am Pickleball 11am Qigong – Bill ZOOM 12pm Chess 1pm Draw w/Chris ZOOM	3 10am Cindy Art Class #1 11am Pickleball 11:15am Strength-Sonya 12:15pm Qigong – Deby 1:30pm Bereavement Group	4 10am Soul Yoga – Max 11:30am Lunch: Truly Greek Bowls 12:45pm Lecture: Vanessa Health Summer Travel & Tips	5 7:30am (!) Trip: Seaport: Bird Watching Boat Ride 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	6 10:00am Open Mahjong 10am Yoga ZOOM/In-house 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Pickleball 12pm Trivia + Lunch with Allison
9 10am Open Knitting NO Tap Dancing 11am Caryn Craft: Beaded Windchimes 11am Pickleball 11am Qigong – Bill ZOOM 12pm Chess 1pm Draw w/Chris ZOOM	10 10am Cindy Art Class #2 11am Pickleball 12:15pm Qigong – Deby NO Strength with Sonya	11 (Final Intern Lunch) 10am Soul Yoga – Max 10am Cornhole Tourney 11:30am Lunch: Intern BBQ on Patio 12pm More Cornhole!	12 10am Trip: Rose Garden in West Hartford 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball NO Strength with Sonya	13 10:00am Open Mahjong 10am Yoga ZOOM/In-house 10am PB Clinic-Adv Beg 10:30am Writing Group 11am Pickleball Clinic-Int 12pm Pickleball 12pm Trivia & Lunch with Mary
16 10am Open Knitting 10:30am Tap Dancing 11am Digital Camera class with Alison Wachstein 11am Pickleball 11am Qigong – Bill ZOOM 12pm Chess 1pm Draw w/Chris ZOOM	17 10am Cindy Art Class #3 11am Pickleball 11am Art Chat w/ Chris: 11:15am Strength-Sonya 12:15pm Qigong – Deby 1:30pm Caregivers Group	18 10am Soul Yoga – Max 11am EMS BP Screen 11:30am Calise's Chix Sliders (yum) 12:45 Dr. Sachin Lecture: Brain Health	19 	20 10:00am Open Mahjong 10am Yoga ZOOM/In-house 10am PB Clinic-Adv Beg 10:30am Tech Class 11am Pickleball Clinic-Int 12pm Pickleball 12:30 Bingo with Dean
23 10am Open Knitting NO Tap Dancing 11am Pickleball 11am Qigong – Bill ZOOM 12pm Chess 1pm Draw w/Chris ZOOM	24 10am Cindy Art Class #4 11am Pickleball 11:15am Strength-Sonya 12:15pm Qigong – Deby	25 10am Soul Yoga – Max 10:30am Dr. Sachin Exercise Class 11:30am Lunch: Layla's Falafels 12:45pm Nurse Knows: Fall Prevention	26 9:30am Westport Playhouse Backstage Tour 10am Open Art 10am Strength-Sandy ZOOM 10am PB Adv Beg Clinic 11am Pickleball 11:15am Strength-Sonya	27 10:00am Open Mahjong 10am Yoga ZOOM/In-house 10am PB Clinic-Adv Beg 11am Pickleball Clinic-Int 12pm Pickleball 12pm Bingo & Lunch with Claudia
30 10am Open Knitting 10:30am Tap Dancing 11am Pickleball 11am Qigong – Bill ZOOM 12pm Chess NO Draw with Chris				



Bingo with Dean
Friday, May 9 & June 20
12:30pm, with snacks, Free

Dean always has the best snacks. So even if you don't get lucky at Bingo, you enjoy some yummy desserts!



Brain Games + Lunch with Danielle
Friday, May 16, Noon, Free

Games that improve your brain power with Danielle.



Stain Glass Mandala Window Cling
Craft & Lunch with Susie
Friday, May 30, Noon, Free

Create artwork to put on any window in your home.



Trivia & Lunch with Allison
Friday, June 6, Noon Free

Test your knowledge with always popular Allison!



Trivia & Lunch with Mary
Friday, June 13, Noon, Free

Who is he?
 Mary has fun (and funny) trivia questions for us. Always a good time!



Answer:
 Johnny Weissmuller aka Tarzan



Dig'n It Plant Group
Thursday, May 8, 12:30-1:30pm, Free
MEMORY GARDEN CLEAN UP DAY

Join us on the patio as we bring our planters to life with color and lively blooms.

Thursday, June 5
12:30-1:30pm, Free
First Thursday of every month.

Come join us to sit and share tips and tricks to keep plants



Herb Container Class
Thursday, May 29, 12:30-1:30pm, \$15 per container



Bring your own pot (big enough for 3 herbs), trowel and gloves. We provide the soil and plants, hand-picked especially by Linda. Enjoy fresh herbs for your salads and BBQ's all summer long!

Bingo & Lunch with Claudia
Friday, June 27, Noon Free



Claudia is back! Join her and get lucky!



WESTON SENIOR CENTER

CORNHOLE TOURNAMENT



WEDNESDAY, JUNE 11

FREE BUT MUST PRE-REGISTER

10AM GAMES START
 (RUN BY THE CENTER'S INTERNS)

11:30AM FREE BBQ LUNCH
 (CATERED BY LILY'S FOR ALL PARTICIPANTS)

Blood Pressure Check With Weston EMS

Wednesdays, May 14 and
June 18, 11am

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



Coffee with a Cop

Friday, May 30, 11:30am

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

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

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



Coffee with a Cop

Open Chess Play

Every Monday,
12-3 pm

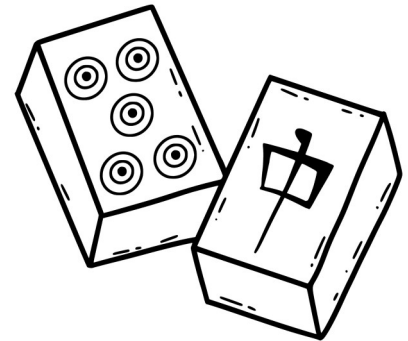
From beginners to
competitive, every
level is welcome to
join a very friendly
and growing group!



Open Play Mahjong

Beginner Friendly
Starting May 30
Every Friday
10am-Noon, Free

Not a class—just a
group of fellow be-
ginners looking to
play. Especially fun if
you don't take it too
seriously. Come chat
and laugh.



Lunches

Wednesday Lunch

Please RSVP by noon on Monday. All lunches served at 11:30am
at the Senior Center Café unless otherwise noted. \$5 per person.

- May 7 — Fish & Steak Fries
- May 14—Lily's Turkey Chili & Cornbread
- May 21—Lachat Tea & Lunch, \$15, must rsvp by May 9
- May 28—Planet Pizza Chicken & Pasta
- June 4—Truly Greek Bowls
- June 11—Lily's BBQ Lunch with Interns
- June 18—Calise's Chicken Sliders
- June 25—Layla's Falafels

Lachat Tea Invitation

Wednesday, May 21

Noon-2pm, \$15
Must pre-pay either
online or at the
Center's front desk.



The yearly Tea Party at Lachat
Farms is a favorite event.
Bring a someone special to
enjoy a fancy lunch of tea
sandwiches, scones, and
desserts. Tea hats optional!

RSVP by Friday, May 9

To register, go online to MyActiveCenter.com or call the Weston Senior Activities Center at 203-222-2608.

***NEW* Tap Dancing with Sue: Mondays at 10:30am, Free**

You asked for a tap class—and loved it! Sue is teaching us all the steps she learned as a choreographer for over 30 years. No experience (or even tap shoes) needed. So fun you won't realize you just had a workout.

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

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

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

Drop in and play, or 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 and Thursdays at 11:15am (In-House), \$5 per class, 12 people max (no class June 10 or 12)**

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), \$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.

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

Gentle Yoga: Fridays at 10am (Hybrid, Zoom & In-House), \$45 for 9 classes.

This hybrid class is a mix of gentle warm-ups, classic and creative yoga postures (with modifications for different body types) and a guided relaxation/meditation at the end. Leave feeling more balanced and peaceful!

ONE DAY SPECIAL CLASS**Wake & Shake with Sharon:**

Monday, May 19, 9am

\$5 Drop-in

Well-known instructor Sharon

Rubinstein is doing a One-Time

Only class. Get up and groove as

Sharon gets your body ready for the day and week ahead.

No Classes

Monday, May 26

Thursday, June 19

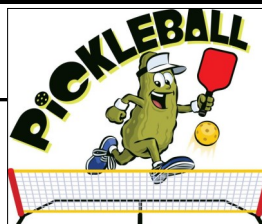
Pickleball Clinics

Class Limit of 8 players, \$5 per class

Adv. Beginner Level Every Thursday, Friday: 10-11am,

Intermediate Level Every Friday: 11am-Noon

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

**Attention all Pickleballers!
Outdoor Courts**

The Weston Outdoor Pickleball courts at Bisceglie Park are **OPEN**. They are run by Weston Park & Rec:

www.westonct.gov

Register to reserve a spot or sign up for lessons. You do not need to be a Weston resident.

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 for the computer savvy is Medicare.gov. This computer program has become more and more user friendly. Please 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, Medicare-D 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.

There has been much reaction to the Medicare Wellness Verbal Test. "Too easy," "insulting my intelligence," "a waste of time," "I'll never take that again" are some of the comments that I have heard. This is a test that is designed to have a mentally healthy person achieve 100% correct answers. What is the point then of this test? It is designed to catch early signs of dementias like Alzheimer's. So rejoice if you passed with ease.

Many Medicare issues are currently under review by the new administration: Review your 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 with a \$2000 cap as well as Advantage programs offered for 2025. More than ever it will be 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

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

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

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

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

After Hours:

For an urgent matter: Call 211

For an emergency: Call 911

National Suicide & Crisis Hotline: Call 988
Anytime

Crisis Text Line: Text HOME to 74174

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.

Trips



Lyndhurst Craft Show

Friday, May 2, Rain or Shine, Bus leaves at 9am from Center and returns around 2pm

\$15 per person, 20 people max on bus

Popular event with over 200 crafters and vendors in this outdoor craft show.

Garden Tour & Tulip Mania Discussion

Thursday, May 15, 10am

Local flower garden tour with Christina Koether, will talk tulips, spring flowers, and currently in season muscari, and more.



and her backyard admiring what's of tulips, hellebores, fritillaries, and arranging using sustainable methods.

Then we'll sit and sip lemonade as Christina gives a quick history lesson of the Tulip mania of the Dutch Golden Age that dramatically imploded in 1637.



White Flower Farm in Morris CT

Thursday, May 22 (*Raindate May 29*), Bus leaves 10am from Center and returns around 3pm, Free

Self-guided stroll through the inspiring display gardens will provide plenty of ideas. Bring money to shop from their selection of plants and garden tools.

Seaport Bird Watching Boat Ride

Thursday, June 5, Bus leaves 7:30am (yes, super early) from Center and returns around 12pm, \$50
20 people max on bus (36 tickets available so you can drive yourself and meet us for 8am launch)



Plus a continental breakfast for all boaters!

Sun, sea breeze and beautiful wildlife make a perfect combination with this bird-watching tour. The 45-foot C. J. Toth catamaran will take participants on an up close, two and a half hour cruise of the Norwalk Islands. Leading us is birding enthusiast, James Leone, who has been birding for six-plus years. We will visit a variety of birds, nest sites and nesting colonies of Ospreys, Egrets, American Oystercatchers, Herons, Terns, Gulls, Cormorants and many more. A special highlight of this cruise is the chance to spot birds at the McKinney National Wildlife Refuge on Sheffield Island. Because of the shape of the boat, we safely get close to the shoreline. Here you will see a variety of habitats that support nesting and wading birds.

Rose Garden in West Hartford

Thursday, June 12, Bus leaves at 10am from Center and returns around 3pm

Free, 20 people max on bus, The Helen Kaman Rose Garden at Elizabeth Park is the third largest rose garden in the country with over 15,000 rose bushes and 800 old and new varieties. The spectacular arches will be in full bloom.



Westport Playhouse Backstage Tour

Thursday, June 26, Bus leaves at 9:30am from Center and returns at Noon, Free, 20 people max on bus

Bruce Miller, Archivist & Cultural Associate, of the Playhouse will give us a "Page to the Stage" tour. After a bit of Playhouse history, Bruce explains how a play is produced including how it's chosen, what designers do, how actors are cast, and what rehearsals involve. We also get to see set designs, models, and costumes. We then tour the shop, dressing rooms, and Greenroom as well as the stage itself. There are some stairs involved when moving through the building but they can make accommodations for folks with mobility issues. Return to Center for brown bag lunch and discussion (or maybe we'll collect money for pizza).