

Guide to Town Senior Services

Senior Activities Center

Wendy Petty
Pam Wilson
222-2608

Social Services

Charlene Chiang-Hillman &
Suzanne Friedman
222-2663

Dial-A-Ride

Gordon Green
(24 Hr Notice Required)
222-2576

Drop-In Activities

Monday

Knitting/Crafts 10-12
Ballroom Dancing 11:15 (N)
Sewing 10:30

Tuesday

Beads 10-12
Great Courses DVD 11-12
Strength & Fitness 11-12 (N)
Poker 12:00 -2

Wednesday

Yoga 10-11
Lunch @ Norfield Church
Thursday
Wii Bowling 10-11:30
Strength & Fitness 11-12 (N)
Movies 12:00—2

Friday

Yoga w/ Melanie 9-10 (N)

Wednesday Lunch at Norfield at 12 noon

Stop by the Center at 9 School Road, have a cup of coffee and visit our gift shop!

- Copies made 10¢
- Shredder and paper cutter available (free!)
- Free Book, VCR and DVD library

**(N=Norfield Church)
Center Hours: M, T, & Th
10-2:30**

**WESTON SENIOR
ACTIVITIES
CENTER**

January and February 2012



Happy New Year!!

We hope you enjoyed your holidays and you and your family are all doing well!

As we move into January, we would like to make sure you are ready for what winter may bring. First and foremost, are you signed up to receive **Code Red Announcements**? If not, please call us and we will sign you up. As a reminder, the Senior Center is closed when the schools are closed. School closures are announced on the local news channel 12, or call the Senior Center (203) 222-2608 for updated closure information. In case of a school delayed opening, the Senior Center will also be closed. Exercise classes will be canceled if there is a delay or closure, even if the class is not held at the Center.

We would like to invite you to visit us here at the Senior Center. We offer you a cheery, warm environment that is suitable for all. There is always a fun activity or class going on for those who like to keep busy. If you prefer more unstructured days, we have redecorated and opened up our second room as a place to relax, read the paper and visit with friends. The winter season can be isolating for all of us, but you are always welcome here.

Wendy and Pam

IN MEMORY OF _____

IN HONOR OF _____

Send Memorial or Honor Card to:

Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Amount of Donation: \$ _____

My Check is Enclosed made out to
Weston Senior Center

The Weston Senior Center would like to help you honor and remember loved ones with our **Always With Us** program. Donations allow us to develop new opportunities at our Center, provide for needy seniors in Weston, and subsidize programs. With a (tax deductible) donation of your choosing we will send a Memorial or Honor Card to the recipient of your choice. You may also choose to celebrate birthdays, anniversaries or special occasions. We will acknowledge your donation in our newsletter. Thank you for your support!

SPECIAL CLASSES

The Weston Garden Club will demonstrate
"The Art of Flower Arranging"

January 17th 1:00-2:00pm. Space is limited to 12 people.—Cost \$3.00

Bring a friend to lunch... Cost \$4.00

January 18th—Norfield Church - newcomers will receive a raffle ticket for our drawing*

Sewing classes with Andrea Metcheck
Starting **January 23rd at 10:30am-12:00.** Cost is \$3.00. We will be making lap blankets for RSVP. Sign up required for first time. Beginners welcome.

Cooking Class with Nanette Charney
January 30th at 12:30-2:00pm at the Senior Center.
Cost is \$5.00.—Sign up required.

Book Club with Terry Hulley
February 9th 10:00am "The Help"
(Books will be available at lunch in January.)
Followed by lunch (\$3.00) and the movie.

Great Courses—February we will be showing History courses on DVD every Tuesday at 11:00am. Bring a bag lunch and stay for discussion. Walk ins welcome.

Wii Bowling Tournament with Monroe Senior Center **February 16th 10:00am** at Weston Senior Center. Sign up required.

Arts and Crafts classes with Eileen Grace Tuesdays February—dates to be announced at lunch or call the Senior Center.

Happiness Through Meditation— Courses taught by Paul Epstein. Co-sponsored with the Friends of the Library. Classes will be held in the **Weston Library on February 2nd and 9th at 9:30-10:30am.** See description on page 3.

Genealogy Classes—See Description under Friends of the Seniors on last page. **February 10, 17, March 2, 9, 16 at 3:00-4:30pm** at the Weston High School. Sign up required. See page 7 for details.

Lunch Outings



January 26th—Mario's in Westport
12:00pm.

February 27th-Circle Diner in Fairfield
12:00pm.

Everyone pay for their own lunch. Sign up required.

CURRENT EVENTS DISCUSSION

Need a place to vent your frustration about what's going on in the world?

Why not join Laura Smits, every second Monday of the month to discuss the news stories that affect our town, our nation and our world.

January 9th and February 13th at 10:00am at the Weston Senior Activities Center. This is a free activity.



*Come exercise with us,
the first class is free!*

~Ballroom Dancing with Sandy~
Mondays @ 11:15 am (55+ welcome)
\$3/class (Norfield Church) - **NEW LOCATION**

~Strength & Fitness with Sandy~
Tuesdays & Thursdays @ 11 am
\$3/class (Norfield Parish Hall)

~Yoga with Joy ~
Wednesdays @ 10 am
\$3/class (Hurlbutt South House Gym)

~Wii Bowling with Anne~
Thursdays @ 10 am
Free (Weston Senior Activities Center)

~Yoga with Melanie~
Fridays @ 9 am
\$3/class (Norfield Chapel)

These are drop in classes.

Thursday Afternoon At the Movies!



Join us Thursdays at 12:00 pm at the Senior Activities Center for an afternoon of movie fun! Popcorn is included!

January 5th—*An American in Paris 1961*
January 12th—*Mozart's Sister*
January 19th—*Slumdog Millionaire*
January 26th—*Larry Crowne*
February 2nd—*Midnight in Paris*
February 9th—*The Help*
February 16th—*No Movie*
February 23rd—*Center Closed*

Weston Senior Center and Friends of the Weston Public Library present.....

Dr. Paul Epstein, ND he is a Naturopathic Physician, mind-body therapist, mindfulness meditation teacher and speaker specializing in mind-body integrative medicine. Paul has been teaching ongoing mind-body health classes at the Westport Center for Senior Activities for the past 7 years. Paul travels world-wide speaking and teaching workshops and maintains a private practice in Westport.

He recently authored the book, Happiness Through Meditation, the focus of this event. He will be teaching a two part series on at the **Weston Library**

Class #1

Happiness Through Meditation

As we are present in our lives and conscious of our power to choose how to be, we cultivate greater happiness in everyday life. What is happiness? Where does it come from? How is it achieved?

Class #2

Train your Mind, Change your Brain—through Optimal Fitness. Be here now.. Experience health, happiness, Peace and Healing through Meditation

Classes will be held on February 2nd and 9th at 9:30-10:30 am at the Weston Library. This is a free activity.

Sign up by calling the Senior Center (203) 222-2608 or the Weston Library (203) 222-2650.

Important Medicare Information for 2012

The new annual open enrollment period for Medicare changes began on **October 15, 2011 and ended on December 7, 2011**. For those now enrolled in Medicare plans the next Open Enrollment period for change in Medicare Plans and Medicare – D drug coverage will be October 15, 2012 - December 7, 2012. Many seniors who came for Medicare review in this past open enrollment found changes that saved money in premiums/drug costs. It is a good idea to review coverage with a CHOICES counselor during open enrollment.

If you are not yet enrolled in Medicare and will be eligible in 2012 you must sign up within 63 days of eligibility. I will be glad to help you in any way that I can. Simply make an appointment with me through the Weston Senior Center .

Appointments for Medicare consultation are available two different afternoons a month -- on the first or third Mondays. **MAKE AN APPOINTMENT THROUGH THE WESTON SENIOR CENTER** at (203) 222 - 2608. If these times or dates are not convenient for you may simply contact a CHOICES counselor at 1(800) 994 - 9422.

**Dates for January and February are:
January 9th and 23rd
February 6th and 27th**

OTHER IMPORTANT MEDICARE INFO FOR 2012

Part B standard premium will be \$99.90 per month – an increase of \$3.50.

Part B enrollees who paid the higher standard Part B premium in 2011 will have their premium decreased.

Part B deductible will be \$140, a decrease of \$22 from 2011.

There is a 3.6% increase in Social Security payments in 2012.

To reach me if you have any Medicare questions just call the Weston Senior Center. Happy New Year!

Meta Schroeter
CHOICES Counselor

January 2012

Mon

Tue

Wed

Thu

Fri

2 Blood Pressure checks every first and 3rd Wednesday at lunch.	3 WELCOME BACK 10am-12pm Beading (\$2.00) 11am Strength & Fitness (N) 12pm Poker	4 10am Yoga 12pm Lunch at Norfield Church <i>Bingo</i>	5 10am Wii Bowling 11am Strength & Fitness (N) 12:00pm Movie: <i>An American in Paris (1961)</i>	6 9am Yoga (N)
9 9:15am Commission on Aging 10am Current Events 10am Knitting, 11:15am Dancing 12pm Medicare appointments	10 10am-12pm Beading (\$2.00) 11am Strength & Fitness (N) 12pm Poker	11 10am Yoga 12pm Lunch at Norfield Hosted by St. Francis Church <i>Karkovska Sisters</i>	12 10am Wii Bowling 11am Strength & Fitness (N) 12:00pm Movie: <i>Mozart's Sister</i>	13 9am Yoga (N)
16 <i>Martin Luther King day – Senior Center Closed</i>	17 10am-12 pm Beading (\$2.00) 11:00am Strength & Fitness (N) 1pm Garden Club Demonstration on “Floral Arranging” Sign up required	18 10am Yoga 12pm Lunch Hosted by Emmanuel Church <i>Larry Ruhl</i> “BRING A FRIEND TO LUNCH TODAY”	19 10am Wii Bowling 11am Strength & Fitness (N) 12:00pm Movie <i>Slumdog Millionaire</i>	20 9am Yoga (N)
23 10am Knitting 10:30am Sewing 11:15am Ballroom Dancing at Norfield 12pm Medicare appointments	24 10am-12pm Beading (\$2.00) 11am Seminar “Long Term Health Care” 11am Strength & Fitness (N) 12pm Poker	25 10am Yoga 12pm Lunch Hosted by New-comers and Neighbors. <i>Billy Michael</i>	26 10am Wii Bowling 11am Strength & Fitness (N) 12:00pm Movie <i>Larry Crowne</i> 12:00 Out to Lunch Mario’s – sign up required.	27 9am Yoga (N)
30 10am Knitting, 10:30am Sewing 11:15am Ballroom Dancing at Norfield 12:30 Cooking with Nanette – sign up required	31 10am-12pm Beading (\$2.00) 11am Strength & Fitness (N) 12pm Poker			

February 2012

Mon	Tue	Wed	Thu	Fri
		1 12pm Lunch at Norfield hosted by Norfield Church <i>Bingo</i> New England Hearing Solutions Brief discussion.	2 9:30am Meditation class (library) 10am Wii Bowling 11am Strength & Fitness (N) 12:00pm Movie: <i>Midnight in Paris</i>	3 9am Yoga (N)
6 9:15am Commission on Aging 10am Knitting, 10:30am Sewing 11:15am Dancing 12pm Medicare Appointments	7 10am Beading (\$2.00 per class) 11a Great Courses 11a Strength & Fitness (N) 12pm Poker	8 10am Yoga 12pm Lunch at Norfield Hosted by St. Francis Church <u>Valentines Lunch</u> <i>Saugatuck Chamber Players Trio</i>	9 9:30am Meditation class (library) 10am Wii Bowling 10am Book Club with Terry Hully "The Help" \$3.00 11am Strength & Fitness (N) 12pm movie: <i>Help</i>	10 9am Yoga (N) 3pm Genealogy classes – sign up required at the Weston High School
13 10a Current Events 10am Knitting 10:30am Sewing 11:15am Dancing 12:30pm Hearing Solutions – appointments necessary	14 10am Beading 11a Great Courses 11am Strength & Fitness (N) 12pm Poker	15 10am Yoga 12pm Lunch at Norfield Hosted by Emmanuel Church.	16 10am Wii Bowling Tournament with Monroe Senior Center – Here at Weston Senior Center. Sign up required.	17 9am Yoga (N) 3pm Genealogy classes – sign up required at the Weston High School
20 SENIOR CENTER CLOSED	21 SENIOR CENTER CLOSED	22 SENIOR CENTER CLOSED	23 SENIOR CENTER CLOSED	24 SENIOR CENTER CLOSED
27 10am Knitting 10:30am Sewing 11:15a Dancing (N) 12pm Medicare appointments 12 Out to Lunch Circle Diner- sign up required.	28 10am Beading 11a Great Courses 11am Strength & Fitness (N) 12pm Poker	29 10am Yoga 12pm Lunch at Norfield hosted by Weston Women's League <i>Don Donegan</i>		

News from Around Town.....

Scam Alert

A common ploy for identity thieves is to pose as Social Security Administration employees updating their files. They may contact you by phone, email or letter and ask for your personal data-Social Security number, mothers maiden name and birth date. They also may inquire about bank account information. The reality is that Legitimate SSA reps do not contact you by email but may reply to you by phone or letter, if you have applied for benefits. Before providing any information, always call Social Security first to make sure that your contact is a legitimate Social Security employee. Their number is 1-800-772-1213. You may also visit your local SSA office to verify your contact.

Wellness Lectures, and Programs,

Blood Pressure Screening at lunch on 1st and 3rd Wednesdays.

Flu Shots given by appointment at the Westport/Weston Health District. (203) 227-9571 ext. 242

Hearing Aid Screening and Cleaning
New England Hearing Solutions is giving free screenings and cleanings on Monday, **February 13th at 12:30pm at the Senior Center.** Sign up required.

Long Term Health Care Seminar—January 24th
11:00am at the Senior Center
“What are your long-term care planning options?” Presented by Gail Bromer—Program Director, Senior Choices at Home.

Coming in the Spring...

Live Well Series—A Free 6-week Live Well Workshop, for people with ongoing health conditions like diabetes, depression, heart disease, arthritis, pain and anxiety or those caring for someone with an ongoing health condition.

CT Money School—Series on Financial Planning

Upcoming **Commission on Aging Meetings:**
9:15 am Monday January 9th
And February 6th
In Activities Room of Weston Senior Activities Center
Open to the public
Seniors are encouraged to attend!

CALLING ALL VOLUNTEERS...
Call the Center (203) 222-2608



Senior Center—Looking for a volunteers to run our Great Courses Series and Discussions

Senior Center—Do you have a special creative talent or interest you would like to teach at the Center?

Interested in volunteering at Paws Animal Shelter?
Nancy Harding will organize a group, call Senior Center if you are interested.

Looking for.....

Poker Players

Experienced Bridge Players

Mahjonnng Players

Backgammon Players

Call if you are interested.

ARE YOU PREPARED FOR THE NEXT STORM?

The Senior Center can help you sign up for Code Red Announcements. Stop by or call anytime (203) 222-2608.

Do you have a landline to plug in during power outages? If not, we are happy to help find extra phones, please call the Senior Center for assistance. Are you interested in being on the Reassurance List? If you would like some extra help during an emergency, such as a phone call or someone to check on you, please call Social Services (203) 222-2663, they can add you to their list.

WELCOME TO A NEW GROUP IN TOWN: OUR 'FRIENDS' !!

The Weston Senior Activities Center is pleased to announce the formation of a sister group called the Friends of the Weston Senior Activities Center, Inc. The 'Friends' organization is dedicated to supporting the Center, enriching and expanding the programs the Center provides, and helping to raise awareness and funds for the benefit of Weston's older residents.

The 'Friends' organization is a not-for-profit 501C (3) entity and donations, bequests, and other gifts to the Friends of the Weston Senior Activities Center, Inc. are tax deductible.

For years, the idea of forming the Friends of the Weston Senior Activities Center was just a wishful notion in many people's minds. It has taken the concerted efforts of a dedicated, core group of people to make it a reality. The newly formed Board of Directors includes Nina Daniel, President; Bruce Missett, Vice President; Woody Bliss, Treasurer; Cynthia Williams, Secretary; and Stephan Grozinger, Esq., Member-at-Large.

THE FRIENDS OF THE WESTON SENIOR ACTIVITIES CENTER ANNOUNCES A NEW PROGRAM FOR THE NEW YEAR

Genealogy Classes: What's in your Lineage? Heroes, horse thieves and everyone in-between. Find out about your family history from expert teacher and genealogist, Woody Bliss.

Starting on Friday, February 10th, from 3pm-4:30pm, at the Weston High School, Woody Bliss will show attendees how to establish a family data base and how to research family history using the capabilities of the internet. Classes will be held on February 10, 17 March 2, 9, and 16. Please plan to attend all classes for continuity. Seniors are encouraged to attend, as well as Weston residents of all ages. There is no charge for this course. Internet usage fees may apply according to individual usage. To sign up, please call the Weston Senior Activities Center at (203) 222-2608, or the Weston Public Library at (203) 222-2650.

Co-sponsored by the Weston Senior Activities Center and the Friends of the Weston Public Library

Important....

**We need your favorite
recipes!!!**

**We are making a Wes-
ton Senior Center Cook-
book. Please send us a
recipe, include your**

**name, and mail to
Weston Senior Center:**

**PO Box 1007
Weston, CT 06883**

Help the Weston Senior Activities Center

GO GREEN

If you would like to get this newsletter electronically instead of in paper form, please fill out the box below and drop it off at the Center, call us (203) 222-2608, or e-mail us wpetty@westconct.gov or pwilson@westonct.gov with the following information:

Name _____

Address _____

Phone _____

Email _____

Weston Senior Activities
P.O. Box 1007
56 Norfield Road
Weston, CT 06883
203-222-2608
www.westonct.gov/

Presort Standard
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PAID
Permit No. 2
WESTPORT, CT 06880

Directions to the Weston Senior Activities Center:

We are located in the Hurlbutt Elementary School South House building at 9 School Road, Weston, CT. Once you pull into School Road from Route 57 we are located in the first parking lot on your right.

To reprint this newsletter or to get updates on Senior Center activities, go to www.westonct.gov, click on **Youth and Adult Programs** and then click on **Senior Center**. From the displayed list, select either **Updates** or **Newsletter**.

GUIDE TO TOWN SERVICES

Tom Landry.....	203-222-2677
Town Administrator	
Judy Devito.....	203-222-2656
Selectman’s Secretary	
Charlene Chiang-Hillman.....	203-222-2663
Director, Social Services/Municipal Agent for the Elderly	
Suzanne Friedman.....	203-222-2556
Administrative Assistant, Social Services	
Wendy Petty.....	203-222-2608
Director, Senior Center	
Pam Wilson.....	203-222-2509
Program Coordinator, Senior Center	
Charity Nichols.....	203-222-2697
Tax Collector	
Donna Anastasia.....	203-222-2616
Town Clerk	
Ellen Jones.....	203-222-2617
Assistant Town Clerk	
Mark Harper.....	203-222-2642
Animal Control	



Commission on Aging Members:

- Helen de Keijzer, Chair
- Terry Hulley
- Peggy Anderson
- Bruce Lorentzen
- Nancy Hammerslough
- Nina Daniel
- Laura Smits

For more information on the Commission on Aging please go to the town’s website

www.westonct.gov