

**Guide to Town Senior Services**

**Senior Activities Center  
203-222-2608—main number**

Wendy Petty  
Director  
extension 2608  
Pam Wilson

Program Coordinator  
extension 2508  
Carla Jegen

Asst. Program Coordinator  
extension 2509

**Social Services**

Charlene Chiang-Hillman  
Director  
Suzanne Friedman  
Administrative Asst.  
**203-222-2663**

**Town Hall**

Tom Landry  
Town Administrator  
Randi Derene  
Selectman's Secretary  
**203-222-2656**

**Dial-A-Ride**

Gordon Green  
(24 Hr Notice Required)  
**203-222-2576**

**Center Hours:**

M, T, W, & Th: 9:00am-3:00pm  
F: 9am-12pm

**Commission Meetings 9:15am**  
Monday, May 2 and June 6

**Board Members:**

Helen de Keijzer, Chair  
Peggy Anderson  
Bruce Lorentzen  
Donald Gumaer  
Harvey Bellin  
Margarita Garces-Shapiro  
Joy PesHkin

***Mission Statement:***

*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.*

**Weston Senior  
Activities Center**

**May/June 2016**



Greetings!

Good News... We have ordered our new 20 passenger Senior Center Excursion Bus! We expect to have delivery of our bus in late summer. Stayed tuned for more details. We would like to thank everyone who donated, including our two large donors who wish to remain anonymous, the Friends, The Town of Weston and the Elderly Assistance Fund.

We have great things planned in May and June, including 14 incredible lectures, sponsored by the Friends, bus trips to Wave Hill, Yale Art Museum, and Weir Farm to paint, our annual Senior Senior Prom at the Weston High School, important discussions regarding scams and fraud and living with arthritis. Probate Judge, Lisa Wexler will be back to give an Overview of Probate, Wilton Meadow with their monthly Brain Games, Carla's Zendoodle classes, advice on how to sell your home, and a presentation on continuing your own legacy.

We have a French Culture Month planned for you in June—see the back cover for all of the details. From lectures, to French lessons, cooking classes, discussion, movies, and French cuisine.

Finally, we are having our Volunteer Appreciation Day on Tuesday, June 28th from 11am—1pm. For anyone who has volunteered their time with us, please join us for a special made to order crepe from Christophe's Crepes Food Truck. We know you are busy, but we want to thank you, so instead of a sit down lunch, stop in and grab a crepe and a cup of coffee or lemonade. Christophe is one of the favorites from our car show every year and he will be coming to us to make you a crepe.

Thank you,  
Wendy, Pam and Carla

**Alden Sherman Classic  
5th Annual  
Classic Car Show**



Sunday, September 25th at the Weston High School Parking Grounds.  
Save the Date!! We need your help.

***In Remembrance:***



In Memory of Adele Shaper:

A donation has been made from  
Mary Foss-Skiftesvik and  
Lynn and Andy Langlois

**Bus Trips**

**Yale University Art Gallery Tour**

Thursday, May 5th

Depart Norfield at 10:30am. Grab lunch at Atticus on your own 11:15am-12:15pm. Our tour begins at 12:30pm and we will leave the gallery for home at 2pm.

Sign up required, space is limited (203) 222-2608.

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**Olive Garden/Hobby Lobby Trip**

Tuesday, May 17th

Meet at Norfield at 9:30am.

Sign up is required (203) 222-2608.

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**Wave Hill Bus Trip**

Thursday, June 16th

Depart Norfield at 8:30am and return approx. 4:30pm  
Cost is \$49.00 and includes coach bus and driver tip, gourmet box lunch, garden tour and gallery tour. Sign up required.

Payment due in full by May 15. Wave Hill is a 28 acre estate in the Hudson Hill section of Riverdale, Bronx, in NYC. It consists of public horticultural gardens and a cultural center.

This trip is rain or shine! Wear your walking shoes.

(203) 222-2608.

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**Weir Farm Painting Trip**

Thursday, June 23rd—depart Norfield 9:30am, leave Weir Farm at 2pm.

**Bring a bag lunch**

Outdoor landscape painting / drawing En Plein Air  
Watercolors and paper available, but feel free to bring own supplies. Bring a bag lunch!

Sign up required (203) 222-2608.

**~May/June Artist Exhibits~**

**“East Meets West”—Marjorie Poe Exhibit in May**

Marjorie Poe had a long and successful career in the fashion industry; while Wilson Poe, a project engineer, traveled the globe constructing electric power generation facilities and waste to energy conversion plants. Together have traveled to over 20 countries for business and pleasure enabling them to experience the variety and expansive beauty of nature and the love of different cultures, always making friend along the way. With retirement, this jet-setting couple is ensconced in CT where they transform their life experience into art to share with all. They are true ambassadors of East meets West.

*An evening reception will be held May 12th from 6-9pm.*

**Sarah Duncan Exhibit in June**

From a young age I was always inspired to create art by playing Avideo games with my father. I went to Paier College of Art to pursue my dreams of becoming an artist. I spent my time there learning how to make my dreams real on paper and canvas. By participating in the school art shows and having a show in the Monroe Library, my home town, I am exhibiting my creations while I pursue my dream.

**RVNA presents:**

**Arthritis: Feeling the Pain**

Thursday, May 19th 10am-11am

Sign up required (203) 222-2608

Topics include:

How to recognize different types of arthritis

When to seek treatment

Tips for coping and living with arthritis



**Indoor  
Walking in our  
Gym**

**10 laps =  
approximately  
1/4 mile  
Did you do  
your 10 laps  
today?**

**Exercise Classes!**

**Meditation with Suzanne**

Mondays at 9:30am-10:15am —this is free!

**Tap Dancing with Sandy**

Mondays and Thursdays @ 10:00-10:45am SC Gym Wear Tap Shoes.

**Line Dancing with Sandy**—Mondays @ 11:00 am SC Gym Get moving to your favorite tunes!

**Feldenkrais**—Whether you have pain or stiffness due to arthritis, injury, stress, surgery, or just sitting too long, these gentle lessons will help you feel better, move with greater ease, and enjoy your life again. stand and sit with ease and comfort Wednesdays @ 10am \$3/Class

**Pickleball**

Mondays @ 12:15pm at the Senior Center—drop in

**Strength & Fitness with Sandy**

Tuesdays & Thursdays @ 11 am  
\$3/class drop in (SC Gym) - \$3/class

**Tai Chi with Bill Wren**

Thursdays 9:30am SC Gym

**Tai Chi with Mari Lewis**

Tuesdays 9:30am-SC gym

**Wii Bowling with Anne**

Thursdays @ 10 am  
Free (Senior Center)

**Yoga with Melania**

Fridays @ 9 am  
\$3/class—drop in (SC Gym)

**Gentle Yoga with Joy**

Wednesdays @ 10 am  
\$3/class—drop in (SC Cafe)

**Pilates with Andrea**

Classes to be announced. Please call us to be added to our list.

**MOVIES**



All Movies Start at 12:30pm

Movies are free and include popcorn!

Sign up is required so we can notify you of any changes or cancellations.



Sign up required for each one (203) 222-2608.

**May 5<sup>th</sup> – Brooklyn- PG-13** - Brooklyn follows Eilis Lacey, a young Irish immigrant who arrives in New York in the 1950's. While at first Eilis feels homesick for Ireland, those feelings fade away after she meets and falls in love with Tony, a rugged Italian plumber. After a death in her family, Eilis is forced to return home to Ireland, where she meets another man with whom she develops feelings.

**May 12<sup>th</sup> – Spotlight- R** - Based upon a true story, Spotlight is the gripping story of how The Boston Globe's "Spotlight" team uncovered one of the most massive cover ups in recent history, the Massachusetts Catholic sex abuse scandal. Coverage of this story won The Globe the 2003 Pulitzer Prize for Public Service. The scandal involved the cover up of child molestation on a massive scale by those many in the community trusted most: their priest.

**May 25<sup>th</sup> & 26<sup>th</sup> – The Danish Girl -R** - Gerda Wegener, a Danish artist, decides to use her husband Einar as her model for a painting of a young woman. Soon after, the popularity of the painting brings attention to the couple, and they decide to reveal the model "Lili" to the public by having Einar dress up as a woman.

**June 2<sup>nd</sup> - Joy- PG-13** - Families can struggle for generations. Then, out of nowhere, a matriarch of vision, creativity, and influence can appear. Their success either becomes an inspiration for millions, or it reiterates the fact that power corrupts. On the other hand, an inspirational life can be influential in helping others discover and utilize their own hidden potential.

**June 16<sup>th</sup>– The Hundred Foot Journey – PG** - Hassan Haji is a young Indian boy living with his family in a small village in the French Alps. His family opens a restaurant just 100 yards from a three-star Michelin rated restaurant owned by the eccentric Madame Mallory.

**June 23<sup>rd</sup> – Million Dollar Arm – PG-** J.B. Bernstein is on the verge of having to close his sports agency due to a lack of clients. While watching late night sports, he sees a cricket game and makes a plan to try and lure cricket players in India to the U.S. to play professional baseball.

**June 30<sup>th</sup>– The Finest Hours – PG-13** - Based on actual events, this is the dramatic re-telling of what is still thought to be one of the most heroic small boat rescues in the U.S. Coast Guard's history. In 1952, one of the worst blizzard-like storms ever to hit the New England coastline crippled an oil tanker off the Cape Cod coast, nearly ripping the ship in two. Fighting against time, four Coast Guard members set out in a tiny lifeboat, braving 70-foot high waves and frigid temperatures as they try to rescue the more than 30 stranded sailors trapped aboard the vessel before it sinks.

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*French themed movies: A Year in Provence, The Chorus, Midnight in Paris, Julie and Julia.*

**LEGACY PROJECT**

Every person has a story worth telling. Who among us is not curious about where we came from, who our great-grandparents were and what made them who they were?

On June 7, Suzanne Sheridan and Rozanne Gates of [The Legacy Project USA](#) invite you to a relaxed and entertaining session on "Creating a Legacy Project"

They will give you pointers on how you can begin:

- 1) Gathering and organizing the family photos;
- 2) How to tell your story from the very beginning;
- 3) Use of video camera to preserve a visual legacy.

The process of telling your story is invigorating, inspiring, and very healing. It can actually be fun to have all the attention focused on your story. During the creation of a Legacy Project you are finally encouraged to talk about important things that made you who you are today. "This is Your Life."



**Brain Games and Lunch**

Sponsored by Wilton Meadows May 19<sup>th</sup>  
 Come and enjoy lunch and play some great "brain games/teasers" to keep you thinking!  
 Sign up required. (203) 222-2608



**Fairfield County Bank and Don McGran present SCAMS—What You Need to Know**

**Wednesday, May 11<sup>th</sup> at 12:30pm**

Must sign up by Monday, 5/10 (203) 222-2608.

I am a 30 year veteran of the Ridgefield Police Department where I retired in 2011 at the rank of Major. I am a graduate of the FBI National Academy and Western Ct State University. I have been the Security Advisor for Fairfield County bank for the past 4 ½ years. During my career I have been involved in countless fraud/scam investigations. I have given Elder Fraud presentations throughout Fairfield County during the past 4 years.

Please remember to call (203) 222-2600 (Weston Dispatch) if you have questions or if you feel you have been scammed.

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**How to Sell Your House Presented by Dana Levin**

Tuesday, May 24<sup>th</sup> at 1pm at the Senior Center  
 Dana will walk you through the process of selling your home, including how to determine the right price, preparing your home and marketing it, negotiating a deal and the closing. Sign up required. (203) 222-2608

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**Legacy Project**

Tuesday, June 7<sup>th</sup> at 1pm with Suzanne Sheridan and Rozanne Gates. See box on this page.

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**Medicare Fraud, billing errors, & Identity Theft Presented by Laurette Gachelin of SWCAA**

Wednesday, June 8<sup>th</sup> at 12:45pm at the Senior Center, following lunch. Presentation is 20-45 mins. Please sign up if you are interested. (203) 222-2608.

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**Probate Judge Lisa Wexler presents An Overview of Probate with Q & A**

Wednesday, June 22<sup>nd</sup> at 1pm at Senior Center  
 Following lunch.

**Senior/Senior Prom**

Wednesday, May 18<sup>th</sup> 3pm at the Weston High School  
 We will serve brunch at the Senior Center that morning, no regular Wednesday lunch. The Student Government will be serving an early dinner at 3pm during the dance. This is always a favorite party/dance for us as we join the students for this annual event.

Sign up required (203) 222-2608.





# May 2016



**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

2	3	4	5	6
9:15am Commission Mtg 9:30am Meditation 10am Knitting 10am Tap Dancing 10:30am Medicare by appt. 11am Line Dancing 12:15pm Pickleball 1pm Art With Friends 1pm Massage by appt.	8:30am Y's Men Backgammon 9:30am Tai Chi w/Mari 10am Zendoodle w/Carla 11am Strength & Fitness 12pm Poker w/Stella	10am Feldenkrais 10am Yoga 12 Lunch at Norfield Norfield hosting, Erley cooking. Bingo, short performance by student pianist.	9:15am Tai Chi 10am Wii Bowling 10:30am Departure for Yale University Art Gallery Tour and lunch 10am Tap Dancing 11am Strength & Fitness 12:30 Movie: <i>Brooklyn</i>	9am Yoga 10am Canasta 10am Bridge
9:30am Meditation 10am Knitting 10am Tap Dancing 10am Exodus: 1947 presented by Art Gottlieb, sign up req. 11am Current Events wLaura 11am Line Dancing 12:15pm Pickleball 1pm Art With Friends 1pm Massage by appt.	8:30am Y's Men Backgammon 9:30am Tai Chi w/Mari No Craft today 11am Strength & Fitness 12pm Poker w/Stella	10am Feldenkrais 10am Yoga 12 Lunch at <b>Senior Center</b> 12:30 Fairfield County Bank Scam Presentation	9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 10:30am "The Age of Progress"-presentation with Hamish Lutris 11am Strength & Fitness 12:30pm Movie <i>Spotlight</i>  6pm Artist Reception Marjorie Poe	9am Yoga 10am Canasta 10am Bridge  Saturday, May 14th: 10:30am Weston Walks -Kickoff meeting @ the Senior Center
9:30am Meditation 10am Knitting 10am Tap Dancing 10:30am Medicare 11am Line Dancing 12:15pm Pickleball 1pm Art With Friends 1pm French Lessons 1pm Franz Schubert's Last Year- presented by Jeffrey Engel 1pm Massage by appt.	8:30am Y's Backgammon 9:30am Tai Chi w/ Mari 9:30am Olive Garden & Hobby Lobby Trip, sign up required, bus leaves Norfield at 9:30am 11am Strength & Fitness 12pm Poker w/Richard	10am Feldenkrais 10am Yoga 11 am Brunch at Senior Center 3pm Senior Prom at Weston high School, sign up required. This is free, includes early, light dinner.	9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 10am RVNA presents "Arthritis - Feeling the Pain" sign up required. 11 Strength & Fitness 11:30am Brain Games  No movie today 	9am Yoga 10am Canasta 10am Bridge 11:30am Well Regarded Militia - presented by Mark Albertson Sign up req.
9:30am Meditation 10am Knitting 10am Tap Dancing 10am Ellis Island, presented by Art Gottlieb, sign up req. 11am Line Dancing 12:15pm Pickleball 1pm Art With Friends 1pm French Lessons 1pm Massage by appt.	8:30am Y's Backgammon 9:30am Tai Chi w/Mari 10am Zendoodle w/Carla 11am Strength & Fitness 12pm Poker w/Richard 1pm "How to Sell Your House" presented by Dana Levin. Sign up req.	10am Feldenkrais 10am Yoga 12 Lunch at <b>Senior Center</b> .  1pm Movie: <i>The Danish Girl</i>	9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 10:30am- "A Legacy of Pervasive Freedom" presented by Hamish Lutris, sign up req. 11 Strength & Fitness 12:30pm Movie <i>The Danish Girl</i>	9am Yoga 10am Canasta 10am Bridge 11:30am "Confederacy as a Revolution" presented by Mark Albertson, sign up req.
<b>Senior Center Closed</b>	8:30am Y's Backgammon 9:30am Tai Chi w/Mari No Craft today 11am Strength & Fitness 12pm Poker w/Richard		Artist this month:  Marjorie Poe  Join us the evening of May 12th from 6pm-8pm for the artists reception,	



# June 2016

**Mon****Tue****Wed****Thu****Fri**

<b>Artist this month:</b>  <b>Sarah Duncan</b>	<i>This is French Culture/ History month at the Weston Senior Center.</i>  <i>Join us for some new classes, luncheons, lessons and presentations and soak up the French Culture! Oh La La!</i>	10am Feldenkrais 10am Yoga 12 Lunch Senior Center <b>Menu:</b> Beef Bourguignon with noodles and Salad Sign up required. 1pm Movie: <i>A Year in Provence</i>	9:15am Tai Chi w/Bill 10am Wii Bowling 10am Tap Dancing 11am Strength & Fitness 12:30pm Movie: <i>Joy</i>	9am Yoga 10:00am Canasta 10am Bridge 10am Waltz, presented by Jeffrey Engel 11:30am Vietnam Series (4 lectures) with Mark Albertson Sign up req.
9:15 Commission mtg. 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Eiffel Tower, with Art Gottlieb, sign up req. 11am Line Dancing 12:15pm Pickleball 1pm Art With Friends 1pm French Lessons 1pm Massage by appt.	8:30am Y's Backgammon 9:30am Tai Chi w/Mari 10am Beading w/Carla 11am Strength & Fitness 12pm Poker W/Richard 1pm Legacy Project, sign up required.	10am Feldenkrais 10am Yoga 12 Lunch Senior Center <b>Menu:</b> Coq Au Vin with rice and salad Sign up required. 12:45pm Medicare Fraud Presentation	9:15am Tai Chi w/Bill 10am Wii Bowling 10am Tap Dancing 11am Strength & Fitness 12:30pm Matisse presented by Lisa Arnold, sign up required. 2pm Pate Cooking class with Don Gumaer	9am Yoga 10am Canasta 10am Bridge 11:30am Vietnam Series (4 lectures) with Mark Albertson Sign up req.
9:30am Meditation 10am Knitting 10am Tap Dancing 10:30am Medicare 11am Current Events Laura 11am Line Dancing 12:15pm Pickleball 1pm Art With Friends 1pm French Lessons 1pm Massage by appt.	8:30am Y's Backgammon 9:30am Tai Chi w/Mari 10am Zendoodle w/Carla 11am Strength & Fitness 12pm Poker W/Richard	10am Feldenkrais 10am Yoga 12 Lunch Senior Center <b>Menu:</b> Quiche with Nicoise Salad Challenge: walk your 1/4 mile today 10 laps in gym. 1pm Movie: <i>The Chorus</i>	8:30am Wave Hill Trip 9:15am Tai Chi w/Bill 10am Wii Bowling 10am Tap Dancing 11am Strength & Fitness 12:30pm Movie <i>The Hundred Foot Journey</i>	9am Yoga 10am Canasta 10am Bridge 11:30am Vietnam Series (4 lectures) with Mark Albertson Sign up req.
9:30am Meditation 10am Knitting 10am Tap Dancing 10:30am Medicare 10am Vichy France, with Art Gottlieb, sign up req. 11am Line Dancing 12:15pm Pickleball 1pm Art With Friends 1pm French Lessons 1pm Massage by appt.	8:30am Backgammon 9:30am Tai Chi w/Mari 10am Beading w/Carla 11am Strength & Fitness 12pm Poker 1pm Jamie Cat Callen French Author/Presentation, sign up req.	10am Feldenkrais 10am Yoga 12pm Lunch Senior Center <b>Menu:</b> Poulet Saute Chasseur (chicken with mushrooms, onions & diced tomato) With Rice, Salad <b>Sign up required.</b> 1pm Lisa Wexler – An Overview of Probate Q&A	9:15am Tai Chi w/Bill 9:30am Weir Farm Trip Sign up required. 10am Wii Bowling 10am Tap Dancing 11am Strength & Fitness 12:30pm Movie <i>Million Dollar Arm</i>	9am Yoga 10am Canasta 10am Bridge 11:30am Vietnam Series (4 lectures) with Mark Albertson Sign up req.
9:30am Meditation 10am Knitting 12:15pm Pickleball 1pm Art With Friends 1pm French Lessons 1pm Massage by appt.	<b>Volunteer Appreciation Day – Join us for crepes at the Senior Center.</b> Christophe Crepe's Food Truck will be with us from 11am – 1pm.  <i>1pm Movie: Midnight in Paris</i>	10am Feldenkrais 10am Yoga 12pm Bring a bag lunch 12:30pm Movie: <i>Julie and Julia</i>	9:15am Tai Chi w/Bill 10am Wii Bowling 12:30pm Movie <i>The Finest Hours</i>	

**Medicare Savings Programs**

The Medicare Savings Programs, available through State of Connecticut, Department of Social Services (DSS) could pay your Medicare Part B monthly premium of \$104.90/\$121.80 This can save a Medicare beneficiary \$1,461.60 a year. Assets are not counted.

There are three levels of the program Your gross income determines the category for which you qualify. All three levels pay Medicare Part B premiums. QMB also pays Medicare co-pays and deductibles on Medicare covered services. Income limits per month are below.

- QMB \$2,088.90 for a single person and \$2,816.85 for a couple
- SLMB \$2,286.90 for a single person and \$3,083.85 for a couple
- ALMB \$2,435.40 for a single person and \$3,284.10 for a couple

Once on MSP you will automatically be eligible for The Low Income Subsidy (LIS), which is an extra benefit from Medicare to assist with Medicare Prescription Drug Coverage (Part D). Extra Help will:

- Help pay Medicare Part D monthly premium
- Eliminate Medicare Part D yearly deductible
- Reduce Medicare Part D drug co-pays (\$2.55 generic/\$6.35 brand)
- Plus never hit the donut hole as long as you qualify for this program

**Have any questions on how to apply or need an application, call:**

**The CHOICES Program 1 - 800 - 994 - 9422**  
**Administered by The Southwestern CT Agency on Aging (SWCAA)**

Want to discuss Medicare selection issues? Half hour appointments are available from 10:30am-12:30pm twice a month on the first and third Mondays of each month. MAKE AN APPOINTMENT BY THE PREVIOUS THURSDAY. BOOK THROUGH THE WESTON SENIOR CENTER at (203) 222 - 2608. NO WALK-INS. See you at the center!

**Weston Walks will hold 4 hikes in May & June.**

- Sunday, 5/1 @ 1pm: The 3<sup>rd</sup> Rites of Spring Hike (Easy) -Meet at the Pent Road Entrance, return by 3:00. Leader, Dr. Tom Failla.
- Tuesday 5/3 @ 10am: Our Bisceglie Hike (very easy) will meet at the Bisceglie Entrance. At the end of the hike we will visit the Old Post Office. Leader, Ray Rauth. Post Office docent, Karin Gianitti.
- Saturday, 6/4 @ 9am: Hike offering for Trail's Day (easy to moderate) we will tour the beautiful, but little known, Katharine Ordway Preserve. Meet at the preserve entrance at 9:00 AM. Leader, Cynthia Fowx. This hike is 2 hours; about 2 or 3 miles.
- Sat. 6/25 @ 9am: Summer Campus Hike Meet at Town Hall tour of the natural features of the campus for town and school facilities and the history of its development. Leader, Tom Failla.

**Weston Public Library**

The Weston Public Library will begin renovations in late May. Although our services will be limited during that time, we will not be closed. Instead, the library will circulate a smaller collection out of the Community Room, and can order additional books from other libraries. Renovations are expected to be complete by early October.

**New Yorker Roundtable**

Tuesdays, May 3, 10, 17 and June 7, 14, 21 at 11:45 AM

**Book Groups**

May 12 at 10:30AM *The Pat Hobby Stories* by F. Scott Fitzgerald

May 18 at 7PM *The Nightingale* by Kristin Hannah

June 9 at 10:30AM TBD

June 15 at 7PM TBD

**Movie Night**

May 11 at 7PM Testament of Youth (PG-13)

**Massage Appointments  
 With Beth Dobsevege**

**Appointments on Mondays from 1pm-3pm**

Appointments can be made in 15 minutes increments, \$1.00 per minute.  
 Sign up is required. (203) 222-2608

**Weston Department of Social Services  
 (203) 222-2663**

The deadline for Weston's tax relief programs is May 15th and Weston Warm Up application deadline is May 1st.  
 For Questions about tax programs, call (203) 222-2696, Weston Tax Collector's Office.

**News from the Westport/Weston Health District  
 (203) 227-9571**

**Skin Cancer Awareness**  
 The Health Department is offering free skin cancer screening.  
 Sunday, May 1st 9am—11:30am  
 No appointment necessary.

Did you know that the Health District offers a Homebound Health Check Program? To learn more about this program, call the Westport/Weston Health Dept. at (203) 227-9571, ext. 231.

**Weston Walks—Walking Club—NEW!!**

On Saturday, May 14<sup>th</sup>, at 10:30am (meet at the Weston Senior Center), a start-up meeting for a new walking club will be held. If the members choose to, they may complete the *Weston Walks* Challenge of walking every public street in Weston, a distance of about 100 miles. Those who complete the challenge will earn a fine commemorative Tee Shirt.

This club will be run by Woody Bliss, Weston's former First Selectman. Ray Rauth, who completed the challenge last year, will provide encouragement and advice. Attendees will receive useful safety material and information about how to obtain a list of Weston's Public streets and town maps. Let us know you are coming (203) 222-2608.



**Mark Albertson**

**Fridays at 11:30am-12:30pm @ Senior Center**  
(203) 222-2608 to sign up.

**Friday, 5/20: Well-Regulated Militia:** Decline and demise of the Citizen-Soldier concept and the rise of the National Guard and its implications of America.

**Friday, 5/27: The Confederacy as a Revolution:** Arguably the second American Revolution. This talk will show how Southernism and the Confederacy, with its promise of State's Rights, had, by 1862, foundered upon the rocks of Total War; offering lessons for contemporary America.

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**Vietnam: The Long War—June 3, 10, 17 & 24**  
**11:30am-12:30pm**

This four talk set traces this misunderstood conflict in light of French Colonialism, Cold War politics and the humbling of a super-power named the United States.

**Thank you to our Friends for sponsoring these amazing lectures. We hope you will join us. Please sign up (203) 222-2608. space is limited and many of these will fill up.**

**Hamish Lutris**

**Thursdays at 10:30am-11:30am @ Senior Center**  
(203) 222-2608 to sign up.

**Thursday, 5/12: 10:30am: The Age of Progress: The Inventions of the 19th Century:** This lecture will discuss the intersection of the various historical themes in literature and politics, as well as technological, medical, and scientific advances in the 19th Century. This talk highlights the effects and influences that each area had on the others. Romanticism, invention, nationalism, and the growing reliance on scientific theory will be brought out during the presentation.

**Thursday, 5/26: 10:30am: A Legacy of Pervasive Freedom: 10:30am:** Lincoln and the Changing Role of the US Government: The Civil War left the US and the federal government fundamentally altered, both in its relations with everyday citizens and in its legacy to the future United States. This presentation will examine the role that Abraham Lincoln played in changing the power and persuasiveness of the gov. of the US, from his use of presidential power to the debate over slavery to his abortive plans at reconstructing the US after the war.

**Bio:** Hamish is an Associate Professor of History at Housatonic Community College in Bridgeport, CT. He has worked in some of American's premier natural and historical sites, leading hiking and historical programs. He has lectured extensively in the US, Europe, and Canada on a wide range of historical topics.



**Art Gottlieb**

**Mondays at 10am-11am @ Senior Center**  
(203) 222-2608 to sign up.

**Monday, 5/9: Exodus: 1947:** Formerly the packet steamer SS President Warfield, Exodus 1947 became the most famous of the ships running the British blockage of mandatory Palestine following WWII. Filled mostly with Holocaust survivors lacking legal immigration certificates, Exodus 1947 was emblematic struggle for fulfillment of the biblical promise of a homeland for the Jewish people.

**Monday, 5/23: Ellis Island:** It is estimated that over 12 million people passed through Ellis Island, from the time it opened in 1892 through the year 1954 when the last immigrant passed through its door. Join us for a photo tour of this iconic New Year Landmark that represents America's rich cultural heritage.

**Monday, 6/6: Eiffel Tower:** Bearing the name of engineer Gustave Eiffel, whose company designed and built the tower, this iconic 986 foot high wrought iron masterpiece was constructed as the entrance gateway to the 1889 World Fair.

**Monday, 6/20: Vichy France:** Named after the spa town which became its administrative center, Vichy France was the collaborationist government of the newly reorganized French State and overseas colonies throughout the years of German occupation during World War II. Life in this period reflected the social and legal framework of the Third Reich.

**Jeffrey Engel**

(203) 222-2608 to sign up.

**Monday, 5/16: 1pm: Franz Schubert's Last Year: A Cornucopia of Musical Masterpieces:** The last year Franz Schubert's life was marked by professional disappointment and very poor health. Despite these handicaps, he wrote music seamlessly and at an incredible clip, producing one masterpiece after another until just weeks before his early death.

**Friday, 6/3: 10am : History of the Waltz :** The late 18th century waltz seems like a relatively recent dance if compared to true old-timers like the gavotte (some 200 years older) and the minuet (150 years). Unlike the others, however, it remains extremely vital and popular, especially as music used for operas, songs, concert pieces and even film scores. Jeffrey Engel will trace the origins of the waltz and explain how it evolved from the dance floor to the concert hall.



**Lisa Arnold**

**Thursday at 12:30-1:30pm @ Senior Center**  
(203) 222-2608 to sign up.

**Thursday, 6/9 @ 12:30: Henri Matisse:** Who doesn't love this artist? Let's explore his use of lush color, his design sense, and the whimsical quality of his great paintings. We will also view his famous cut outs as well as the stained glass windows he designed. A true impressionist and the quintessential Frenchman, Matisse has been adored by all.



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

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## June is French Culture Month

### French Lessons

Mondays @ 1pm 5/16, 5/23, 6/6, 6/13, 6/20, 6/27

Cost: \$30 for series (sign up required)

French Lessons: Whether you are pursuing language for travel, business, or reconnecting with your heritage, this class is to expand vocabulary, practice conversational French and improve pronunciation within an informal, relaxed atmosphere. This course also has a lively social and cultural component: You will encounter 2 famous fashionistas: Louis XIV and Coco Chanel. This class will take you on a virtual tour on Le Mont Saint Michel, a mysterious man made island of 247 acres, in Normandy. This is for those who have some knowledge of the French language. Taught by Mrs. Sylvie Lobsenz. She is from Perpignan, France. She holds a Bachelor's degree in art history. She is the Literakid founder and language coordinator and been teaching French and Spanish for 12 years.



### Lectures

See Descriptions on Page 7.

Monday, 5/16: Franz Shubert's Last Year

Friday, 6/3: The Waltz

Monday, 6/6: Eiffel Tower

Thursday, 6/9: Henri Matisse

Monday, 6/20: Vichy France

### Movies

6/1: *A Year In Provence*

6/15: *The Chorus*

6/28: *Midnight in Paris*

6/29: *Julie and Julia*



### Presentation by Jamie Cat Callan

Tuesday, 6/21 at 1:00pm—sign up required.

Come and celebrate your joie de vivre with Jamie, the internationally best selling author of *French Women Don't Sleep Alone*, *Bonjour, Happiness!* And *Ooh la la! French Women's Secrets to Feeling Beautiful Every Day*.

You'll learn how to cultivate a secret garden, walk everywhere, consume less and enjoy more, flirt a la Francaise, why wearing a scarf is the French women's secret to elegance, and more!

### Cuisine

#### Christophe's Crepe Truck

Tuesday, June 28th 11am—1pm—Volunteer Appreciation Day

#### Pate Cooking Class with Don Gumaer—Thursday, June 9th at 2pm

Learn to make a classic French spreadable Pate. We will use sautéed chicken livers to make it affordable and easy. To make it delicious and French, a splash of Hennessy Cognac! We will garnish with chopped egg whites and enjoy it with pumpernickel triangles.

#### Lunch Menus @ Senior Center

Catered by Peter's Market—See calendar for French cuisine in June!