

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:

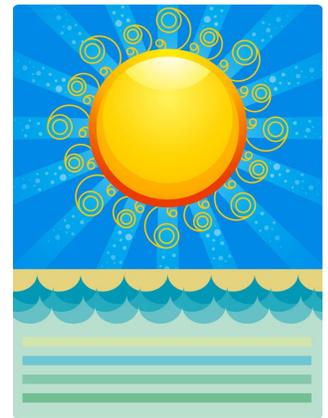
M, T, & Th: 9:00am-3:00pm
W: 9am-11am (Senior Center)
12pm Lunch at Norfield
Church Parish Hall
F: 9am-12pm



This symbol means the event is sponsored by the Friends of the Weston Senior Activities Center.

**WESTON SENIOR
ACTIVITIES CENTER**

July/August 2015



Greetings!

Happy Summer to you all!

We have some wonderful activities planned for you. Please sign up for our Wednesday lunches, including The Historical Society lunch, the Fire Department Lunch, Selectmen's BBQ, Sherood Island picnic, to name a few.

We also have a trip planned for Mohonk Mountain House and Caramoor. Lastly, we are gearing up for our fourth annual Alden Sherman Classic car show. Our goal for this show is to raise money to purchase a 20 passenger bus so that we can go on bi-monthly trips. If you can donate time or money to this great cause, please call us to learn how you can help!

We have 2 talented artists exhibiting at the Center this summer. Linda Monks will show her work in July and Eric Chiang in August.

We have a new pilates class on Friday mornings at 10:30am and we are taking names to start a new chair yoga class on Mondays. Tap dancing is going well and we are looking for new tappers to join! Call for details.

We hope to see you soon. Come and try something new!

Wendy, Pam and Carla

Commission Members

Board Members:
Helen de Keijzer, Chair
Peggy Anderson
Bruce Lorentzen
Nina Daniel
Laura Smits
Donald Gumaer
Margarita Garces-Shapiro

Our Mission Statement:

The mission of the Weston Senior Activities Center is to serve as the hub of programs and events supporting the wellbeing of community members as they age.

**Painting Class with Keith Brooks
"Art with Friends"**



Mondays @ 1:00-3:00pm
at the Senior Center

All levels are welcome, come and join fellow artists.
**Call for more details and to sign up! \$5.00 per class or
pay for series with discount.
(203) 222-2608**



Thursday, July 30th
1:00-2:30pm



Ice Cream Social

Sponsored by the Friends of the Weston Senior Activi-
ties Center.
**Free! Sign up required!
(203) 222-2608**

Feldenkrais—Want to Move Like You Used To?

Discover the Feldenkrais Method and a More Flexible,
Powerful You!

Wednesdays at 10am—sign up required. \$3.00 per class.

Whether you have pain or stiffness due to arthritis, injury,
stress, surgery, or just sitting too long, these six gen-
tle lessons will help you feel better, work better, and
enjoy your life again.

Exercise Classes!

Tap Dancing with Sandy

Mondays @ 10:00-10:45am (50+ welcome) SC Gym
Must sign up for series. Wear Tap Shoes,

Dance to the Music with Sandy

Mondays @ 11:00 am (50+ welcome) SC Gym \$3/class

Feldenkrais— Wednesdays @ 10

Pickleball

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

Strength & Fitness with Sandy

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

Tai Chi for Better Balance with Bill Wren

Thursdays 9:15am—sign up required. (SC Gym)

Wii Bowling with Anne

Thursdays @ 10 am
Free (Senior Center)

Yoga with Melania

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

Pilates with Andrea—

Fridays @ 10:30
Sign up for series—call for details

Gentle Yoga with Joy

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



Art Shows



July—Linda Francis

It has been my ambition for years to paint from the many pho-
tographs I've taken during my travels. With "artist license" I
would have the ability to eliminate the unsightly elements
from them and enjoy them in a new and exciting way. In
2004 I started painting in still life classes at Silvermine Guild
and from there to a figure class in 2005, portraiture in 2007
and 2008 and more recently impressionist classes.

In 2005 I was introduced to Arlene Skutch and her Pink
House Painters. Arlene's low-key suggestions helped me
work more easily with color mixing. At present I attend clas-
ses with Leona Frank and Dana Goodfellow and Sam Morrow
at Rowayton Arts Center, where I am doing landscapes and
cityscapes.

August—Eric Chiang

On his 50th birthday, Eric Chiang quit his job so he could work
full time to fulfill his childhood dream of creating quality art-
works that touch people's hearts.

Ever since, his artworks have been exhibited in Westport Arts
Center Group show and SOLOs show, National Taiwan Mu-
seum of Fine Arts, Queens Museum in New York, Bee-
chwood Arts, and many local venues and events. He contin-
ues to passionately create artworks that manifest his quest
into the meaning and significance of our existences against
the infinite space/time and his profound empathy of panhu-
man desperation, love, connections, and hope.

Alden Sherman Classic

Sunday, September 20th

10am– 3pm (rain date 9/27)
Weston High School



We need your support. This year we
are raising money to buy a new Senior
Center Bus! Please consider donating
to our event. Do you know of anyone who can donate to our
silent auction? Restaurants, tickets, services? Please help
us make this event the best ever.



Another
great
Senior
Senior
Prom!
Thank
You!





MOVIES—Tues/Thurs

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.



TUESDAY MOVIES

July: Sister Wendy's Painting Lectures—see calendar.

August 4th: Under Our Skin—documentary. A gripping tale of microbes, medicine and money, Under Our Skin exposes the hidden story about Lyme disease, one of the most controversial and fastest growing epidemics.

August 11th, 25th, 31st : The Roosevelt's, An Interesting History—documentary

A documentary that weaves together the stories of Theodore, Franklin and Eleanor Roosevelt, three members of one of the most prominent and influential families in American politics. - This is 1st in series.

Thursday Movies

7/2 Miss Julie-PG-13: In the late 1880's on a country estate in lush Ireland a story not unlike a Greek tragedy unfolds. An aristocratic heir seduces her father's valet during a night of wistful drinking and dancing. The pair, each filled with a convoluted mix of both animosity and intense longing, engage in an evening rendezvous and hopeless scheming for a unlikely, if not forbidden, future. The couple makes a daring move in the final act of this riveting and dark film which cements their fate.

7/9 McFarland USA- PG: Sports drama movie centers on a high school track team and their coach. The team is completely made up of Latinos, and coached by a coach who has changed jobs frequently, thus landing him at a struggling school. He soon finds that the students have great running abilities and fields a remarkable track team despite the odds. The coach must overcome the social issues of the 1980s in order to win a track championship with his team.

7/16 Women In Gold – PG-13: Based on a true story, this riveting drama focuses on an elderly woman and her legal battle for her family's possessions 60 years after she left Vienna fleeing the Nazis during World War II. Her legal battle for the famous Gustav Klimt painting of her aunt, Portrait of Adele Bloch-Bauer I, also known as the Lady in Gold, pits her against the Austrian government for over a decade. Assisted by the talents of an inexperienced but determined young lawyer, she faces down the U.S. Supreme Court and her own inner demons.

8/6 The Kingsman- R: A gifted young man with a troubled present is recruited to join a secret independent intelligence group known only as the Kingsmen. Brought into a world previously unknown to him, full of spies, wealth, and gadgets he could only dream of, the young man faces the huge hurdle of passing the tough entrance exam. Alienated from his fellow recruits, the young man must rise to the challenge as while the exam is on, an unhinged genius of tech emerges to threaten the world.

8/27 : 5 Flights Up- PG-13: A long-time married couple who've spent their lives together in the same New York apartment become overwhelmed by personal and real estate-related issues when they plan to move away.

Weston Walks

Saturday, July 11 *School Campus Hike.* Gather at the Town Hall parking lot at 9:00 AM. Dr. Tom Failla will lead this extraordinary nature hike over the school campus. This is an easy walk on flat surfaces with some sidewalks and roads. Anyone interested in the natural systems around the campus should attend. Rain Date July 18.

Tuesday, July 21 Ray Rauth will lead the *Don't Get Lost in Devil's Den Hike.* The hike leaves at 10:00 AM from the Pent Road Parking lot. The hike is rain or shine – only dangerous conditions – high winds or lightening – will cancel. It is a moderate hike of about three miles. The purpose of the hike is to enjoy a cool shady summer stroll while developing navigation skills to use in the woods.

Saturday, August 1 *School Campus Hike #2. Town Hall @ 9:00 AM.* Tom Failla will lead hikers on the school campus. See July 11 for more details. Rain Date August 8.

Tuesday, August 11 *Old Norwalk River Valley Trail Hike.* Ray Rauth will lead this hike for Weston Walks which focuses on the Norwalk River Valley Trail along the Norwalk River in Wilton. The hike is at 10:00 AM and leaves from the entrance to the Wilton Library. The hike will be held rain or shine. We will also explore some of the ways that Wilton has made its town center walkable and bikeable.

Weston Department of Social Services (203) 222-2663

Sign up for the Weston Meals on Wheels Program

The Meals on Wheels Program provides nutritious meals delivered right to your door. Volunteer drivers deliver delicious food, prepared by Creative Culinary Service, between 11 am and 12:30 on Mondays, Wednesdays and Fridays. The price per day is \$7.75.

If you are interested in signing up or would like more information about the program or a sample menu, please contact the Dept. of Social Service at 203 222 2663 or email chillman@westonct.gov.

We look forward to hearing from you!



Please see page 2 for details.

July 2015

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

		1	2	3
		10am Yoga 10am Feldenkrais 12 Lunch at Senior Center – bring a bagged lunch today.	9:15am Tai Chi 10am Wii Bowling No Strength & Fitness 12:30pm Movie <i>Miss Julie</i>	Senior Center Closed 
6	6	8	9	10
10am Tap Dancing 10am Knitting 10am Medicare 11am Current Events 11am Dancing 12:15pm Pickleball 1pm Art Class	8:30am Y's Men Backgammon 11am Strength & Fitness 12pm Poker w/Stella 12:30pm Movie Series Sister Wendy's Painting lectures	10am Yoga No Feldenkrais today SC closes at 11 12 Lunch at Historical Society – Coley House \$4.00 sign up required. Please do not arrive before 11:45.	9:15am Tai Chi 10am Wii Bowling 11 Strength & Fitness 12:30 Movie <i>McFarland USA</i>	9am Yoga 10am Canasta 10:30 Pilates 10:30am WCW Bridge
13	14	15	16	17
10am Knitting 10am Tap Dancing 10am Medicare 11am Dancing 12:15pm Pickleball 1:00pm Art Class	8:30am Y's Men Backgammon 11am Strength & Fitness 12pm Poker w/Richard 12:30pm Movie Series Sister Wendy's Painting lectures	10am Yoga 10am Feldenkrais SC closed at 11 11:30am Lunch at Fire Department on Lyons Plains. Sign up required.	9:15am Tai Chi 10am Wii Bowling 11 Strength & Fitness 12:30pm Movie <i>Women In Gold</i>	9am Yoga 10am Canasta No Pilates Today 10:30am WCW Bridge
20	21	22	23	24
8am Mohonk Mountain House Trip 10am Knitting 10am Tap Dancing 11am Dancing Senior Center Closing at Noon Today.	8:30am Y's Men Backgammon 11am Strength & Fitness 12pm Poker w/Stella 12:30pm Movie Series Sister Wendy's Painting lectures	10am Yoga 10am Feldenkrais SC closes at 11 12 Lunch at Norfield Selectmen's BBQ \$4.00 sign up required.	9:15am Tai Chi 9:45am Port Jefferson Trip meet at Norfield at 9:45am, sign up required. 10am Wii Bowling 11 Strength & Fitness Senior Center Closing at Noon Today.	9am Yoga 10am Canasta 10:30am Pilates 10:30am WCW Bridge
27	28	29	30	31
10am Knitting 10am Tap Dancing 11am Dancing 12:15pm Pickleball 1:00pm Art Class	8:30am Y's Men Backgammon 11am Strength & Fitness 11am Jimmies of Savin Rock. Sign up required. 12pm Poker w/Richard 12:30pm Movie Series Sister Wendy's Painting	10am Yoga 10am Feldenkrais SC closes at 11 11:30am Lunch at Wilton Meadows . Free, sign up required, space is limited. Bus departs Norfield at 11:15am.	9:15am Tai Chi 10am Wii Bowling 11 Strength & Fitness No Movie Today 1:00pm Ice Cream Social Sign up required.	9am Yoga 10am Canasta 10:30am Pilates 10:30am WCW Bridge

August 2015

Mon

Tue

Wed

Thu

Fri

	3	4	5	6	7
	10am Knitting 10am Tap Dancing 10am Medicare 11am Dancing 12:15pm Pickleball 1:00pm Art Class	8:30am Y's Men Backgammon 11am Strength & Fitness 12 Poker W/Stella 12:30pm Movie <i>Under Our Skin</i>	10am Yoga 10am Feldenkrais 10:30am Lunch Sherwood Island – sign up required, bring a dish to pass. Bus departs Norfield at 10:30am or meet there at 11am.	9:15am Tai Chi 10am Wii Bowling 11am Strength & Fitness 12:30pm Movie <i>The Kingsman</i>	9am Yoga 10am Canasta 10:30am Pilates 10:30am WCW Bridge
	10am Knitting 10am Tap Dancing 10am Medicare 11am Dancing 12:15pm Pickleball 1:00pm Art Class	8:30am Y's Men Backgammon 11am Strength & Fitness 12 Poker W/Richard 12:30pm Movie <i>The Roosevelt's - An Interesting History, part one.</i>	10am Yoga 10am Feldenkrais 11:30am Lunch at The Greens at Cannondale. Sign up required. Bus departs Norfield at 11:15am or meet there at 11:30am.	9:15am Tai Chi 10am Wii Bowling 11am Strength & Fitness 11:30am Captains Cove Lunch Outing Sign up required, bus departs Norfield at 11:30am. No Movie Today	9am Yoga 10am Canasta 10:30am Pilates 10:30am WCW Bridge
	Senior Center Closed	Senior Center Closed	Senior Center Closed	Senior Center Closed	Senior Center Closed
	10am Knitting 10am Tap Dancing 11am Dancing 11am Current Events 12:15pm Pickleball 1:00pm Art Class	8:30am Y's Men Backgammon 11 Strength & Fitness 12pm Poker W/Stella 12:30 Movie <i>The Roosevelts con't.</i>	10am Yoga 10am Feldenkrais SC closed at 11 12pm Lunch at Brookdale Place. Sign up required, space is limited. Bus departs Norfield at 11:45am, or meet there at Noon.	9:15am Tai Chi 10am Wii Bowling 11am Strength & Fitness 12:30pm Movie <i>5 Flights Up</i>	9am Yoga 10am Canasta 10:30am Pilates 10:30am WCW Bridge
	10am Knitting 10am Tap Dancing 11am Dancing 12:15pm Pickleball 1:00pm Art Class	8:30am Y's Men Backgammon 11 Strength & Fitness 12pm Poker W/Richard 12:30pm Movie series <i>The Roosevelt's con't.</i>			

Some Medicare Billing Issues

Recently I have been hearing about all kinds of Medicare billing issues. So what is going on out there? Medicare bills by code that comes from the doctor/doctor's office. If the code for a treatment or for a procedure or for an office visit is forgotten or incorrectly entered the Medicare client will be billed for the supposedly uncovered charge. We have to be our own advocates – before you leave a doc office be sure the doc has entered the correct code for any and all tests, lab work or visits that involve you. **ASK THE DOC** to double check to avoid possible future confusion and time expended trying to get a correction in billing. **Unpaid medical bills over a period of time will be reported and could threaten your credit scores.**

Many Medicare-D plans in CT have some prescription meds that are “step” meds. These are meds that are usually very expensive or in a high tier so that before a particular Medicare-D plan will consider covering any of the cost of these meds the doc must try other meds first. (Not all formularies in the 26 plans in CT for 2015 are the same or rate the meds carried in the same tiers.) In a “step” situation the doc must submit paper work as to why this more expensive drug is being ordered. **The client must talk with insurance company that handles their Medicare D plan for very specific instructions.**

A head scratcher! Some of the stand-alone med & urgent care clinics that accept Medicare have closed and/or moved! They have left billing errors for clients to deal with! If this has happened to you find out where the offices have moved, go there to get proper recoding of a bill and/or proper submission to your supplemental insurance company. Non-payment of bills can result in credit rating issues.

Be sure all numbers for Medicare, gap insurance and Medicare-D are properly recorded at a doc office, pharmacy or hospital.

Want to discuss Medicare issues? Half hour **no-fee appointments** are available from 11:00 – 1:00 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!

Meta Schroeter CHOICES Counselor

Current Local Telephone Scams

Several telephone scams making the rounds. **NEVER SEND MONEY TO ANYONE THAT YOU DO NOT KNOW.**

Calls from the IRS about imminent arrest/frozen bank accounts/suing/etc unless money is sent immediately. The IRS will never telephone you about any issues related to your taxes and the IRS will never demand money in such a manor. This is a fraud. Hang up and call the police.

The computer data scheme. A call from computer repair requesting access to your computer for a repair. Once granted all data is copied and held ransom. If payment is not sent the data will be deleted. Even when money has been sent the data is usually deleted by these thieves!!

Weston Public Library Presents:

July 6-31: Adult **Summer Reading:** Fill out a form reviewing a book you read and be entered to win a gift card to a local business. Drawings every Friday.

July 9th-10:30am: **Crossing to Safety** by Stenger.

July 13-18: **Food for Fees**—Bring in non-perishable food items in lieu of paying late fees. Please visit www.westonpubliclibrary.org for additional details.

July 14-12:00pm: **Play With Your Food**—Underwritten by the Friends of the Library. \$25 includes lunch, 3 short plays, and a Q & A with the actors. Reservations may be made in person at the Library.

July 15—7pm: **Movie Night:** Woman in Gold (PG-13)

July 15—7:30pm: **Book Group:** Invention of Wings (Kidd)

July 16, 21, 28- 11:45am: **New Yorker Roundtable**

August 19– 7pm: **Movie Night:** Home (PG)

What Can The WWHD Do for YOU? Westport Weston Health District (203) 227-9571

Wellness Clinics: Regularly offered blood pressure, blood sugar, and cholesterol screening and monitoring; includes personalized lifestyle management counseling.

Travel and Routine Immunizations Clinics: Routine immunizations are available for adults and children by appointment. Medical counseling services, vaccinations and prescriptions recommended and/or required for travel are provided at regularly scheduled Travel Clinics.

Skin Cancer Screening: First Sunday of May, WWHD hosts local Dermatologists, who provide full-body screening at no charge.

Homebound Health Check: in-home visits by a registered nurse for homebound residents, usually once or twice per month. Our goal is to ensure that health needs of the homebound are met and that health status is maintained or improved through assessment and early intervention.

Home Safety Assessments: these may be performed by a registered nurse or in conjunction with a Fire Marshall, physical therapist, and/or social worker. Goal is to provide interventions to assure fall and injury prevention and fire safety.

Health Promotion Programs: Live Well Chronic Disease Self-Management, and Live Well with Diabetes (and pre-diabetes): interactive and facilitated six-week **free** workshops, help participants learn how to deal with symptoms and multi-faceted issues related to chronic disease. Caregivers are encouraged to attend. In addition, press releases, lectures and seminars are offered regularly to address various public health related issues (e.g. Lyme disease and other tick-borne illnesses, radon, lead poisoning prevention, emergency preparedness).

Summer Lunch Schedule



Wednesday, July 1st—No organized lunch today. Bring a bag lunch to the Senior Center.

Wednesday, July 8th—Historical Society Picnic/BBQ—12:00pm-1:30pm—\$4.00 per person at the Historical Society's Coley House. Please do not arrive before 11:45am. Sign up required by July 6th (203) 222-2608.

Wednesday, July 15th— Fire Department BBQ—11:30am-1:30pm— Free! At the Weston Volunteer Fire Department on Lyons Plain Road. Sign up required by July 13th (203) 222-2608.

Wednesday, July 22nd— Selectmen's BBQ— 12:00pm—\$4.00 per person at Norfield Church. Sign up required by July 20th (203) 222-2608.

Tuesday, July 28th—Jimmies of Savin Rock. 11:00am departure from Norfield. Bring money for lunch. Sign up required, space is limited (203) 222-2608.

Wednesday, July 29th—Wilton Meadows—11:30am-1:30pm (bus departs Norfield at 11:15am, or meet there at 439 Danbury Road, Wilton). Free! Sign up required by July 27th. Sign up for both bus and reservation (203) 222-2608.

Wednesday, August 5th—Sherwood Island State Park Picnic—10:30am departs Norfield. Meet at Norfield to ride bus, or meet at Sherwood Island at 11am. Bring a dish to share, let us know what you will be bringing. The senior center will provide paper goods.

Wednesday, August 12th— The Greens at Cannondale—11:30am-1:30pm (bus departs Norfield at 11:15am, or meet there at 435 Danbury Road, Wilton). Free! Sign up required by August 10th. Sign up for both bus and reservation (203) 222-2608.

Thursday, August 13th—Captains Cove Restaurant -11:30am departure from Norfield . Bring money for lunch. Sign up required for both bus and if you plan to meet us there (203) 222-2608.

Wednesday, August 26th-Brookdale Place— 12:00pm-1:30pm. Bus departs Norfield at 11:45am. Free, space is limited to 25. Sign up for both bus and reservation. You can meet us there but you will need to sign up by August 24th (203)222-2608.

Port Jefferson Trip

Thursday, July 23rd

\$15 includes r/t on Senior Center bus, r/t ferry tickets. Must pay by July 16th to Senior Center. Bring own money for lunch at the Steam Room. Or, wander off and find your own spot for lunch. There will be time to shop. We will take the ferry

Bus departs Norfield at 9:45am

10:30am Ferry Across, 2:00pm Ferry Departure from Port Jeff.



Weston Senior Activities
P.O. Box 1007
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www.westonct.gov/

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A portion of the printing costs were generously paid for by Ridgefield Visiting Nurse Association. We thank you for your support.



Bus Trips



Monday, July 20th—Mohonk Mountain House

The Trip is \$69.00 and includes round trip coach bus, entrance fee, lunch, use of grounds from while we are there, a Culinary Traditions presentation, and 15% off at the gift shop. Bus departs Norfield at 8:00am and leaves Mohonk at 3:30pm— returning home at approximately 5:30pm. Payment is due at time of sign up. (203) 222-2608.

Wednesday, September 30th— Caramoor

Take pleasure in a day of great music, art, gardens and scrumptious foods from the Mediterranean region. Listen to a concert in the Music Room with a pianist playing music from Mediterranean composers, followed by a tour of Caramoor's mansion and a delicious Italian buffet. You will be serenaded by Frederick Draper, classical guitarist, while enjoying your lunch.

Cost is \$57.00 and includes round trip coach bus, concert, tour of mansion, and buffet lunch. Sign up required and payment is due in full by August 20th. Bus departs Norfield at 9:45am.