

**Weston Senior  
Services & Resources**

**Senior Activities Center**

203-222-2608, main number  
www.westonseniorcenter.info  
Center Hours  
M, T, W, & Th: 9:00am-3:00pm  
F: 9:00am-12:00pm  
Director: Wendy Petty  
203-222-2608  
Program Coordinator:  
Carla Jegen  
203-222-2508  
Asst. Program Coordinator:  
Linda Gilmore  
203-222-2509

**Dept. of Social Services**

203-222-2663  
Director:  
Charlene Chiang-Hillman  
Administrative Assistant:  
Suzanne Friedman

**Dial-a-Ride**

203-222-2576  
Driver: Gordon Green  
(24-hour notice required)

**Weston Town Hall**

www.westonct.gov  
203-222-2500  
First Selectman's office  
203-222-2656

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**Commission on Aging**

Members:  
Helen R. de Keijzer, Chair  
Bruce Lorentzen, VC  
Don Gumaer, Secretary  
Peggy A. Anderson  
Allison Lisbon  
Joy K. Peshkin  
Margarita Garces-Shapiro

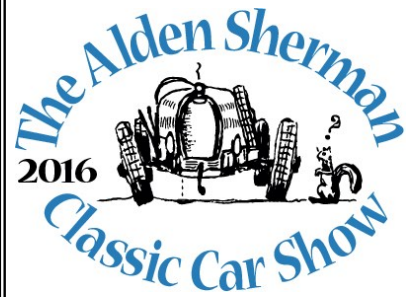
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*Mission Statement:*

*The mission of the Weston Senior  
Activities Center is to serve as the  
hub of programs and events sup-  
porting the well being of community  
members as they age.*

# Weston Senior Activities Center

## September / October 2016



Greetings everyone!

We hope you had a very enjoyable summer. We are excited for Fall and have some wonderful events planned, beginning with our Alden Sherman Classic Car Show on September 25<sup>th</sup>. See the back cover for more details.

We are happy to have our "Art with Friends" class back again, as well as Meditation with Suzanne and Pilates with Andrea. And we have also added a second weekly Feldenkrais class.

Among other upcoming programs, Mark Albertson will be giving another outstanding series, this one on the Military Industrial Complex. Art Gottlieb will be giving a talk on Brexit as well as hosting a new wellness series covering depression, co-dependence, and dementia.

We have some great day trips planned to Kent and to the Barker Museum in Cheshire. We're also looking forward to the Moon Festival and Halloween Party at Norfield here in Weston and to some great lunches at our Senior Center. (All lunches are \$4 except for the Moon Festival Luncheon, which will be \$6.)

We have a fantastic photography exhibit for September/October with work by Julie O'Connor, who published *Doors of Weston*. She and her husband, Dan Burstein, will be hosting an artist reception and luncheon at the Center on September 28<sup>th</sup>.

Please take a look at our new website: [www.westonseniorcenter.info](http://www.westonseniorcenter.info). It is up and running and we are eager for you to check it out.

See you soon!

Wendy, Carla, and Linda

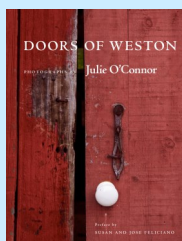


Donations were made by Helen and Arne de Keijzer in memory of:  
Victor Burtsche and Yolanda Dagota



Julie O'Connor  
 Fine Art Photography Exhibit  
 September 12th—October 31st

Doors of Weston



Julie O'Connor is a fine art photographer and photojournalist who has traveled the world in search of powerful and poetic images for more than 30 years. After her experiences in Tibet, she created the "Doors of Tibet" art poster, as well as a series of fine art images, note cards and postcards of Tibet, which are now on sale in museum stores and Asian arts stores across America and through her website: [www.JulieOConnor.com](http://www.JulieOConnor.com).

Inspired and informed by her work with the doors of Tibet, Julie began photographing the doors of Weston, her hometown. During the summer of 2006, the *Weston Forum* published a nine-part series on the doors of Weston, utilizing Julie's photographs. The newspaper went on to win a New England Press Association award for community involvement for this innovative series.

Julie continued to photograph doors throughout 2007 and 2008, culminating in the publication of her fine art photography book, *Doors of Weston*, in December 2008. *Doors of Weston* was published in partnership with the Weston Historical Society and is available at the Historical Society and at [www.DoorsOfWeston.com](http://www.DoorsOfWeston.com). All proceeds from the sale of this collectible book—over \$20,000 so far—go to the Society's Archive Building project.

A past winner of the Best of Show award at the Friends of Hall-Brooke Mother's Day Art Show in Westport, Julie also served as a curator, exhibitor, and/or chair of this annual philanthropic event for ten years. She was recently named a "Gallery Master" at the Darkroom Gallery in Essex Junction, VT, where she has been juried into six shows and won several awards. Julie's work is also in the permanent collection of The Chicago Art Institute, as well as a variety of private collections. Her photojournalism has appeared in *Time*, the *New York Times*, *Travel & Leisure*, and many other distinguished publications.



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

Mondays from 1:00-3:00pm

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**

**~ Artist Reception ~**

September 28th—Weston Senior Center

Julie O'Connor and Dan Burstein will be hosting and sponsoring our luncheon on Wednesday, September 28th at the Weston Senior Center at noon. Immediately following lunch, Julie will be there giving a tour of her work and answering questions. We hope you will join us for this wonderful reception. If you have any questions, please give us a call (203) 222-2608.

There is no charge, but sign up is required.

**Exercise Classes!**

**Tap Dancing with Sandy**

Mondays and Thursdays at 10:00am- Wear Tap Shoes.

**Line Dancing with Sandy**

Mondays at 11:00 am  
 Get moving to your favorite tunes!

**Meditation with Suzanne**

Mondays at 9:15am  
 There is no charge for meditation, come and enjoy this peaceful time with Suzanne.

**Feldenkrais with Cathy**

Mondays and Wednesdays at 10:00am  
 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.

**Pickleball**

Mondays at 12:15pm —drop in and try it!

**Strength & Fitness with Sandy**

Tuesdays & Thursdays at 11:00 am

**Tai Chi with Bill Wren**

Thursdays at 9:30am

**Tai Chi with Mari Lewis**

Tuesdays at 9:30am

**Wii Bowling with Anne**

Thursdays at 10:00 am

**Yoga with Melania**

Fridays at 9:00 am

**Gentle Yoga with Joy**

Wednesdays at 10:00 am

**Pilates with Andrea**

Fridays at 11:00am

**Cost of individual classes vary. Series discounts may be available. Call (203) 222-2608 for details.**





**MOVIES**

All Movies Start at 12:30pm

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



**9/1: The Huntsman – Winter’s War: PG-13:** Queen Ravenna had a younger sister named Freya who ran away and created an ice palace and army of Huntsmen after a great betrayal. She gave the children, men and women only one order: She told them that they must harden their hearts against love forever.

**9/8: The Man Who Knew Infinity: PG-13:** Based on the true story of Srinivasa Ramanujan, one of the first East Indian mathematicians to open the world’s eyes to the infinite possibilities in the field of mathematics. The movie emphasizes the fact that he discovered a whole new realm in mathematics in isolation.

**9/22: Me Before You: PG-13:** "Me Before You" follows Louisa Clark (Emilia Clarke) as she begins a new job that involves caring for a quadriplegic, Will Trainer (Sam Claflin), with whom she begins to form a bond. Once she discovers that Will is planning on committing assisted suicide in six months, she begins to create a schedule of activities and trips that they can take together in hopes of changing his mind on what he's capable of.

**9/29: The Phenom:** Not yet rated: Hopper Gibson has it all - he's a pitcher in the major leagues. As a rookie, though, he can't seem to find a team to find his own. He's downgraded to the minor leagues and starts seeing a sports psychologist who has unorthodox methods. Through his sessions, Gibson and the psychologist uncover conflict that are buried deep. Gibson is struggling with problems between himself and his overbearing, pushy father.

**10/5 and 10/6: Love & Friendship: PG:** After distasteful rumors about her social life circulate society at the tail end of the 18th century, Lady Susan seeks refuge at her family's estate. She decides to wait out the rumors in the company of her in-laws and her daughter. While waiting, she doesn't see any harm in trying to secure a husband for her daughter, even if her daughter has no interest in marriage.

**10/12 (Wednesday) The Meddler: PG-13:** Marnie Minervini is a woman who has a positive outlook on life despite dealing with the recent death of her spouse. She decides to make a fresh start by relocating to Los Angeles to be near her daughter Rose. Equipped with her cell phone and plenty of money on-hand, Marnie heads out to begin her new life in Los Angeles.

**10/19 (Wednesday) Genius: PG-13:** Genius is the story of Max Perkins, a famous editor at Scribner who oversaw the publishing of works by authors like Thomas Wolfe, Ernest Hemingway, F. Scott Fitzgerald, and more. Genius tells the story of Perkins's rise and acquisition of some of the most famous writers in American history, featuring appearances by several of these well-known figures, and offers some insight into the personal life and struggles of this central character in American literature.

**10/4, 11, 18, 25 Roots: TV Miniseries:** An adaptation of Alex Haley's "Roots", chronicling the history of an African slave and his descendants in America.

**Wednesday Luncheons and Presentations**

9/7: Senior Center— lunch is \$4.00  
Presentation by Donald Hyman on  
An Antarctica Journey



Don Hyman, a retired communications consultant and former Associated Press reporter, fulfilled a boyhood dream in late 2013 when he joined an expedition to Antarctica. Traveling with a mixed group of scientists and adventurers from around the world, he explored Antarctica's Palmer Peninsula, a mountainous, ice covered, finger of land on Earth's vast seventh continent; a continent without a country. Overall, he says, the story of his Antarctic geographic experience can be summarized in just a few words. Grandeur. Vastness. Beauty. Loneliness. Malevolence.

9/14: Norfield Church— Moon Festival  
Chinese lunch buffet from Westport  
Chinese Take out, followed by a  
special performance by the Organization of Chinese  
Americans, Fairfield County Chapter! \$6.00



9/21: Norfield Church— Weston Senior Center hosts  
with entertainment by Chris Coogan!!  
Bring a friend to lunch today! \$4.00 and free for  
your friend (must sign friend up ahead of time.)

9/28: Senior Center—Artist Reception with Julie O'Connor— lunch will be sponsored by Julie and her husband Dan Burstein. After lunch, she will take you through her amazing collection of photographs from her book "The Doors of Weston". Free, sign up is required.

10/5: Senior Center  
Call for menu or check our website.  
Movie: *Love & Friendship*. \$4.00 for lunch.

10/12: Senior Center  
Call for menu or check our website. \$4.00  
Movie: *The Meddler*  
Flu Shot Clinic today between 11am-12pm—sign up  
ahead of time. See page 6 for details.

10/19: Senior Center  
Call for menu or check our website. \$4.00  
Movie: *Genius*



10/26: Norfield— Hosted by Norfield Church  
Halloween Party! \$4.00

**Halloween Luncheon**

We will have a costume contest with **prizes** for the following categories:  
**Most Original, Most Unrecognizable, and Best Overall**  
\$4.00

**Trips and Outings**

**The Barker Toy, Comic & Cartoon Museum**

Guided Tour

Lunch at Vespucci's Italian Restaurant

Thursday, October 20th- Depart Norfield at 10:15am

\$4.00 for tour + bring money for lunch.

Space is limited, sign up required.

**Trip to Kent and lunch at Fife 'n Drum**

Thursday, October 27th

Depart Norfield at 9:30am. We will explore Kent until lunch at Fife n'Drum at 12:30pm— call us for details on lunch menu. We will return immediately following lunch.

Bring own money for lunch and shopping. Sign up required, space is limited (203) 222-2608.



# September 2016

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

<p><b>Artist's Show</b> <b>September 12th-</b> <b>October 31st</b></p> <p><b>Photography</b> <b>by</b> <b>Julie O'Connor</b></p>				1	2
<p>5</p> <p>Senior Center Closed</p> <p>Labor Day</p>	6	7	8	9	
12	13	14	15	16	
19	20	21	22	23	
26	27	28	29	30	
<p>9:15am Meditation</p> <p>10am Art Gottlieb</p> <p>"911 Photo Remembrance"</p> <p>10am Knitting</p> <p>10am Medicare by appt</p> <p>10am Feldenkrais</p> <p>10am Tap Dancing</p> <p>11am Current Events, Laura</p> <p>11am Line Dancing</p> <p>12:15pm Pickleball</p> <p>12:45pm Massage by appt.</p> <p>1pm Art With Friends</p>	<p>8:30am Y's Backgammon</p> <p>9:30am Tai Chi w/ Mari</p> <p>10am Beading w/Carla</p> <p>11am Strength &amp; Fitness</p> <p>1pm Mark Albertson</p> <p>"Military Industrial Complex – Rudiments of the Corporate State – Part 2"</p>	<p>10am Feldenkrais</p> <p>10am Yoga</p> <p>12pm Lunch at <b>Norfield</b></p> <p><b>"Moon Festival"</b></p> <p>Chinese food buffet from Westport Chinese Take Out, followed by special performance by Organization of Chinese Americans – \$6.00</p>	<p>9:15am Tai Chi</p> <p>10am Wii Bowling</p> <p>10am Tap Dancing</p> <p>11am Strength &amp; Fitness</p> <p>11:30am Brain Games by Wilton Meadows – sign up required.</p> <p>No Movie today</p>	<p>9am Yoga</p> <p>10am Canasta</p> <p>10am Bridge</p> <p>11am Pilates</p>	<p>9am Yoga</p> <p>10am Canasta</p> <p>10am Bridge</p> <p>11am Pilates</p> <p><b>Alden Sherman</b> <b>Classic Car Show</b> <b>This weekend!!</b></p>
<p>9:15am Meditation</p> <p>10am Knitting</p> <p>10am Feldenkrais</p> <p>10am Tap Dancing</p> <p>11am Line Dancing</p> <p>12:15pm Pickleball</p> <p>12:45pm Massage by appt.</p> <p>1pm Jeffrey Engel</p> <p>"Shubert"</p> <p>1pm Art With Friends</p>	<p>8:30am Y's Backgammon</p> <p>9:30am Tai Chi w/Mari</p> <p>11am Strength &amp; Fitness</p> <p>1pm Mark Albertson</p> <p>"Military Industrial Complex – NDA 1947- Part 3"</p>	<p>10am Feldenkrais</p> <p>10am Yoga</p> <p>12pm Lunch at <b>Norfield</b></p> <p>Hosted by Weston Senior Center</p> <p><i>Entertainment by Chris Coogan!</i></p> <p>\$4.00</p> <p><b>Bring a Friend Today!</b></p>	<p>9:15am Tai Chi</p> <p>10am Wii Bowling</p> <p>10am Tap Dancing</p> <p>11am Strength &amp; Fitness</p> <p>12:30pm Movie</p> <p><i>Me Before You</i></p>	<p>9am Yoga</p> <p>10am Canasta</p> <p>10am Bridge</p> <p>11am Pilates</p>	
<p>9:15am Meditation</p> <p>10am Knitting</p> <p>10am Medicare by appt</p> <p>10am Feldenkrais</p> <p>10am Tap Dancing</p> <p>10am Art Gottlieb "Brexit"</p> <p>11am Line Dancing</p> <p>12:15pm Pickleball</p> <p>12:45pm Massage by appt</p> <p>1pm Art With Friends</p>	<p>8:30am Y's Backgammon</p> <p>9:30am Tai Chi w/Mari</p> <p>10am Zendoodle w/Carla</p> <p>11am Strength &amp; Fitness</p> <p>1pm Mark Albertson</p> <p>"Military Industrial Complex – Empire of Reason – Part 4"</p>	<p>10am Feldenkrais</p> <p>10am Yoga</p> <p>12pm Lunch</p> <p><b>At Senior Center</b></p> <p>Hosted by Julie O'Connor and Dan Burstein</p> <p><b>Artist Reception following lunch.</b></p>	<p>9:15am Tai Chi</p> <p>10am Wii Bowling</p> <p>10am Tap Dancing</p> <p>11am Strength &amp; Fitness</p> <p>12:30pm Movie</p> <p><i>The Phenom</i></p>	<p>9am Yoga</p> <p>10am Canasta</p> <p>10am Bridge</p> <p>11am Pilates</p>	

# October 2016

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

	3	4	5	6	7
<p>Senior Center Closed</p> <p><i>Breast Cancer Awareness Month.</i></p>	<p>9:15am Commission on</p> <p>8:30am Y's Backgammon</p> <p>9:30am Tai Chi w/Mari</p> <p>11am Strength &amp; Fitness</p> <p>12:30pm TV Mini Series: <i>Roots Part 1</i></p> <p>1pm Beg. French</p>	<p>10am Feldenkrais</p> <p>10am Yoga</p> <p>12pm Lunch at the <b>Senior Center</b></p> <p>12:45pm Movie <i>Love and Friendship</i></p>	<p>9:15am Tai Chi w/Bill</p> <p>10am Wii Bowling</p> <p>10am Tap Dancing</p> <p>11am Strength &amp; Fitness</p> <p>12:30pm Movie <i>Love and Friendship</i></p>	<p>9am Yoga</p> <p>10:00am Canasta</p> <p>10am Bridge</p> <p>11am Pilates</p>	
<p>Senior Center Closed</p>	<p>8:30am Y's Backgammon</p> <p>9:30am Tai Chi w/Mari</p> <p>10am Halloween Craft</p> <p>11am Strength &amp; Fitness</p> <p>12:30pm TV Mini Series: <i>Roots Part 2</i></p> <p>1pm Beg. French</p>	<p>10am Feldenkrais</p> <p>10am Yoga</p> <p>12pm Lunch at the <b>Senior Center</b></p> <p>12:45pm Movie <i>The Meddler</i></p>	<p>9:15am Tai Chi w/Bill</p> <p>10am Wii Bowling</p> <p>10am Tap Dancing</p> <p>11am Strength &amp; Fitness</p> <p>11:30am Brain Games and Lunch by Wilton Meadows</p> <p>No movie today</p>	<p>9am Yoga</p> <p>10am Canasta</p> <p>10am Bridge</p> <p>11am Janet Barrett – Author <i>"They Call Her Reckless"</i></p> <p>11am Pilates</p>	
<p>9:15am Meditation</p> <p>10am Knitting</p> <p>10am Feldekrais</p> <p>10am Tap Dancing</p> <p>10am Art Gottlieb</p> <p>"Understanding Depression"</p> <p>10am Medicare by appt</p> <p>11am Current Events Laura</p> <p>11am Line Dancing</p> <p>12:15pm Pickleball</p> <p>12:45pm Massage by appt.</p> <p>1pm Art With Friends</p>	<p>8:30am Y's Backgammon</p> <p>9:30am Tai Chi w/Mari</p> <p>10am Zendoodle w/Carla</p> <p>11am Strength &amp; Fitness</p> <p>12:30pm TV Mini Series: <i>Roots Part 3</i></p> <p>1pm Beg. French</p>	<p>No Feldenkrais today</p> <p>10am Yoga</p> <p>11am-12pm Westport/Weston Health Department's Flu Shot Clinic</p> <p>Sign up required.</p> <p>12 Lunch at <b>Senior Center</b></p> <p>12:45 Movie <i>Genius</i></p> 	<p>9:15am Tai Chi w/Bill</p> <p>10am Wii Bowling</p> <p>10am Tap Dancing</p> <p>11am Strength &amp; Fitness</p> <p>Barker Toy Museum Trip</p> <p>Depart Norfield at 10:15am</p> <p>Sign up required</p> <p>No movie today</p>	<p>9am Yoga</p> <p>10am Canasta</p> <p>10am Bridge</p> <p>10am Jeffrey Engel "Shubert's Berlioz Symphony"</p> <p>11am Pilates</p>	
<p>9:15am Medication</p> <p>10am Knitting</p> <p>10am Feldenkrais</p> <p>10am Tap Dancing</p> <p>10am Medicare by appt</p> <p>10am Art Gottlieb</p> <p>"Understanding Co-Dependence"</p> <p>11am Line Dancing</p> <p>12:15pm Pickleball</p> <p>12:45pm Massage by appt</p> <p>1:00pm Art With Friends</p>	<p>8:30am Backgammon</p> <p>9:30am Tai Chi w/Mari</p> <p>10am Halloween Floral Arranging Class w/Carla</p> <p>Space is limited.</p> <p>11am Strength &amp; Fitness</p> <p>12:30pm TV Mini Series: <i>Roots Part 4</i></p> <p>1pm Beg. French</p> 	<p>10am Feldenkrais</p> <p>10am Yoga</p> <p>12pm Lunch at <b>Norfield</b></p> <p><b>Hosted by Norfield</b></p> <p><b>Halloween Party</b></p> <p><b>See details inside!</b></p> <p>Wear your costumes for our contest – we have prizes!</p>	<p>9:15am Tai Chi w/Bill</p> <p>10am Wii Bowling</p> <p>10am Tap Dancing</p> <p>11am Strength &amp; Fitness</p> <p>Trip to Kent Today</p> <p>Depart Norfield at 9:30am – sign up required.</p> <p>No movie today</p>	<p>9am Yoga</p> <p>10am Canasta</p> <p>10am Bridge</p> <p>10:30am Lisa Arnold "Renoir"</p> <p>11am Pilates</p>	
<p>9:15am Meditation</p> <p>10am Knitting</p> <p>10am Feldenkrais</p> <p>10am Tap Dancing</p> <p>10am Medicare by appt</p> <p>10am Art Gottlieb</p> <p>"Understanding Dementia"</p> <p>11am Line Dancing</p> <p>12:15pm Pickleball</p> <p>12:45pm Massage by appt</p> <p>1:00pm Art With Friends</p>					

## Some Medicare Basics

**Medicare Open Enrollment October 15 –December 7**

*“Medicare and You – 2017” due mid-end September  
look for this booklet in the mail*

**Medicare – D** The annual open enrollment period for the drug plans for original/ traditional Medicare (Medicare Part D) for 2017 coverage is **October 15, 2016 through December 7, 2016**. During this time period you can easily change insurance providers and coverage and without penalty.

Make an appointment to review your prescription drugs for 2017 offered Medicare - D insurance plans with a CHOICES counselor. There are changes to 2017 Medicare Part D offerings in Connecticut including new insurance plans, dropped insurance plans, changed formularies and increased premiums. Prescription medications including precise name, dosage and frequency of use will be reviewed with you on the Medicare website and the Medicare D insurance plans that are the most suitable will be given to you in order of price effectiveness. Last year reviews helped save several people more than \$400 yearly in drug & premium costs. Some people had not reviewed their plans for several years; others changed providers from the previous year because of major formulary changes.

**Medicare Plan Change** If you plan to switch Medicare Plan providers especially to or from an Advantage program be sure your docs, labs for blood work and the hospital of your choice accept that particular Advantage plan. Do not trust lists that have been made to meet a printing deadline of four or five months ago. Telephone providers to be sure they accept the Advantage plan that you are considering before you enroll. A Medicare resource can drop out of any plan any time.

**Book appointments early** Couples must book separate half hour appointments. There may not be time available when booking later, which could mean scrambling for help. During open enrollment period half hour appointments will be available on Mondays. APPOINTMENTS ARE THROUGH THE WESTON SENIOR CENTER at (203) 222 - 2608. If the times or dates are not convenient simply contact a CHOICES counselor at 1(800) 994 - 9422. Never a fee for this service.

Meta Schroeter CHOICES Counselor

Scams have been all around us this summer – IRS, computer, delivery of gifts, and Grandma/Grandpa send money to me!! Be alert! Never give any personal information over the phone or agree to send money. To check your credit standing with the three bureaus once a year call Annual Credit Report Request. – the only authorized source to give free credit reports under federal law.

By internet: [annualcreditreport.com](http://annualcreditreport.com)

By phone: Call 1-877-322-8228

By mail: Annual Credit Report Request Service  
P.O. Box 105281  
Atlanta, GA 30348-50281

## Weston Public Library

Construction will be going on through September, but they remain open to check out books and movies and use the computers.

9/21 @ 7pm Book Group: East of Eden by John Steinbeck

## Weston Walks

NRVT Hike: Wednesday, October 5th at 9:30am

Led by Julie Sidhu

We will meet off of Route 7 in Wilton just south of Wilton High School Tennis courts-parking at junction on rt 7 and School Rd, Wilton. Walk along the river then through Wilton town center and into the beautiful new section. Out and back single trail so you can turn back at any time. (Get coffee and or lunch) No one will get lost! 2-8 miles. We have 3 more hikes coming up: There is a hike for everyone coming up in Weston.

Popp Mountain/Freeborn Road hike: time and date TBD

Autumn Bisceglie Hike: October 13<sup>th</sup> at 9:00am

Led by Ray Rauth.

Devils Den Fall Hike: October 22– details TBD.

## The Weston Historical Society

(203) 226-1804

The WHS's second annual family friendly Oktoberfest will be on Saturday, September 24th from 1-5pm. We will have German food and beer, games, and live music from the Apple Strudel Duo of Shiela, Mark Productions. Please bring your families and enjoy all the fun.

## Westport/Weston Health District

(203) 227-9571

### Flu Shot Clinic at the Weston Senior Center

Wednesday, October 19th

11am—12pm

Westport/Weston Health Department will be back on the 19th to give flu shots before our luncheon.

Please bring your insurance card with you.

Appointments are necessary,

Call to sign up at (203) 222-2608.



**Lectures, Presentations and Discussion Groups****Sponsored by the Friends of the Weston Senior Activities Center**

**Mark Albertson**  
(203) 222-2608 to sign up.

Four Part Series  
**The Military-Industrial Complex**

Week One: Tuesday, September 6th: 1:00pm-2:30pm  
**The Confederacy**

The premise of States Rights was one of the hallmarks of the Confederacy as a Revolution. But the Southern Aristocracy, with its slave economy, would be subsumed, as the idea of States Rights would be, by the industrialization of the South.

Week Two: Tuesday, September 13th: 1:00pm-2:30pm  
**Rudiments of the Corporate State**

America prior to WWI; and lack of preparedness for war. The fallacy of Versailles, the Great Depression, Rebound of American Industry. American and Soviet Military-Industrial Complexes help win the war, 1935-1945. Seeds for Cold War.

Week Three: Tuesday, September 20th: 1:00pm-2:30pm  
**NDA 1947**

The reorganization of the American military establishment to accommodate Superpower-hood and Empire. The US Army Air Force becomes the US Air Force.

Week Four: Tuesday, September 27th: 1:00pm-2:30pm  
**Empire of Reason**

Permanence of the Military-Industrial Complex. Collapse of the Soviet monolith. The New Great Game-Corporate Resource Wars. 9/11. Demise of the Grand Republic.

**Jeffrey Engel**  
(203) 222-2608 to sign up.

Monday, September 19th-1pm: **Shubert's Last Year**

Most people know the name Schubert, but very little else about his life. Imagine that he died at the age of 31 and yet still managed to compose over 1400 works (all during a period of just 20 years!!).

Friday, October 21st—10am: **Shubert's Berlioz Symphony**

During his lifetime, Franz Schubert received very few public performances. Decades would pass before some of his finest music would finally make it to the concert hall.

**Art Gottlieb, LCSW, CSA**

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

Monday, September 12th: 10am-11am

**9-11-2001: A photo Remembrance:** September 11, 2016 will mark 15 years since the day that terrorists flew two hijacked airliners into the World Trade Center, one into the Pentagon with a fourth aircraft diverted from its target only after passengers seized control and crashed it into a field in Shanksville PA. This program will feature a photo-collage of this terrible day. There will be no political discussion during this presentation, as it is intended only as a solemn remembrance of those who lost their lives. Note: Some photographs may be disturbing for some viewers.

Monday, September 26th: 10am –11am

**Brexit:** On June 23 Great Britain held a referendum on whether to remain a member of, or to leave the European Union (EU). This program will review the history of the EU in relation to its member nations and the issues surrounding the British decision to exit from the EU.

**Gottlieb's New Three Part Wellness Series**

Monday, October 17th: 10am-11am  
**Understanding Depression**

Monday, October 24th: 10am-11am  
**Understanding Co-Dependence**

Monday, October 31st: 10am-11am  
**Understanding Dementia**

In this series, Mr. Gottlieb will refer to case examples from his years of professional experience working as a Licensed Clinical Social Worker and Certified Senior Advisor. Topics concerning personal, interpersonal and interfamily dynamics will be covered, focusing on practical and relevant information useful for everyday life. Discussions will be interactive and conducted in plain language without any unnecessary psycho-jargon.

**Lisa Arnold**

(203) 222-2608 to sign up.

Friday, October 28th 10:30am-12pm: **Renoir**

Many consider Auguste Renoir as the founder of the Impressionist movement during the 19th century. A beloved painter who grew to great fame after being accepted into the Paris Salon, Renoir graced his canvasses with beautiful portraits, flowers and more. Let's explore this very lovely period in the arts.

**French Lessons**

Parlez-vous Francais?  
French Classes for Seniors

**Beginner and intermediate level**

October 4, 11, 18, 25 from 1pm-2:15pm - \$40.00 for series

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

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**Alden Sherman Classic Car Show**  
**Sunday, September 25th, 2015 10:00am-3:00pm**  
**(Rain date 10/2)**

**Weston High School Grounds**

Come and see an amazing assortment of classic cars, race cars, motorcycles and trucks. There will be music, food, a fabulous silent auction, and a unique collection of cars.

This event is co-sponsored by the Friends of the Weston Senior Activities Center and all of the money raised will directly benefit the Weston Senior Center.

**There are many ways to help:**

1. Make a tax deductible donation made payable to The Friends of the Weston Senior Activities Center, PO Box 1007, Weston, CT 06883. We will send you a receipt.
2. Help us secure items for our silent auction. Do you have a favorite store, salon or restaurant that you frequent? If so, help us by asking if they will donate an item or gift certificate. It all adds up and our silent auction brings in 25% of the revenue that we make, so it's really important!
3. Ask your friends if they want to make a basket for our auction - wine baskets are great items and if you and your friends donate a bottle of wine, we can group them together and make a nice package. Movie themes are great, kids baskets, car care with car wash gift certificates are great too.
4. We need volunteers the day of the event to help direct people inside the school to the cafeteria.
5. Last but very important, come to the show and bring your friends and family!