

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)
Dial A Ride is offered for
Weston Residents going to
Weston, Westport, Norwalk
and Georgetown. Must call 24
hours ahead to book your
appointment.
203-222-2576

Center Hours:

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

**9:15am**  
Monday, 3/7 & 4/4

**Board Members:**

Helen de Keijzer, Chair  
Peggy Anderson  
Bruce Lorentzen  
Donald Gumaer  
Margarita Garces-Shapiro  
Harvey Bellin  
Joy Peshkin  
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Weston Senior Activities Center

March/April 2016



Spring is almost here!

It has been a busy and exciting winter at the center. We have been overjoyed to have many new people at our classes and lectures. A real community continues to blossom here and we love it!

Some new classes and activities for March and April include: meditation, Melt Method for pain relief, indoor walking in our gym, Garden Design and Planning with Twombly Nursery, a bird talk and exhibit with Christine Peyreigne, history lectures with Mark Albertson, current events with Art Gottlieb, and a lecture on musical prodigies Mozart and Mendelssohn by Jeffrey Engle. We are also starting a book club which will be led by Laura Smits. Come join us for these new activities and events and many more fun offerings.

Our hallways are now a place for local artists to hang their work. Not only does this beautify our space, these exhibits bring a sense of artistic buzz and excitement each month when a new artist displays their work. Do you know anyone who is interested in having a show here? If so, please let us know.

Finally, check our "coming soon" section in this newsletter and let us know which upcoming trips look fun for you.

See you soon!

Best wishes,
Wendy, Pam and Carla
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***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.***

Looking for a Greeting Card? We have them for sale!  
We have one of a kind, hand painted cards by Roberta Morelli.  
Her cards are \$3.00 each or two for \$5.00.

We also have commercial greeting cards for all occasions for \$1.  
All of the money directly benefits the Weston Senior Center.



Thank you to Roberta Morelli for donating all of the money from the sale of her hand painted cards to the Weston Senior Center.

**In Her Own Words**

**Patricia Steiner Heifetz**



Photo credit: Julie O'Connor

We were looking for a house in the general area and just happened to find one in Weston and said, "OK, we'll just live here a short time while we find a place to live." That was more than 50 years ago.

I soon got very active in the League of Women Voters, reporting on town meetings to the group. I heard a lot of people in town asking the same question: What is the biggest lack in Weston? Everybody said lack of communication. For example, there was a big vote on buying the Revson property but no one knew how it came out.

So I took paper and with my little typewriter I wrote a thing and called it *The Weston Forum*, and we passed it out to people at the Memorial Day Fair, telling them what had happened in this referendum. That was the first people knew about it. I thought that was the end of it until Dick Voigt, who owned the Pepper Mill restaurant in Westport, said to me, "Well, you have to keep this up, you know. This is what Weston needs, it's a newspaper. I will keep my ad in there as long as you keep it going." I laughed, but sure enough, once the paper came out people started calling me up about this and that and everything else. The next thing I knew, it was the following week, and then the following week. Pretty soon it was August and the first issue of the *Weston Forum* came out on August 5th, 1970. And it's been going every week ever since.

The biggest compliment I ever got was a letter to the editor that said *The Forum* turned a discombobulated area into a town.

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This article was brought to you by Weston Historical Society's Oral History Projects.



Indoor Walking in our Gym



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

Grab and friend and walk the gym to get your mileage in. We can keep a card for you to keep track of your mileage. Just ask. **us!**

Exercise Classes!

Meditation with Suzanne

Mondays 9:30am-10:15am @ (SC Lounge)—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 Exercise Studio) -This class will be a series by the month. Call for details.

Melt Method with Kristen

Mondays @ 11 (SC Café) – class is by series, call for details. This self treatment technique will help you get out and stay out of chronic pain, and improve balance and stability. Learn how to rehydrate your connective tissue and rebalance your nervous system in this unique class.

Feldenkrais with Cathy

Wednesdays @ 10am \$3/Class- 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 -stand and sit with ease and comfort

Pickleball

Mondays @ 12:15pm (SC Gym)—drop in

Strength & Fitness with Sandy

Tuesdays & Thursdays @ 11 am see description on left box \$3/class drop in (SC Gym)

Tai Chi with Bill Wren

Thursdays 9:30am (SC Exercise Studio)

Tai Chi with Mari Lewis

Tuesdays 9:30am-(SC Gym)

Wii Bowling with Anne

Thursdays @ 10 am
 Free (Senior Center Theatre)

Yoga with Melania

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

Gentle Yoga with Joy

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

Pilates with Andrea

Fridays at 10:30am— SC Exercise Studio)

Meditation

**Mondays 9:30am -10:15 am with
 Suzanne Sheridan**



Please bring a meditation pillow or you can use a chair at the Center. Have you ever wanted to feel more peaceful, more alive? Have less fear? Meditation is one great way to become aware of your inner landscape and become free from responding to life automatically. It also helps you to be aware of what you are really thinking. We can all become better at this practice. Come and try for a month, you will be amazed at how much more peace and joy there is in the world when you meditate. Free of charge. Sign up required.

**Sandy's Strength & Fitness Class
 Tu/Th 11am**

Utilizing balls and weights while sitting and standing, you will stretch and strengthen all muscle groups. Emphasis on flexibility and balance to enhance daily function and alignment. You will be taught to articulate the muscles of your feet to improve your gait and stability. The muscles that attach to and protect your back, hips, knees and shoulders will see improved strength and range of motion.

**Sandy's Line Dancing Class
 Mondays @ 11am—By the Series**

We will be offering Line Dancing in a series by the month in order to make sure that we have a group coming for her amazing classes. March 7, 14, 21, 28 \$12.00
 April 4, 18, 25 \$9.00

MOVIES

All Movies Start at 12:30pm (unless noted for 1pm)

Movies are free and include popcorn!

Sign up is required so we can notify you of any changes or cancellations.
(203) 222-2608.

3/3 The Walk – PG- In 1974, Philippe Petit was at the height of his career as a tightrope walker. He decided that he needed to do something truly impressive to cement his legacy. The method that he chose was walking between the Twin Towers in New York City on a tightrope. Even before the actual event, there were many hurdles to cross, but the actual feat was the stuff of legend. Could this French tightrope walker accomplish this amazing task as the world watched?

3/10 Bridge of Spies – PG-13- Tom Hanks-Sometimes, people are asked to do things above and beyond the call of duty. They're able to reach down and find courage from a place they never knew existed. During the Cold War, an American U-2 pilot is captured by the Russians. A lawyer is recruited by the CIA and his job, next to impossible, is to negotiate the pilot's release. Can a mere insurance lawyer rise to the occasion?

3/31 Love The Coopers – PG-13- Holidays are time for families to come together, but they aren't always easy. That is especially true when the multi-generational Cooper clan gathers at their yearly Christmas Eve excursion. With so many around, chaos ensues, with unwanted guests and situations causing major havoc. Yet through it all, the family learns to band together and rediscover their love of life and family while restoring the Christmas spirit back into their hearts.

4/7 My All American – PG- Freddie Steinmark wants to play football more than anything, but he's considered to be too small by the basic athletic standards. Freddie's father's hard training sessions help him to play with such fierce determination that it ultimately gets him noticed by a legendary coach named Darrell Royal. Freddie is then awarded a scholarship and the potential to play for the Longhorns

4/21 Heart of the Sea- PG-13- Narrated by Owen Chase, the first mate on a whaling ship, this journey follows a boisterous whaling crew from Nantucket in 1820. While in the middle a vast ocean, Chase and his crew are attacked by a massive sperm whale – one that capsizes the ship, leaving the crew stranded on the sea in small lifeboats. As a whole, the remaining crew attempts to paddle their way to South America, but their numbers are dwindling from the onsets of starvation and dehydration.

4/28 Concussion – PG-13- Will Smith- "Concussion" takes the story of David and Goliath and puts it into a new perspective. Dr. Bennett Omalu found the first CTE concussion in a pro football player - and how he helped the player come through it. Compassion and courage take on a new life. A new way of looking at football players' injuries emerges in the true story of "Concussion", and it will leave everyone shocked beyond their wildest dreams.

Tuesday, March 29th—His Neighbor Phil—produced by My Town Pictures and Synergy HomeCare, this is a private screening about Alzheimer's disease and there will be a discussion about the film immediately following the movie. 12:30 movie/2pm Film Discussion— sign up required.

**Wednesday, March 9th—Massage Presentation and Appointments
12:45pm following our Luncheon at the Senior Center.**

Please join us after the March 9th luncheon for a 15 minute informational talk on massage and acupuncture by Beth Dobservage. After the talk, Beth who is a licensed masseuse and acupuncturist, will be giving 10 minute hand, neck or shoulder massages by appointment. Sign up is required. (203) 222-2608

Brain Games and Lunch

Sponsored by Wilton Meadows
March 24th and April 21st at 11:30am



Come and enjoy lunch and play some great "brain games/teasers" to keep you thinking! Sign up required.
(203) 222-2608.

**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

Garden Design & Planning

Thursday, March 24th 1pm @ Senior Center
With Twombly Nursery (Part two)

Take this opportunity to discuss your landscape questions with the pros from Twombly Nursery. Bring photos and dimensions for solutions to your landscape problems. Sign up (203) 222-2608

Bird Talk and Exhibit

Tuesday, April 5th @ 12:30pm

Join Christine Peyreigne (Mercy College student, Weston resident, and licensed falconer) and share with us the extraordinary presentation on Hawks and Falcons. She will be bringing some of her birds with her. Sign up required.



News From Lachat Farm

The Lachat Farm Board wants to have you involved!

1. Would you like a garden bed allocated to the Senior Center? Interested in growing vegetables? We have a generous donor who contributed a senior garden space to you Thank you Jeff Wollman!
2. We would like to arrange a weekly set story time starting in the spring where a senior would read a farm/nature/environmental/nutrition story to the children. Pamela, the Children's Librarian, will coordinate with us and provide story ideas.
3. Would you like to join us on the advisory board? It would be great to have a representative involved who is interested in the Lachat mission.
4. Does anyone have prior farming/animal husbandry/vegetable growing/bee keeping/food preserving/greenhouse or seedling growing experience they would be interested in sharing?
5. Would you like to help us supervise our summer intern program where high school students volunteer to work at the farm for a few weeks through the summer?
Call Michelle Fracasso with any questions
917-602-1383.

March 2016

Mon

Tue

Wed

Thu

Fri

	1	2	3	4
Artist this month: Roy Marsh	8:30am Y's Men Backgammon 9:30am Tai Chi w/Mari 10am Beading w/Carla 11am Strength & Fitness 12pm Poker w/Stella 12pm Pizza Party (rescheduled from 2/23)	10am Feldenkrais 10am Yoga 12 Lunch at Senior Center Sign up required by Monday, call the week before for menu.	9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 11am Strength & Fitness 12:30pm Movie <i>The Walk</i>	9am Yoga 10am Canasta 10am Bridge 10:30am Pilates 11:30am Mark Albertson- Battle-ship Connecticut
9:15am Commission Mtg 9:30am Meditation 10am Knitting 10am Tap Dancing 10am Medicare by appt. 10 A. Gottlieb Current events 11am Line Dancing 11am Melt 12:15pm Pickleball 1pm Art With Friends	8:30am Y's Men Backgammon 9:30am Tai Chi w/Mari 10am Zentangle w/Carla 11am Strength & Fitness 12pm Poker w/Stella	10am Feldenkrais 10am Yoga 12 Lunch at Senior Center Sign up required 12:45pm Beth Dobseveage presentation on benefits of massage – sign up required.	9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 11am Strength & Fitness 12:30pm Movie <i>Bridge of Spies</i>	9am Yoga 10am Canasta 10am Bridge 10:30am Pilates 11:30am Mark Albertson - Syria Lecture
9:30am Meditation 10am Knitting 10am Tap Dancing 11am Line Dancing 11am Melt 12:15pm Pickleball 1pm Art With Friends	8:30am Y's Backgammon No Tai Chi today 10am Zentangle w/Carla 11am Strength & Fitness 12pm Poker w/Richard	10am Feldenkrais 10am Yoga 12 Lunch at Norfield Hosted by Emmanuel St. Patrick's Day Menu: Corned Beef & Cabbage, vegetable, rolls, dessert Sign up required by 3/11. Entertainment: <i>Tom Hooker</i>	9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 11 Strength & Fitness 12pm Pizza/Game Day Sign up required.	9am Yoga 10am Canasta 10am Bridge 10:30am Pilates
9am-1pm AARP Tax Prep By appointment 9:30am Meditation 10am Knitting 10am Tap Dancing 10 A. Gottlieb Current events 11am Line Dancing 12:15pm Pickleball 1pm Art With Friends 1pm Jeffrey Engle	8:30am Y's Backgammon No Tai Chi today 11am Strength & Fitness 11:30am Lunch outing to Rio Bravo – meet @ Norfield sign up required. 12pm Poker w/Richard	10am Feldenkrais No Yoga Today 12 Lunch at Norfield Hosted by Newcomers and Neighbors Easter Luncheon Sign up required by Mon. Entertainment <i>Serendipity Chorale</i> Menu: Ham, scallop potatoes, salad, rolls	9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 11 Strength & Fitness 11:30am Brain Games 1pm Garden Design and Planning	Senior Center Closed
9:30am Meditation 10am Knitting 10am Medicare by appt 10am Tap Dancing 11am Line Dancing 12:15pm Pickleball 1pm Art With Friends	8:30am Y's Backgammon 9:30am Tai Chi w/Mari 10am Zentangle w/Carla 11am Strength & Fitness 12pm Poker w/Richard 12:30pm Movie and Discussion – <i>His Neighbor Phil</i> by Synergy Homes	10am Feldenkrais No Yoga Today 12 Lunch at Senior Center Sign up required by Monday, call the week before for menu.	9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 11 Strength & Fitness 12:30pm Movie <i>Love The Coopers</i>	



April 2016

Mon

Tue

Wed

Thu

Fri

Artist This Month: Sharon Bell				<p>1</p> <p>9am Yoga 10:00am Canasta 10am Bridge 10:30am Pilates</p>
<p>4</p> <p>9:15am Commission Mtg 9:30am Meditation 10am Medicare Appt 10 A. Gottlieb current events 10am Knitting 10am Tap Dancing 11am Line Dancing 12:15pm Pickleball 1pm Art With Friends</p>	<p>5</p> <p>8:30am Y's Backgammon 9:30am Tai Chi w/Mari 10am Zentangle w/Carla 11am Strength & Fitness 12pm Poker W/Richard 12:30pm Bird Lecture with Christine P. sign up required.</p>	<p>6</p> <p>10am Feldenkrais 10am Yoga 12 Lunch at Norfield Hosted by Women's League Grilled chicken, salad, appetizers, dessert <i>Bingo</i> Sign up required by Mon.</p>	<p>7</p> <p>9:15am Tai Chi w/Bill 10am Wii Bowling 10am Tap Dancing 11am Strength & Fitness 12:30pm Movie <i>My All American</i></p>	<p>8</p> <p>9am Yoga 10am Canasta 10am Bridge 10:30am Pilates</p>
<p>11</p> <p>Senior Center Closed</p>	<p>12</p> <p>Senior Center Closed</p>	<p>13</p> <p>Senior Center Closed</p>	<p>14</p> <p>Senior Center Closed</p>	<p>15</p> <p>Senior Center Closed</p>
<p>18</p> <p>9:30am Meditation 10 A. Gottlieb current events 10am Knitting 10am Tap Dancing 10am Medicare Appt 11am Line Dancing 12:15pm Pickleball 1:00pm Art With Friends</p>	<p>19</p> <p>8:30am Backgammon 9:30am Tai Chi w/Mari 10am Zentangle w/Carla 11am Strength & Fitness 12pm Poker Today</p>	<p>20</p> <p>10am Feldenkrais 10am Yoga 12pm Lunch at Senior Center- sign up required by Monday, call the week before for menu. 1pm Mark Albertson <i>Pact of the Devils Hitler-Stalin Pact</i></p>	<p>21</p> <p>9:15am Tai Chi w/Bill 10am Wii Bowling 10am Tap Dancing 11am Strength & Fitness 11:30am Brain Games 1:00pm Movie <i>Heart of the Sea</i></p>	<p>22</p> <p>9am Yoga 10am Canasta 10am Bridge 10:30am Pilates</p>
<p>25</p> <p>9:30am Meditation 10am Knitting 10am Tap Dancing 11am Line Dancing 12:15pm Pickleball 1:00pm Art With Friends</p>	<p>26</p> <p>8:30am Backgammon 9am-12pm Intergenerational Program Day 9:30am Tai Chi w/Mari 11am Strength & Fitness 12pm Poker 5:30pm Medicare Dinner and presentation by reservation.</p>	<p>27</p> <p>10am Feldenkrais 10am Yoga 12pm Lunch at Senior Center- sign up required by Monday, call the week before for menu.</p>	<p>28</p> <p>9:15am Tai Chi w/Bill 10am Wii Bowling 10am Tap Dancing 11am Strength & Fitness 12:30pm Movie <i>Concussion</i></p>	<p>29</p> <p>9am Yoga 10am Canasta 10am Bridge 10:30am Pilates</p>

Office of the Tax Collector
(203) 222-2696
Applications For Elderly Tax Relief

The Tax Collector will accept applications for the Abatement, Deferment and Freeze programs **now through May 15, 2016** for the upcoming Grand List year. You must apply every year for all programs. Tax Collectors office can be reached at 203-222-2696.

You will be required to attach a copy of your completed 1040 and all back up material including your 1099 with your application.

Income cannot exceed \$49,000 for Abatement; \$125,000 for Deferment and \$100,000 for Freeze. Net worth cannot exceed \$1,000,000 (including home value less mortgage) for Abatement. There is no net worth ceiling for Deferment or Freeze program.

Benefit will apply to only the first \$400,000 of assessment for Abatement and Deferment and for the first \$800,000 of assessment for the Freeze.

The Homeowners Benefit is another program that is offered through the Tax Assessors office. You must be 65 by the end of December or Total Disabled to apply for tax relief. Please contact the Tax Assessor at 203-222-2606.

Town Hall is open from 9 – 4:30 Monday through Friday.

Tax Relief Programs include:

~The Tax Abatement Program – Applicant's household income (applicant's income, or, if married, applicant's and spouse's income) must be under \$49,000 from all sources including Social Security, dividends, etc., and their net worth can not exceed \$1,000,000 (including the value of their home, less mortgage). The amount abated will be calculated on the first \$400,000 of the assessed value of the home.

~The Tax Deferment Program – Applicant's household income must be under \$125,000. There is no net worth ceiling. The interest rate is set by the Selectmen yearly. A lien will be placed on the applicant's property and payback in full of the deferred tax is due upon sale of the home or within 15 years. The amount abated will be calculated on the first \$400,000 of the assessed value of the home.

~The Tax Freeze Program – Applicant's household income must be under \$100,000 and an applicant must be a resident of Weston for 10 years to qualify. There is no net worth ceiling. This program is interest free. A lien will be placed on the applicant's property and payback is due within 15 years. The freeze applies to the first \$800,000 of the assessed value of the home.

~A Veterans Program – Weston offers a special property tax relief program for qualified veterans. Contact the Town Assessor at 203-222-2606/2607 for details.

~A Fire Department and EMS Volunteers Tax Abatement Program – For further information and assistance, call the Weston Tax Collector at 203-222-2696/2697, or the Weston Department of Social Services at 203-222-2663.

~An Elderly and Totally Disabled – Homeowners Benefit Program – Contact the Weston Town Assessor at 203-222-2606/2607 for details.

MEDICARE AND YOU

New to Medicare Presentation and Dinner
A SWCCA Presentation

Tuesday, April 26th 5:30pm Dinner
6:00pm Presentation
Weston Senior Center—9 School Road, Weston, CT
(203) 222-2608—**By Reservation Only**

Are you new to Medicare or about to be eligible for Medicare? Join us on April 26th for a presentation and dinner so that we can help you better understand your benefits and options and avoid lifetime penalties.

This is a free informational presentation provided by a Certified Choices Counselor. The dinner is sponsored by the Friends of the Weston Senior Activities Center. There is no charge for this evening; however, you must be approaching Medicare or new to Medicare. Please call the Weston Senior Center to sign up (203) 222-2608.

As always, if you are currently enrolled in Medicare want to discuss any issues, half hour appointments with Meta Schroeter are available from 10am-12pm twice a month by appointment only by calling the senior center (203) 222-2608. Requests for appointments must made by the Thursday before the Monday sessions.

Meta Schroeter

Weston Social Services—(203) 222-2663

For information on heating assistance programs available to us, please call Social Services.

Weston Public Library – (203) 222-2665

New Yorker Roundtable - 10:45AM; March 1, 8, 15, 29 and April 5, 12, 19, 26
Book Group: Hare with the Amber Eyes by deWaal -10:30AM; 3/ 10
Honey Tasting with Marina Marchese of Red Bee Honey -3PM; 3/12
Book Group: The Tower, The Zoo, and The Tortoise
by Stuart 7PM; March 16
Movie Night: Steve Jobs (R) -7PM; March 24
What's Your Story: A Fiction Writing Workshop
with Tessa McGovern 12PM; April 6
Book Group: My Brilliant Friend by Ferrante - 10:30AM; April 14
Book Group: History of the Rain by Williams -7PM; April 20
Genealogy Workshop Series with Woody Bliss -April 20, 27,
May 4, 11, 18, and 25 from 3-5pm at the High School.

Weston Walks

Weston Walks, a consortium of the Bicycle and Pedestrian Committee, the Senior Center, and Parks and Recreation will hold two hikes – Led by Dr. Tom Fialla, will be in Devils Den on Sunday, April 3rd. Meet at the entrance to the Den at 10:00 AM. A Poetry hike, led by Ralph Adams- Saturday, April 30th. The hike will meet at the Valley Forge / Route 53 parking lot at 9:00 AM. Bring poems, yours or other favorite authors to read. The hike is easy/moderate and is about 2.5 miles. Interested in leading a hike? Send an email to RayRauth@Optonline.net.



Mark Albertson Lectures

Friday, March 4, 11:30 AM: **Battleship Connecticut and the Great White Fleet.** On December 16, 1907, President Theodore Roosevelt sent 16 coal-burning battleships on an epic circumnavigation of the globe; his announcement to the world that America had arrived as a global power. And the flagship for this superlative effort in American seamanship? Battleship *Connecticut*.

Friday, March 11, 11:30 AM. **Syria.** This "briefing" will seek to clarify misunderstandings while providing an update on a tragic scenario which changes on a daily basis.

Wednesday, April 20, 1PM: **Pact of the Devils: Hitler-Stalin Pact, August 1939.** The amalgamation of Hitler and Stalin helped to jumpstart the European conflict which presumably ended in 1918. Not only was Poland wiped off the map after only 20 years in existence, but European powers tumbled into a continuation of a global conflict which started in 1914.

Friday, May 20, 11:30 AM: **Well-Regulated Militia.** Decline and demise of the Citizen-Soldier concept and the rise of the National Guard and its implications for America.

Friday, May 27, 11:30 AM: **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. States.



Jeffrey Engel Lecture

Monday, March 21st at 1pm @ Senior Center
(203) 222-2608 to sign up.

**Stupendous Musical Prodigies
Mozart & Mendelssohn**

The name Mozart is synonymous with prodigy. He certainly displayed incredible talent as a composer, pianist and violinist at a young age. Mendelssohn is usually ignored in the conversation about prodigies, but he was no less extraordinary and topped Mozart in at least one way. He was composing masterpieces as a teenager.

Jeffrey Engel graduated from Ithaca College(New York). He lived in Paris for fourteen years where he studied cello, art history(at the Sorbonne) and earned diplomas in French language. As a cellist, he played with numerous orchestras in France including that of the Paris Opera, performed in chamber ensembles and taught in municipal conservatories.



Art Gottlieb's Current Event Lectures

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

Current Affairs

Framed by a weekly outline of trending news, this course will rely on rigorous, yet respectful debate to enhance the understanding of divergent viewpoints inherent in current affairs. Politics, sex and religion, and their effects on contemporary culture, will not be avoided, as these are valid issues that give life its depth and meaning. A focus will be placed on the development of critical reasoning skills and an examination of pre-conceived biases effecting personal objectivity.

Sign up for these lectures (203) 222-2608

Monday, March 7th 10-11am
Monday, March 21st 10-11am
Monday April 4th 10-11am
Monday April 18th 10-11am



**Genealogy Workshop Series
with Woody Bliss**

This series is organized by the Friends of the Weston Library. They have invited us to co-sponsor this event. We hope you will sign up for this amazing genealogy series with Woody. We have offered his series in the past and they were incredible and there was a waitlist. So if you are interested, sign up asap!
April 20, 27, May 4, 11, 18, and 25 from 3-5pm
at the High School. Sign up is required.



Pizza and Game Day

**Thursday, March 17th
12pm—1:30pm**



Join us for pizza and board games! Do you like playing Rummikub and Scrabble? Come for a fun afternoon. This is free, sponsored by the Friends! Sign up is required by 3/15.
(203) 222-2608

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

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WESTPORT, CT 06880

Upcoming Trips and Programs

May Coach Bus Trip: **Wave Hill Public Garden and Cultural Center in the Bronx with Lunch at Mario's**

Wave Hill is a famous public garden and cultural center.

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Tuesday, March 22nd  
**Out to Lunch with Carla**

11:30am Rio Bravo

Call the Senior Center to sign up for bus and reservation.

#### Call for Interest:

*Boscobel Mansion at Cold Spring, NY and lunch at the River View Inn  
Museum of the City of New York and St. John the Divine  
Cathedral  
New Britain Museum of American Art, New Britain, CT  
Day at the Metropolitan Museum*

#### Upcoming Programs

#### Fairfield County Bank presents **Scams and More Scams**

Tuesday, May 11th at 12:30pm following a Wednesday Luncheon  
Join us for lunch or just the presentation, you don't want to miss this event.



In the meantime, if you have questions or concerns about scams, call Dispatch (203) 222-2600.

#### **Mother's Day Tea**

Coming In May. Bring your favorite cup and saucer and wear a hat!  
Stay tuned for more details!

### April Art Exhibit **Sharon Bell**

Sharon Bell has studied watercolor painting with Mary Ann Barr and George Sutherland and has taught art at the elementary school level in New Jersey. A native of Chicago, Bell has lived in numerous states along the west and east coasts of the U.S. and in Puerto Rico. Perhaps as a result of her travels, she prefers landscapes as her subject matter when crafting her watercolors. Her work has appeared locally in shows at the Pequot Library in Southport, Weston Library, Earthplace in Westport, and at the Norfield Grange in Weston.

#### **NEW—Book Group—May 3rd**



#### ***The Big Short* by Michael Lewis**

Join Laura Smits for a discussion about the book *The Big Short—Inside the Doomsday Machine* is a non-fiction book by Michael Lewis about the build-up of the housing and credit bubble during the 2000s.

#### **Tuesday, May 3rd @ Senior Center—Noon**

Includes lunch—free—sign up required. We will reserve books from the Weston Library, please let us know if you are interested. (203) 222-2608  
(203) 222-2608

#### **AARP Free Tax Prep and Filing**

With Mark Spivack  
Monday, March 21st 9am—1pm  
**By Appointment** (203) 222-2608

Thank you Mark for coming back again this year.

