

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.

The Weston Senior Activities Center
“Hub”

Watch for our new logo and newsletter in November

Revised September/October 2015



Greetings Everyone!

Our fourth annual Alden Sherman Classic is coming soon! This is our Senior Center's main fundraiser and we are looking to purchase a new Senior Center Bus. This is not the Dial A Ride Van that the Town of Weston provides for our seniors. This bus will be used to go on trips, outings, lectures, and shopping—it will also be available for use by other organizations that are part of Weston. It will be a 20 passenger vehicle that will be ours for many years to enhance the lives of those over the age of 60 from Weston and surrounding towns. We hope you will consider making a contribution to the Friends of the Weston Senior Activities Center; they are a 501c3 organization, and contributions are tax deductible as allowed by state and federal law. Donations can be mailed to Weston Senior Center, PO Box 1007, Weston, CT 06883.

Come to the car show September 20th from 10am-3pm to see the bus, view amazing classic cars, great food vendors, and an overall fun family day. Invite your friends, family members, children and grandchildren to visit this weekend and make it a fun family event!

Gifts In Remembrance



Donations were made in loving memory of Mildred Piazza
By
Ann Pastore & Family
Peter Carideo



**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**



Tap Dancing Class
Taught by Sandy Adamcyk

Mondays and Thursdays 10:00-10:45am
In the Senior Center Gym.
Anyone over the age of 50 is welcome. Please bring tap
shoes. If you do not have any, they can be purchased at
Payless Shoes for \$26.99 or online at
www.dancewearsolutions.com/shoes/tap.

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.

Lunch and Learn



**Tuesday, September 15th at
11:30am-1:00pm
The Joy of Caregiving**

Sometimes it is hard to look through the forest and find the Tree of
Joy but it is there. A nurse and medical social worker from Visiting
Nurse and Hospice of Fairfield County will provide practical tips re-
garding caregiving. This is co-sponsored by the Friends, lunch will
be provided. Sign up required. (203) 222-2608

September Lunch Outings:

Wednesday, September 2nd depart Norfield @ 11am
Jimmies of Savin Rock
Sign up required.

Tuesday, September 29th depart Norfield @ 9:30am
Hobby Lobby and Lunch at On The Border
In Orange, CT

Sign up required, space is limited on bus. There is no fee for this
trip, just bring money for lunch and shopping.

October Lunch Outings to:

Thursday, October 8th depart Norfield @ 9:30am
Fife and Drum, in Kent, CT

We will take a drive through the beautiful fall foliage and enjoy
shopping and lunch. Thursday, October 8th. Depart Norfield
at 9:30am. Shop in the Town of Kent, and have lunch at Fife
and Drum. Bring money for lunch and reserve your spot on
the bus. with \$3.00 at time of sign up.

Tuesday, October 20th depart Norfield @ 9:30am
Christmas Tree Shop and Olive Garden Lunch

Let's go shopping and out to lunch! We will depart Norfield
Church at 9:30am and visit the Christmas Tree Shop, then
head to lunch at the Olive Garden. There is no fee for this
trip, just bring money for lunch and shopping. Sign up is re-
quired, as space is limited (203) 222-2608.

Exercise Classes!

Tap Dancing with Sandy

Mondays and Thursdays @ 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)

Gentle Yoga with Joy

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

Pilates with Andrea

Fridays at 10:30am



Wednesday, October 28th
12pm at Norfield Church—\$4.00



Halloween Luncheon

We will have a costume contest with **prizes** for the
following categories:
**Most Original, Most Unrecognizable,
and Best Overall**
Entertainment by
Danny Magic!



MOVIES

All Movies Start at 12:30pm

(unless noted)

Movies are free and include popcorn!



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

9/3 Danny Collins R: Al Pacino stars as aging 1970's rocker Danny Collins, who can't give up his hard-living ways. But when his manager uncovers a 40 year-old undelivered letter written to him by John Lennon, he decides to change course and embarks on a heartfelt journey to rediscover his family, find true love and begin a second act.

9/10 The Longest Ride PG13: Former bull-riding champion Luke (Scott Eastwood) and college student Sophia (Britt Robertson) are in love, but conflicting paths and ideals threaten to tear them apart. Luke hopes to make a comeback on the rodeo circuit, and Sophia is about to embark on her dream job in New York's art world. As the couple ponder their romantic future, they find inspiration in Ira (Alan Alda) an older man whose decades-long romance with his beloved wife withstood the test of time.

9/24 The Imitation Game PG13: During the winter of 1952, British authorities entered the home of mathematician, cryptanalyst and war hero Alan Turing to investigate a reported burglary. They instead ended up arresting Turing himself on charges of 'gross indecency', an accusation that would lead to his devastating conviction for the criminal offense of homosexuality – little did officials know, they were actually incriminating the pioneer of modern-day computing. Famously leading a motley group of scholars, linguists, chess champions and intelligence officers, he was credited with cracking the so-called unbreakable codes of Germany's WWII Enigma machine.

10/8 The Age of Adaline- PG-13: Suffering a freak accident one icy night, Adaline soon discovers that she no longer ages normally. In fact, she seems to stop aging completely, a secret she decides to hide from everyone else. Adaline soon embarks upon countless adventures during the 1900s, but she remands herself to a solitary life to protect her secret. Love eventually finds Adaline in her solitude, though. At that point, she must decide whether to reveal her secret and start living for the first time since her accident or continue living a life of loneliness. Her decision will impact every facet of her life for better or worse.

10/15 The Second Best Exotic Marigold Hotel PG13: Now that the Best Exotic Marigold Hotel is full up with its long-term residents, co-managers Muriel Donnelly (Maggie Smith) and Sonny Kapoor (Dev Patel) have a dream of expansion, and they've found just the place. As Sonny's marriage to Sunaina (Tina Desai), the love of his life, quickly approaches, Sonny finds his plans for the new hotel making more claims on his time than he has available. Perhaps the only one who may know the answers is Muriel, the keeper of everyone's secrets. As the big day nears family and guests alike find themselves swept up in the irresistible intoxication of an Indian wedding.

10/22 Chef R: 1pm Start time After a controlling owner pushes him too far, chef Carl Casper quits his position at a prestigious Los Angeles restaurant. As he tries to figure out what his next step should be, he finds himself in Miami. Carl joins forces with his ex-wife, best friend and son to launch a food-truck business, and the venture provides a chance to reignite his passion for cooking as well as his zest for life and love.

10/29 The Love Punch PG13: Set in Paris, London and the French Riviera a divorced couple, Pierce Bronson and Emma Thompson come together and hatch a plan to get back their stolen pension.

Presentations by David Shafer

David teaches opera courses at Lifetime Learners at NCC and the Fairfield Senior Center. He has over 250 operas on Cd and about 100 on dvds and has been an opera nut for over 50 years.

Tuesday, September 29th at 10am—**Richard Feynman**

Richard was known as Elvis of Physics, Nobel Prize winner and author, colorful personality, worked on the Manhattan project.

Tuesday, October 13th at 10am—**Romanticism in Opera**

Presentation on beautiful and emotional love stories in opera.

Tuesday, October 27th at 10am—**Maurice Sendak**

We will learn about his unhappy life and pain that fueled his creative engine for his famous books. This is a highly visual slideshow.

This lectures are free and sponsored by the Friends.



Educational and Wellness Lectures Sign up Required (203) 222-2608

Wednesday, September 9th @1pm SYNERGY

HomeCare presents an Alzheimer's Presentation with speaker, Tania Paparazzo. **The Alzheimer's Association Know the 10 Signs: Early Detection Matters workshop** provides attendees with an understanding of the difference between age-related memory loss and Alzheimer's and what to do if they or someone they know has signs of the disease. Sign up required.

Presentations by Arthur N. Gottlieb, LCSW, CSA.

These presentations are sponsored by The Friends of the Weston Senior Center, there is no charge to you.

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

Thursday, September 10th 10am-11am

World Trade Center

Thursday, September 24th 10am-11am

Statue of Liberty

Friday, October 9th 10am-11am

N.Y. World's Fair

Friday, October 23rd 10am-11am

Rosie The Riveter



Monday, September 14th @ 1pm

Charles Babbage

The Man Who Invented the Computer:

Performance by Richard Frisch

(Sign Up Required by 9/11)

Charles Babbage tried to change the world. His story is one of genius versus bureaucracy. He was a polymath: a mathematician, philosopher, economist, and inventor. Babbage revolutionized mechanical computation in the early states of England's Industrial Revolution, inventing two calculating engines...

Richard Frisch has multiple business activities. He runs RHFtech, a tech support firm for small businesses in Fairfield County and NYC area, he is Chief Technology Office for Karlinsky LLC, and manages Weston Government Access Channel 79.

Tuesday, September 15th @ 1:00pm

Against the Current

How Albert Schweitzer Inspired a Young Man's Journey

Presented by Clarinda Higgins. This is a presentation of her book and a short film. Sign up required.

Thursday, October 1st @ 1:00pm Georgia O'Keefe

A presentation by Lisa Arnold. Lisa is a working and exhibiting artist throughout New England and Virginia. She is also an art instructor and gives art history lectures at various colleges and centers in Connecticut and Rhode Island. This event is sponsored by the Friends, there is no charge to you. Sign up is required (203) 222-2608.

All About Elder Law—Series Tuesdays at noon.

with Attorney Steven L. Rubin of Drazen Law Group.

September 8th: Estate Planning

October 6th: Elder Law

October 20th: Long Term Care

These are free events, lunch will be provided by the Friends of the Weston Senior Activities Center. Sign up required (203) 222-2608.

September 2015

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

	1	2	3	4
ARTIST THIS MONTH Bonnie Rother	8:30am Y's Men Backgammon 11am Strength & Fitness 12pm Poker w/Stella	10am Feldenkrais 10am Yoga 10:30am Jimmies @ Sav-in Rock- sign up required.	9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 11am Strength & Fitness 12:30pm Movie <i>Danny Collins</i>	9am Yoga 10am Canasta No pilates today
7 Senior Center Closed	8 8:30am Y's Men Backgammon 9:15am Commission Mtg 10am Zentangle w/Carla 11am Strength & Fitness 12pm Poker w/Stella 12:00pm Lunch & Learn Drazen Law presents <i>Estate Planning</i>	9 10am Feldenkrais 10am Yoga 12pm Potluck lunch at Senior Center (need to sign up) 1pm Synergy Homes Alzheimer Presentation Light snacks, sign up required.	10 9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 10-11am Art Gottlieb <i>World Trade Center</i> 11am Strength & Fitness 12:30 Movie <i>The Longest Ride</i>	11 9am Yoga 10am Canasta 10:30am Pilates
14 10am Knitting 10am Tap Dancing 11am Current Events 11am Dancing 12pm Artist Reception 12:15pm Pickleball 1pm Art Class 1pm Babbage by Richard Frisch	15 8:30am Y's Men Backgammon 11am Strength & Fitness 11:30am Joy of Caregiving 12pm Poker w/Richard 1pm Against The Current Presentation and book talk. 	16 10am Feldenkrais 10am Yoga 12 Lunch at Norfield <i>Hosted by Senior Center Chris Coogan</i> RVNA Blood Pressure Catherine Revson "Ask Your Pharmacist"	17 9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 11 Strength & Fitness 12pm Brain Games No Movie Today	18 9am Yoga 10am Canasta 10:30am Pilates Car Show This Weekend
21 10am Knitting 10am Tap Dancing 10am Medicare 11am Dancing 12:15pm Pickleball 1pm Art Class At Keith Brooks' Residence to paint outside and view gallery (call for details)	22 8:30am Y's Men Backgammon 10am Zentangle w/Carla 11am Strength & Fitness 12pm Poker w/Richard 12:00pm Lunch & Learn Drazen Law presents <i>Healthcare Directives</i>	23 Senior Center Closed	24 9:15am Tai Chi 10-11am Art Gottlieb <i>Statue of Liberty</i> 10am Tap Dancing 10am Wii Bowling 11am Strength & Fitness 12:30pm Movie <i>The Imitation Game</i>	25 9am Yoga 10am Canasta 10:30am Pilates
28 10am Knitting 10am Tap Dancing 11am Dancing 12:15pm Pickleball 1pm Art Class	29 8:30am Y's Men Backgammon 9:30am Hobby Lobby/On The Border Lunch 10am David Shafer presents Richard Feynman 11am Strength & Fitness 12pm Poker w/Richard	30 9:45am Caramoor bus leaves Norfield at 9:45am 10am Feldenkrais 10am Yoga 12pm Lunch at Norfield <i>Hosted by Senior Center Christina Cooney</i>		

October 2015

Mon

Tue

Wed

Thu

Fri

			1	2
Artist This Month Danielle LeBlanc Cindy Wagner			9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 11am Strength & Fitness No Movie Today 1pm Georgia O'Keefe presentation by Lisa Arnold.	9am Yoga 10:00am Canasta 10:30am Pilates 10:30am Bridge
5	6	7	8	9
9:15am Commission Meeting 10am Knitting 10am Tap Dancing 11am Dancing 12:15pm Pickleball 1pm Art Class	8:30am Y's Men Backgammon 10am Zentangle w/Carla 11am Strength & Fitness 12pm Poker W/Richard 12:30pm Lunch and Learn Drazen Law Group Presents <i>Elder Law</i>	10am Feldenkrais 10am Yoga 12 Lunch at Norfield Hosted by St. Francis <i>Bingo</i> Weston EMS Blood Pressure	9:15am Tai Chi 9:30am Fife N Drum, Kent CT, bus departs Norfield at 9:30 am 10am Wii Bowling 10am Tap Dancing 11am Strength & Fitness 12:30pm Movie <i>The Age of Adaline</i>	9am Yoga 10am Canasta 10-11am Art Gottlieb <i>NY World's Fair</i> 10:30am Pilates
12	13	14	15	16
Senior Center Closed	8:30am Backgammon 10am David Shafer presents Romanticism in Opera 11am Strength & Fitness	10am Feldenkrais 10am Yoga 11am Flu Shot Clinic Sign up required 12pm Lunch at Norfield Hosted by Norfield <i>Ralph Sacco</i>	9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 11am Strength & Fitness 12:30pm Movie <i>The 2nd Best Exotic Mari-gold Hotel</i>	9am Yoga 10am Canasta 10:30am Pilates
19	20	21	22	23
10am Knitting 10am Tap Dancing 9am-12:30pm Medicare by appointment 11am Dancing 12:15pm Pickleball 1:00pm Art Class	8:30am Backgammon 9:30am Christmas Tree Shop and Olive Garden w/Carla sign up required. 11am Strength & Fitness No Poker today 12:30pm Lunch & Learn With Drazen Law Group <i>Long Term Care</i>	10am Feldenkrais 10am Yoga 12pm Lunch at Norfield Hosted by Emmanuel <i>Bill Kohler</i> "Ask Your Pharmacist" with Catherine Revzon RVNA Blood Pressure	9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 11am Strength & Fitness 12pm Brain Games 1pm Movie <i>Chef</i>	9am Yoga 10am Canasta 10-11am Art Gottlieb <i>Rosie the Riveter</i> 10:30am Pilates
26	27	28	29	30
10am Knitting 10am Tap Dancing 9am-12:30pm Medicare by appointment 11am Dancing 12:15pm Pickleball 1pm Art Class	8:30am Y's Men Backgammon 10am Beads w/Carla 10am Dave Shafer presents Maurice Sendak 11am Strength & Fitness 12pm Poker W/Richard	10am Feldenkrais 10am Yoga 12pm Lunch at Norfield Hosted by Newcomers & Neighbors Halloween Lunch and Costume Party <i>With Danny Magic</i>	9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 11am Strength & Fitness 12:30pm Movie <i>The Love Punch Movie</i>	9am Yoga 10am Canasta 10:30am Pilates



Medicare Open Enrollment October 15 –December 7

**“Medicare and You – 2016” due mid-end September
look for this booklet in the mail**

Medicare – D The annual open enrollment period for the drug plan for original/ traditional Medicare (Medicare Part D) for 2016 coverage is **October 15, 2015 and December 7, 2015**. During this time period you can easily make changes in coverage and without penalty.

Make an appointment to review your prescription drugs with a CHOICES counselor and your current Medicare - D insurance plan. There are changes to 2016 Medicare Part D 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 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 \$500 yearly in drug & premium costs. Some had not reviewed their plans for several years, others changed providers from the previous year because of formulary changes.

Medicare Plan Change If you plan to change 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 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 plan that you are considering before you enroll. A Medicare resource can drop out of any plan any time.

Book appointments early i– couples must book two 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
By phone: Call 1-877-322-8228
By mail: Annual Credit Report Request Service
P.O. Box 105281
Atlanta, GA 30348-50281

Commission Meetings 9:15am, 9/7 & 10/5

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

Weston Public Library Presents:

New Yorker Roundtable
11:45AM; 9/8, 9/15, 9/29, 10/13, 10/20, 10/27, 11/10, 11/17, 11/24, 12/8
Book Group: *The Pallisers* by Trollope
10:30AM; September 19
Movie Night: I'll See You In My Dreams (PG-13)
7PM; September 16
Book Group: *The Sweetness at the Bottom of the Pie* by Bradley
1PM-3PM; September 20
Children's Author Party: Alan Katz *The Day the Mustache Took Over*
6:30PM; September 25
Get the Most Out of Your Tablet: Access free movies, eBooks, audiobooks and more! Space is limited! Please RSVP to westonlibrary@westonct.gov
3PM; September 29
SCORE: Buying And Selling A Business
6PM; September 30
Flu Shot Clinic, Westport/Weston Health District
10AM-12PM; October 8
Book Group: *Euphoria* by King
10:30AM; October 8
iPad and iPhone for Photography with Terri Piekara
12:30PM; October 8
SCORE: Topic TBA
6PM; October 14
Weston Underground: A Lecture with retired State Archaeologist Nicholas Bellantoni
2PM; October 18
Movie Night: Age of Adaline (PG-13)
7PM; October 21
Book Group: *The Circle* by Eggers
7PM; October 21
Medicare Open Enrollment Workshop
1PM; October 22

“Ask Your Pharmacist”

Visit us on Wednesday, September 16th and October 21st between 11:30am-12:15pm at Norfield Parish Hall Wednesday Luncheon to ask questions to pharmacist Catherine Revzon from Lang's Pharmacy. Have questions about medications? She has answers. Call the senior center for more information
(203) 222-2608.

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



Flu Shot clinic

Wednesday, October 14th - 11am Norfield Parish Hall

Westport/Weston Health Department will be back on the 8th to give flu shots during our luncheon. The Super Flu vaccine will also be available. Please bring your insurance card with you. Appointments are necessary, so sign up at (203) 222-2608.

Weston Walks

Tuesday, September 8: The New Norwalk River Valley Trail Hike. We meet at 10:00 AM at the Commuter Parking Lot near Orem's Diner. That's the corner of Route 7 and Wolfpit Road in Wilton. This hike follows the newest portion of the multi-use trail. It's about 3 miles on pleasant terrain. Hike leader Julie Sidhu, backup Ray Rauth.

Thursday, September 24th: Popp Mountain hike. We meet at 10:00 AM at Trout Brook at the Bradley Road Parking lot. This is, by some estimates, the toughest climb in Weston. The view from the top looks over the reservoir from the dam to the far reaches of the reservoir in Redding. Hike Leader Ray Rauth or members of the Bicycle and Pedestrian Committee.

Tuesday, October 20th: Bisceglie Autumn Hike. Catch the autumn leaves at their best. It's a short easy walk of about a mile. We finish at the old Post Office. Hike leaders, members of the Bike Ped Committee.

Saturday, October 24th: Reservoir Rambler –This new hike explores the water resources available to Weston and neighboring towns. It's in concert with the Reservoir Run held the next day. The time will be 9:30 AM. Further details are pending finalization by the Bike Ped Committee & The Nature Conservancy. Watch the Forum for those details. Tom Failla leads this spectacular outing.

Hikes created by Weston Walks, a consortium of Weston's Bicycle and Pedestrian Committee, the Senior Center and Parks & Rec. The Nature Conservancy also works with us.



Alden Sherman Classic Sunday, September 20th, 2015 10am—3pm (Rain date 9/27)

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 go towards purchasing a new Senior Center bus for additional trips, outings and programs!

Donations at the gate are greatly appreciated!

If you have any questions, please call us at (203) 222-2608.



Learn the Art of Zentangle With Carla in September



Zentangles are miniature pieces of unplanned, abstract, black and white art created through structured patterns called tangles. Zentangles are not only exquisitely beautiful but they are also fun and relaxing to create. The art of Zentangle is a form of artistic meditation as one becomes completely engrossed in making each pattern, deliberately focusing on one stroke at a time. The options and pattern combinations are boundless. And anyone can do it!!

Come and learn a new and relaxing form of art!!
\$10.00 supply fee for series of 3 classes on September 8th, 22nd and October 6th from 10am-12pm.
Sign up required! (203) 222-2608.

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

Presort Standard
U.S. POSTAGE
PAID
Permit No. 2
WESTPORT, CT 06880

Art Show

September at the Weston Senior Center

Bonnie Rother

Bonnie has always loved art and was a pretty creative child, but had no formal art training, and didn't start painting until her late 40's. She started out in oils at Arlene Skutch's Pink House Studio, followed by a couple of Silvermine classes where she fell in love with color, large canvases, and acrylic paint. Her most inspiring and beloved teacher though, has been Frits Van Eeden, a world class Dutch painter who now paints and teaches in Melbourne, Florida. She paints intuitively and seldom from nature or photos. The fun is in the color and balance, and the recognizable objects are often incidental to the rest. She says she is usually surprised at how they turn out. She has had a couple of solo shows, both here and in Florida, but nothing lately. She is just happy to find time to paint!

Meeting with the artist on Monday, September 14th from 12pm-2pm at the senior center. Bonnie will be here to talk about her work and answer any questions.

Art Show

October at the Weston Senior Center

Danielle LeBlanc and Cindy Wagner

Watch for details in October!

Thursday, September 17th and October 22nd Noon

Brain Games and Lunch

Sponsored by Wilton Meadows.

12:00-1:00pm—Lunch and "Brain Games"

This is free!

Sign up is required (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 September 11th.

Bus departs Norfield at 9:45am.

