

**Guide to Town Senior Services**

**Senior Activities Center**

Wendy Petty  
Director

Pam Wilson  
Program Coordinator  
**203- 222-2608**

**Social Services**

Charlene Chiang-Hillman  
Director

Suzanne Friedman  
Administrative Asst.

**203-222-2663**

**Town Hall**

Tom Landry

Town Administrator

Judy Devito

Selectman's Secretary

**203-222-2656**

**Dial-A-Ride**

Gordon Green

(24 Hr Notice Required)

**203-222-2576**

**Drop-In Activities**

Monday

Knitting/Crafts 10-12

Dance Class 11:00(N)

Tuesday

Beads 10-12

Great Courses DVD/  
discussion 11-12

Strength & Fitness 11-12 (N)

Poker 12:00 -2

Wednesday

Yoga 10-11

Lunch @ Norfield Church

Thursday

Wii Bowling 10-11:30

Strength & Fitness 11-12 (N)

Movies 12:00—2

Friday

Yoga w/ Melanie 9-10 (N)

**Wednesday Lunch at  
Norfield at 12 noon**

- (N=Norfield Church)  
Center Hours: M, T, & Th  
9:00-2:30

**WESTON SENIOR  
ACTIVITIES CENTER**

January/February 2013



Hello Everyone,

Our Re-Gifting sale was a huge success, thanks to all of you! We had a wonderful time selling and wrapping gifts and getting into the holiday spirit. Please remember to donate your unwanted gifts to us **all year**, we will hold them until our sale next year!

January and February will be fun months here at the Center. We have lots of new activities to try, local artist Keith Brooks will be holding a weekly artists' workshop, Aarti Khoshla will be teaching us how to make homemade chocolates and our film club, run by high school student Christian Orr will continue to offer lots of thought provoking discussions - Just to name a few. Come and join us!

Do you have an email address you would like to share with us? Our email list is growing and we send out a weekly update on changes and additions. Don't miss out!

Just a reminder, we follow the school schedule for weather related closures and delays. We will leave a recorded message on the Senior Center phone for any delayed opening or closures by 8:00am that day. (203) 222-2608. (Closures will cancel exercise classes.) We will also post information on Channel 12.

Please make sure you are signed up for  We can help you sign up, it only takes one minute.

Our very best wishes to you all,  
Wendy and Pam



Thank you Jen Skor for a  
wonderful Hanukkah Celebration!

# New New New

Jan. 14th—1:00—Art with Friends taught by Weston artist Keith Brooks. See below for details.

Jan. 17th 11am—Shopping trip to Ancona's. See page 3 for details.

Jan. 17th—Bridge Lessons: Thursdays 10:30-12:00: Are you interested in learning how to play bridge? Do you already know and are looking for a group? Call the center for details. Cost is \$30 for 6 classes, see page 7 for details.

January 22nd—12:30 Bingo Party. See page 7 for details. Come to the Senior Center and play bingo and have dessert. Cost is \$3.00.

Jan. 23rd/Feb. 27th: Monthly Film Club - Movie, discussion, pizza—free, sign up required, space is limited to 15. See page 6 for details.

February 6th 12:30: Memory Assessment Presentation at Norfield Parish Hall during lunch. Presented by The Greens at Cannondale.

Feb. 13th- 10am—Chocolate making with Aarti Khosla. See page 3 for details—Norfield Parish Hall.

Feb. 14th 10am—Shopping trip to Danbury Mall. See page 3 for details.



## **New Painting Class with Keith Brooks**

### **“Art with Friends”**

5 Classes—\$25.00  
Monday's Jan. 14th, 28th  
February 4th, 11th & 25th

1:00-3:00pm at the Weston Senior Center

A fun drawing and painting class for beginners and advanced students.

A chance to make art together in a congenial environment. Bring a favorite photograph to use as your model or even a masterpiece that you would like to copy, or work on a simple set up that will be provided. Any medium is okay: graphite, charcoal, watercolor, oil or acrylic.

Our instructor, Keith Brooks, said “We will all learn from each other and he will offer help and individual suggestions.”



## **Stamping Class**

Coming soon.....

Another fantastic stamping class.

Come to the Weston Senior Center and make 5 beautiful hand made greeting cards for all occasions that are exclusively yours to keep. If interested, call for information.

## **Current Events With Laura Smits**



January 14th, February 11th @ 11am in the Senior Center  
Join us for a relaxed discussion on current events. Bring newspaper articles you would like to share or just come and listen and enjoy great conversation.

## **Exercise Classes!**

**Dance to the Music with Sandy**  
Mondays @ 11:00 am (55+ welcome)  
\$3/class drop in (Norfield Parish Hall)

**Strength & Fitness with Sandy**  
Tuesdays & Thursdays @ 11 am  
\$3/class drop in (Norfield Parish Hall)

**Tai Chi with Bill Wren**  
Thursday's 9:15am—sign up required.—(Senior Center)  
Jan. 10, 17, 24, 31 Feb 7, 14, 21, 28  
\$40.00 for 8 classes

**Intermediate Tai Chi with Mari Lewis**  
Tuesday's 9:30am—sign up required.—(Senior Center)  
Jan 15, 22, 29 Feb 5, 12—no class on 19th or 26th  
\$25.00 for 5 classes

**Wii Bowling with Anne**  
Thursdays @ 10 am  
Free (Senior Center)

**Yoga with Melanie**  
Fridays @ 9 am  
\$3/class—drop in (Norfield Chapel)

**Gentle Yoga with Joy**  
Wednesdays @ 10 am  
\$3/class—drop in (Hurlbutt South House Gym)

## Thursday Afternoon At the Movies!

Join us Thursdays at 12:00 pm

Please call for a reservation. Movie and popcorn are free. (203) 222-2608, space is limited!



**Jan. 3rd: People Like Us (2012) – PG 13 114 mins.**

### Overview

It tells the story of a struggling man who, after flying home to L.A. for the funeral of his estranged record-producer father, discovers that the will stipulates that he must deliver \$150,000 in cash to a 30-year-old alcoholic sister he never knew existed, and her troubled 12-year-old son.

**Jan. 10th: Sparkle (2012) – PG 13 116 mins.**

### Overview

Musical prodigy, Sparkle (Jordin Sparks) struggles to become a star while overcoming issues that are tearing her family apart. From an affluent Detroit area and daughter to a single mother (Whitney Houston), she tries to balance a new romance with music manager Stix (Derek Luke) while dealing with the unexpected challenges her new life will bring as she and her two sisters (Carmen Ejogo and Tika Sumpter) strive to become a dynamic singing group during the Motown-era.

**Jan 24th: Red Dog (2011) – PG 92 mins.**

### Overview

Based on the legendary true story of the Red Dog who united a disparate local community while roaming the Australian outback in search of his long lost master.

**Jan. 31st: Touchback (2011) – PG 13 118 mins.**

### Overview

A man looks back 15 years to the injury that ended his career as a promising high-school football player.

**Feb. 7th: The Bourne Legacy (2012) – PG13 120 mins.**

### Overview

A story centered on new CIA operative, Aaron Cross as he experiences life-or-death stakes that have been triggered by the previous events of Jason Bourne.

**Feb. 21st: Trouble with the Curve (2012) – PG 13 111 mins.**

### Overview

Slowed by age and failing eyesight, crack baseball scout Gus Lobel takes his grown daughter along as he checks out the final prospect of his career. Along the way, the two renew their bond, and she catches the eye of a young player-turned-scout.

**Feb. 28th The Avengers (2012) - PG 13 143 mins.**

### Overview

When an unexpected enemy emerges that threatens global safety, Nick Fury, Director of international peacekeeping agency finds himself in need of a team to pull the world back from the brink of destruction.

## Chocolate Making Demonstration



February 13th at 10am  
at Norfield Parish Hall

Weston resident and chocolatier Aarte Khoshla will share some recipes of delicious handmade chocolates... just in time to woo your sweetheart. This demonstration is free and will be right before our Wednesday Valentine's Day luncheon.

Looking for a gift for a friend?



How about a gift certificate to the Weston Senior Center? They can be used for trips or classes of any kind.

Call the Center for details. (203) 222-2608.

## Commission on Aging Meetings:

In Activities Room of the Center.

### Everyone welcome!

#### Board Members:

Helen de Keijzer, Chair  
Peggy Anderson  
Bruce Lorentzen  
Nina Daniel  
Laura Smits

## We have exciting news!!

Once a month shopping trip....

Once a month we will pick a shopping destination.

#### January 17th

Ancona's Market includes tour and tasting  
11am at Norfield Church

#### February 14th

Danbury Mall  
10am at Norfield Church

Sign up required, space is limited to 18 people. Meet at Norfield at 10am and return by 2pm. Both trips cost \$2.00 per person.

# January 2013

Mon

Tue

Wed

Thu

Fri

|   | 1  | 2   | 3  | 4                  |
|---|--|---|--|--------------------|
|   | Senior Center Closed<br>                      | 10am Yoga<br>12 Lunch-Norfield<br>Hosted by Norfield<br><br><b>Bingo</b>  | 10am Wii Bowling<br>11 Strength & Fitness<br>12pm Movie<br><i>People Like Us</i>   | 9am Yoga (N)       |
| 7<br>9:15am Commission on Aging<br>10am Knitting,<br>11am Dancing<br>11am Medicare<br>Appointments necessary                | 8<br>10am Beading w/Carla<br>11am Strength & Fitness   | 9<br>10am Yoga<br>12 Lunch-Norfield<br>Hosted by St. Francis<br>Entertainment by<br>Chris Merwin  | 10<br>9:15am Tai Chi<br>10am Wii Bowling<br>11 Strength & Fitness<br>12pm Movie<br><i>Sparkle</i>  | 11<br>9am Yoga (N) |
| 14<br>10am Knitting,<br>11am Current Events<br>11am Dancing<br>1pm Art with Friends<br>w/Keith Brooks – sign<br>up required | 15<br>9:30am Int. Tai Chi<br>10am Beading w/Carla<br>11am Strength & Fitness<br>12 Poker w/Stella<br>1:30pm Backgammon<br>Club | 16<br>10am Yoga<br>12 Lunch – Norfield<br>Hosted by Emmanuel<br><i>Entertainment by<br/>           Larry Ruhl</i>   | 17<br>9:15am Tai Chi<br>11am Shopping Trip to<br>Ancona's Market<br>11 Strength & Fitness<br><i>No Movie or Wii Bowling<br/>           today</i> | 18<br>9am Yoga (N) |
| 21<br><b>Senior Center<br/>           Closed</b>  | 22<br>9:30am Int. Tai Chi<br>10am Beading on own<br>11 Strength & Fitness<br>12:30pm Bingo Party                               | 23<br>10am Yoga<br>12 Lunch – Norfield<br>Hosted by Newcomers<br>and Neighbors<br><i>Entertainment by<br/>           Brian Billie</i><br><br>3pm Film Club<br><i>Doctor Zhivago</i> | 24<br>9:15am Tai Chi<br>10am Wii Bowling<br>11 Strength & Fitness<br>12pm Movie<br><i>Red Dog</i>  | 25<br>9am Yoga (N) |
| 28<br>10am Knitting<br>11am Dancing (N)<br>11am – Medicare Appt<br>1pm – Art with<br>Friends w/Keith<br>Brooks              | 29<br>9:30am Int Tai Chi<br>10am Beading w/Carla<br>11am Strength & Fitness<br>12 Poker w/Stella<br>1:30pm Backgammon<br>Club  | 30<br>10am Yoga<br>12 Lunch-Norfield<br>Hosted by Women's<br>League<br><i>Entertainment by<br/>           Bob Mel</i>   | 31<br>9:15am Tai Chi<br>10am Wii Bowling<br>11 Strength & Fitness<br>12pm Movie<br><i>Touchback</i>  |                    |

# February 2013

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

| Mon  | Tue   | Wed   | Thu   | Fri                |
|--|---|---|---|--------------------|
|  |   |   |   | 1<br>9am Yoga (N)  |
| 4<br>9:15am Commission on Aging meeting<br>10am Knitting<br>11am Dancing (N)<br>11am Medicare Appt.<br>1pm Art with Friends w/Keith Brooks | 5<br>9:30am Int Tai Chi<br>10a Beading w/Carla<br>11 Strength & Fitness (N)<br>12 Poker<br>1:30pm Backgammon Club | 6<br>10am Yoga<br>12 Lunch at Norfield Hosted by Norfield<br>12:30 Memory Screening presentation by The Greens at Cannondale<br><b>Bingo</b>  | 7<br>9:15am Tai Chi<br>10am Wii Bowling<br>11am Strength & Fitness<br>12pm Movie<br><i>The Bourne Legacy</i>                  | 8<br>9am Yoga (N)  |
| 11<br>10am Knitting<br>11am Dancing (N)<br>11am Current events<br>1pm Art with Friends w/Keith Brooks                                      | 12<br>9:30am Int Tai Chi<br>10a Beading—your own<br>11a Strength & Fitness (N)<br>12 Poker w/Stella               | 13<br>10am Yoga<br>10am Chocolate making<br>12 Lunch at Norfield Hosted by St. Francis<br><br><b>Valentine's Day Luncheon</b><br><i>Entertainment by Mark Black</i>  | 14<br>9:15am Tai Chi<br>10am Shopping Trip to Danbury Mall<br>11am Strength & Fitness<br><i>No movie or Wii Bowling today</i> | 15<br>9am Yoga (N) |
| 18<br><b>Senior Center Closed</b>  | 19<br><b>Senior Center Closed</b>   | 20<br>10am Yoga<br>12 Lunch at Norfield Hosted by Emmanuel<br><br><i>Entertainment by Gary Andreas</i>  | 21<br>9:15am Tai Chi<br>10am Wii Bowling<br>11am Strength & Fitness<br>12pm Movie<br><i>Trouble with the Curve</i>            | 22<br>9am Yoga (N) |
| 25<br>10am Knitting<br>11am Dancing (N)<br>11am Medicare Appointments—sign up required.<br>1pm Art with Friends w/Keith Brooks             | 26<br>10a Beading—your own<br>11a Strength & Fitness (N)<br>12 Poker w/Stella<br>1:30pm Backgammon Club           | 27<br>10am Yoga<br>12 Lunch at Norfield Hosted by Newcomers and Neighbors<br><i>Entertainment by Don Donegan</i><br><br>3pm Film Club<br><i>The Sting</i>   | 28<br>9:15am Tai Chi<br>10am Wii Bowling<br>11am Strength & Fitness<br>12pm Movie<br><i>The Avengers</i>                      |                    |

# Weston Working Together

## “Medicare and You - 2013”

“Medicare & You” is the booklet sent in late September. It has good basic information on Medicare dos and don'ts. It lists all Connecticut Medicare programs at the back of the book including the 30 Medicare - D drug plans and the Medicare health plans offered under Medicare - C. Read through this booklet when you have a chance. Always something new to learn! Computer savvy can go to the government site – medicare.gov or make a date with a CHOICES counselor for answers – especially if you will be new to Medicare in 2013.

During this last yearly Open Enrollment period ( October 15 – December 7) there were many questions about supplemental, gap or medigap insurance. This insurance is in addition to traditional Medicare coverage and is offered directly by insurance companies under government rules. This supplemental insurance complements traditional Medicare insurance. There are several different plans that are identified by letter. Each letter plan covers different and not all situations – the hospital deductible, the 20% doc/medical service co-pay, skilled nursing service, out of country travel, etc. One can change supplemental coverage/company anytime in the year. Premiums by letter plan vary by company although coverage is the same. Review your supplemental coverage. Look at your medigap card for just which letter plan you have (A-N). If there is no letter on your card call the insurance company and ask what it is. Write the letter down on your card. If you are not sure what the letter plan covers ask for written information to be sent to you. If needed I have a comparison chart of insurance companies and letter plans offered in Connecticut that I would be pleased to share with you.

There is availability for half hour appointments from 11:00 – 1:00 on January 7, 28 and February 4 and 25th. YOU MUST MAKE AN APPOINTMENT BY THE PREVIOUS THURSDAY. BOOK THROUGH THE WESTON SENIOR CENTER at (203) 222 - 2608. NO WALK-INS. If times or dates are not convenient simply contact a CHOICES counselor at 1(800) 994 - 9422.

See you at the center!  
Meta Schroeter  
CHOICES Counselor

### Weston Department of Social Services

**Charlene Chiang Hillman, MSW, LCSW**

Weston Social Service's is currently taking appointments for the Connecticut Energy Assistance Program/NEON. Call Social Services for more information.

(203) 222-2663

### Weston Parks and Recreation

Is starting new Adult Programs and Classes.  
Call 203-222-2655 for more details.

Or visit their web site:  
[www.westonct.gov/programs](http://www.westonct.gov/programs)

## Working together with our students.....

1. **Film Club:** Christian Orr ( WHS student) is offering his time to start this new club at the Senior Center. Once a month at 3:00pm he will be showing classic movies, followed by a discussion group and pizza. **This is free!** Sign up required, space is limited to 15 people. Call the Senior Center to sign up. (203) 222-2608. **January 23rd Doctor Zhivago and February 27th The Sting.**



2. **Technology Workshops—Coming soon—**presented by the Freshman Student Government. They will be available after school in the Weston High School library to help with any computer question you have, including how to use your Ipads. If you are interested, please call the Senior Center and we will keep you posted on dates and when the classes begin.

### “Friends of the Weston Library Events” At the Weston Library

Jan. 10 10:30am - Book Group; The Master by Toibin

Jan. 16 7:00pm - Movie Night; Arbitrage (R)

Jan. 16 7:30pm - Book Group; The Forgotten Garden by Morton

Feb. 6 7:00pm - “Causes and Impact of the War of 1812” with Dr. Matthew Warshauer from CCSU. War of 1812 lecture series. Co-sponsored by the Friends of the Library and the Weston Historical Society. Scheduled for the Weston Historical Society Exhibit Hall.

Feb. 13 7:00pm- “The Rockets Red Glare – War Comes to CT” with Dr. Glenn Gordinier from Mystic Seaport. War of 1812 lecture series. Co-sponsored by the Friends of the Library and the Weston Historical Society. Scheduled for the Weston Public Library Community Room.

Feb. 14 10:30am -Book Group; Rules of Civility by Towle

Feb. 19 12:00pm Family Film; Frankenweenie (PG)  
Bring your lunch!

## Coming Soon.....

March 23rd: Senior Lifestyles Fair —Co-Sponsored with the Friends of the Weston Senior Activities Center.  
April 30th: AARP Safe Driving Program—9am-1pm  
Late Spring: Senior Swim will be open. Dates to follow.



Barbara Newland from the Greens at Cannondale will give a brief presentation on:

## Memory and Cognitive Ability

Wednesday, February 6th at 12:30 in the Norfield Parish Hall, during our Wednesday Luncheon. The Greens offers free evaluations on memory and cognitive abilities.

## Games, Games, Games

### Backgammon Club

January 15, 29 and February 5, 26  
1:30pm—Free  
*In the Senior Center.*



With Woody Bliss - come to the Center and join our Backgammon Club!! Includes lessons.

### Bridge Lessons

Beginning January 17th at 10:30 —6 week class \$30.00  
January 17, 24, 31, February 7, 21, 28  
Bridge instructor John Farwell will teach basic bridge and get you and a group ready to play on your own.  
*In the Senior Center*



### Poker with Stella

January 15, 29, February 12, 26  
12:00noon— Free  
*In the Senior Center*



## BINGO DATES

### Bingo and Dessert Party

January 22nd  
12:30-2:00—\$3.00—Sign up required, space is limited.  
Come and beat the winter blues with us. Play up to 4 bingo cards and have some treats.  
*We are looking for some volunteers to donate baked goods for our party.*  
*In the Senior Center*



### Bingo at Norfield

Played the first Wednesday of the month, organized by Eileen Buckley and prizes donated by PEO.  
January 2nd and February 6th  
Immediately following lunch (\$4.00)  
*At Norfield Parish Hall*

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

### ***Looking for Volunteers***

We are looking for volunteers!

Do you have a few hours during the week to help us out? Twice a month on Tuesdays, we need a volunteer to supervise and play poker from 12-1:30. We are also looking for someone to answer phones and light administrative duty on Tuesdays. Last, we are looking for a volunteer to join our groups on occasional day trips.

Please let us know if you can donate your time. It would be greatly appreciated!

All volunteers will be trained in CPR by Weston EMS.

