

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)
Pickleball 12pm

Tuesday

Beads 10-12
Tai Chi 9:30
Strength & Fitness 11-12 (N)
Poker 12:00 -2

Wednesday

Yoga 10-11
Lunch @ Norfield Church

Thursday

Tai Chi 9:15
Bridge 10:30
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)

**WESTON SENIOR
ACTIVITIES CENTER**

January/February 2014



Greetings everyone!

Happy New Year! We hope you enjoyed your holidays and we wish you health and happiness in the new year!

Please remember to sign up for Code Red for emergency information and announcements. If you need help signing up, just call us and we will get you set up. Also, we always post delays and cancellations on News 12, and we leave a recorded message on the Senior Center phone number by 9am with any delays, closures or cancellations. (203) 222-2608. If you have not signed up for email notifications and would like to be added, give us a call and we will add you.

January and February bring some new things to the Center. Cooking classes, a Super Bowl Party, Canasta with lunch, Stamping, Brain Games, a trip to the Pez Headquarters with lunch, and much more. Please sign up for our Lunch and Learn series. We will have three informative topics: The Mind Body Connection, Staying Independent in Weston, and Tools to Make your Life Easier—Lunch will be provided by the Friends of the Weston Senior Activities center.

We also have a new selection of knitting books to borrow, beading with Carla every Tuesday, and great exercise classes. Please stop by and sign up, we would love to see you.

Stay safe in the cold weather!

Wendy and Pam

In Memory of Ying Chiang, donations have been made to the Senior Center, a special thank you to:

The DeKeijzer Family
Nancy Coley
Meta Schroeter

Suzanne Friedman
Karen Tatarka
Peggy Anderson



New Painting Class with Keith Brooks



“Art with Friends”

6 Classes—\$25.00 or \$5.00 drop in fee

1:00-3:00pm at the Weston Senior Center
Jan 6, 13, 27, Feb 3, 10, 24

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

A chance to make art together in a congenial environment. Any medium is okay: graphite, charcoal, watercolor, oil or acrylic.

Call for more details and to sign up!



January 21st—**The Black Cat Grill—in Redding**

Depart 11:45 am from Norfield, Lunch is at Noon.

Sign up required for bus and reservation (you can meet us there, just let us know.)

February 6th—**Cheng’s Buffet– In Orange**

This is part of the Trip to Pez. See details on page 3.



Lunch with Brain Teasers and Games

Wilton Meadows Presents Brain Games!

11:30am to 1:00pm

Sign up required (203) 222-2608

Thursday, January 16th (RSVP by Jan. 13th)

Thursday, February 20th (RSVP by Feb. 17th)

These are free and lots of fun! Space is limited to 20.



Mondays 12:00-1:30pm
Come to the Senior Center
Join the fun and play Pickleball

Pickle ball is a racquet sport which combines elements of badminton, tennis and table tennis. It will be played in our gym. The net is similar to a tennis net, but mounted 2 inches lower and played with a hard paddle and a polymer smaller version of a whiffle ball.

The speed is one third the average speed of a tennis ball, and the court is one third the total area of a tennis court. This smaller area and slower moving ball makes Pickleball much easier to play.

Exercise Classes!

Dance to the Music with Sandy

Mondays @ 11:00 am (55+ welcome)

\$3/class drop in (Norfield Parish Hall)

Pickleball

Mondays @ 1pm at the Senior Center—drop in (free)

Strength & Fitness with Sandy

Tuesdays & Thursdays @ 11 am

\$3/class drop in (Norfield Parish Hall)

Tai Chi for Better Balance with Bill Wren

Thursday’s 9:15am—sign up required. (Senior Center)

Tai Chi with Mari Lewis

Tuesday’s 9:30am—sign up required. (Senior Center)

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)

Tennis with Glen Englander

Call the Senior Center to sign up.

Synergy HomeCare presents:

“Racing today’s SUPER YACHTS—Sailing vessels from 80-200 feet”

Thursday, February 25th 1:00-2:30pm at the Senior Center. Sign up Required.

Learn what it takes to win a Super Yacht Race—as told by a local sailor who has raced in over 100 races all over the world.

This presentation is free and includes refreshments. Sign up is required by Tuesday, Feb. 23rd.

**Movies 12:00pm on Thursdays.
Free with popcorn
Sign Up Required, Space Is Limited
(203) 222-2608**



January 2nd: Savannah – PG-13- 'Savannah' is the true story of Ward Allen, a romantic and bombastic character who rejects his plantation heritage for the freedom of life on a river. Ward navigates the change of early 20th century America on the wrong side of the law and society, his long-time friend, a freed slave named Christmas Moultrie, at his side. Master of Shakespeare, and the shotgun that provides Savannah's markets with fowl, Ward fights for his rights as a hunter. His charisma and eloquent rhetoric win the heart of a society woman who defies her father to marry him. An elderly Moultrie tells the story of life on the river with his friend to a little boy, who passes the legendary Ward Allen down to the next generation.

January 9th: The Internship – PG-13-Wedding Crashers duo Owen Wilson and Vince Vaughn reteam on this Shawn Levy-directed comedy as two out-of-work salesmen who have to compete against an army of younger interns for a job at Google in this 20th Century Fox production.

January 23rd: Jobs – PG-13- The extraordinary story of Steve Jobs, the original innovator and ground-breaking entrepreneur who let nothing stand in the way of greatness. The film tells the epic and turbulent story of Jobs as he blazed a trail that changed technology -- and the world -- forever.

February 13th: The Lone Ranger – PG-13 (2013) From producer Jerry Bruckheimer and director Gore Verbinski, the filmmaking team behind the blockbuster 'Pirates of the Caribbean' franchise, comes Disney/Jerry Bruckheimer Films' 'The Lone Ranger', a thrilling adventure infused with action and humor, in which the famed masked hero is brought to life through new eyes. Native American warrior Tonto (Johnny Depp) recounts the untold tales that transformed John Reid (Armie Hammer), a man of the law, into a legend of justice-taking the audience on a runaway train of epic surprises and humorous friction as the two unlikely heroes must learn to work together and fight against greed and corruption.

February 27th: Touchback – PG-13 – 2012-Former high school football star turned farmer and family man, Scott Murphy (Brian Presley) finds himself with a unique opportunity to revisit his glory days during the Ohio State championship game where he permanently injured his knee in a game-winning play. Given a second shot at his destiny, Scott seeks counsel from Coach Hand (Kurt Russell), Scott's longtime mentor on and off the field, to help him decide whether to let his fate unfold, or follow a path that will change his future.

New Classes and Programs Co-Sponsored by Friends of the Weston Senior Activities Center

Canasta—taught by Friends member, Nina Daniel
Lunch and Learn



Thursdays in January 12:00-1:30pm
We will continue playing on Thursdays at 12.
Free, sign up required.

Wellness Series/Lunch—See Page 7 for Details
Free, sign up required.

Stamping—With Nicki Shopis
January 27th 10:30am
Cost \$5.00, sign up required.



PEZ Candy Inc. Store Tour
And Lunch at Cheng's Buffet in Orange, CT



Thursday, Feb. 6th—Sign up required, space is limited!

Depart Norfield at 10:30am—arrive at PEZ for 11am
Tour and continue on for Lunch at noon.

**American Red Cross
Winter Storm Safety Checklist—
What Supplies do I need?**

- Water, atleast a 3 day supply (one gallon per person per day.
- Food, atleast a 3 day supply, non perishable, easy to prepare food.
- Flashlight
- Battery powered/hand crank radio
- Extra batteries
- First Aid kit
- Medications—7 day supply, medical items, hearing aids/batteries, glasses, syringes, cane)
- Multi purpose tool.
- Sanitation and Personal hygiene items.
- Copies of personal documents (medication lists and information, proof of address, deal/lease to home, birth cert., insurance policies, passport.
- Cell phone charged with chargers
- Family and emergency contact
- Extra cash
- Baby Supplies if applicable
- Pet Supplies if applicable
- Tools/supplies to secure your home
- Sand, rock salt, non clumping kitty litter to make walkways and steps less slippery
- Warm coats, gloves, mittans, hats, boots, extra blankets for all members in household.
- Ample alternate heating methods such as fire-place or wood/coal burning stoves.



**Super Bowl Pre-Party
Thursday, January 30th
11:30-1:30**

Come and Join us for:

~ An Appetizer Class taught by Don Gumaer along with sampling..

**~A Super Bowl Pool with Prizes
~ Yummy Food**

Wear your team colors and come have some fun. You don't have to be a football fan to enjoy this party. Sign up required (203) 222-2608.

Cost is \$5.00



January 2014



Mon

Tue

Wed

Thu

Fri

		1 Senior Center Closed 	2 9:15am Tai Chi 10am Wii Bowling 11 Strength & Fitness 12pm Movie <i>Savannah PG-13</i>	3 9am Yoga (N)
6 9:15am Commission Mtg 10am Knitting 11am Dancing 11am Medicare 12pm Pickleball 1:00pm Art with Friends	7 9:30am Tai Chi 10am Beading w/Carla 11am Strength & Fitness 12 Poker w/Stella	8 10am Yoga 12 Lunch at Norfield Hosted by St. Francis <i>Bingo</i>	9 9:15am Tai Chi 10am Wii Bowling 10:30am Bridge 11 Strength & Fitness 12 Movie <i>The Internship PG-13</i> 12 Canasta Lunch/Learn sign up required	10 9am Yoga (N)
13 10am Knitting, 11am Dancing 11am Current Events 12pm Pickleball 1:00pm Art with Friends	14 9:30am Tai Chi 10am Beading w/Carla 11am Strength & Fitness 12pm Poker w/Richard 12pm Wellness Series/ Lunch-WWHD Mind/Body Connection Sign up required	15 10am Yoga 12 Lunch at Norfield Hosted by Weston <i>Entertainment: Francine and Joel</i> 3pm Tech Workshop at High School (sign up required)	16 9:15am Tai Chi 10am Wii Bowling 10:30am Bridge 11 Strength & Fitness 11:30 Brain Games/ Lunch- sign up re- quired. 12 Canasta Lunch/Learn <i>No Movie Today</i>	17 9am Yoga (N)
20 Senior Center Closed Martin Luther King Day	21 9:30am Tai Chi 10am Beading on own 11Strength & Fitness 11:45am Lunch Outing Black Cat Grill – sign up required 12 Poker w/Stella	22 10am Yoga 12 Lunch at Norfield Hosted by Newcomers and Neighbors <i>Entertainment by Gary Andreas</i>	23 9:15am Tai Chi 10am Wii Bowling 10:30am Bridge 11 Strength & Fitness 12 Canasta Lunch/Learn 12pm Movie <i>Jobs PG-13</i>	24 9am Yoga (N)
27 10am Knitting 10:30am Stamping – sign up required 11am Dancing 12pm Pickleball 1:00pm Art with Friends	28 9:30am Tai Chi 10am Beading w/Carla 11Strength & Fitness 12 Poker w/Richard 12pm Wellness Series/ Lunch – RVNA “Tools to Make Your Life Easier” – sign up required.	29 10am Yoga 12 Lunch at Norfield Hosted by Women’s League <i>Entertainment by Brian Gillie</i>	30 9:15am Tai Chi 10am Wii Bowling 10:30am Bridge 11 Strength & Fitness 11:30 SuperBowl Party Sign up Required No Movie Today	31 9am Yoga (N)



February 2014


Mon
Tue
Wed
Thu
Fri

	3	4	5	6	7
	9:15am Commission mtg 10am Knitting 11am Dancing (N) 11am Medicare 12pm Pickleball 1pm Art with Friends	9:30am Tai Chi 10am Beading with Carla 11 Strength & Fitness (N) 12 Poker W/Stella	10am Yoga 12pm Lunch at Norfield Hosted by Norfield <i>Bingo</i>	9:15am Tai Chi 10am Wii Bowling 10:30am Bridge 10:30am Pez Trip/Lunch Sign up required. 11amStrength & Fitness 12pm Canasta No Movie Today	9am Yoga (N)
	10am Knitting 11am Dancing (N) 11am Current Events 12pm Pickleball 1pm Art with Friends	9:30am Tai Chi 10am Beading with Carla 11 Strength & Fitness (N) 12 Poker W/Richard 12 Wellness Series/Lunch Staying Put in Weston presented by Visiting Nurse and Hospice – sign up required.	10am Yoga 12pm Lunch at Norfield Hosted by St. Francis <i>Entertainment by: Opera Diva Laura Papallo</i>	9:15am Tai Chi 10am Wii Bowling 10:30 Bridge 11amStrength & Fitness 12pm Movie <i>The Lone Ranger Pg-13 (2013)</i> 12 Canasta	9am Yoga (N)
	Senior Center Closed	Senior Center Closed	10am Yoga 12pm Lunch at Norfield Hosted by Emmanuel <i>Entertainment by Willie Ninninger</i>	9:15am Tai Chi 10am Wii Bowling 10:30am Bridge 11amStrength & Fitness 11:30am Brain Games/ Lunch sign up required No Movie Today	9am Yoga (N)
	10am Knitting 11am Dancing (N) 12pm Pickleball 1pm Art with Friends	9:30am Tai Chi 10a Beading – w/Carla 11a Strength & Fitness 12 Poker w/Stella 1pm Special Presentation "Racing Today's Super Yachts" sign up required	10am Yoga 12pm Lunch at Norfield Hosted by Newcomers and Neighbors <i>Entertainment by Shel Cooper</i>	9:15am Tai Chi 10am Wii Bowling 10:30am Bridge 11amStrength & Fitness 12pm Movie <i>Touchback Pg-13 (2012)</i> 12pm Canasta	9am Yoga (N)
			Coming Soon March 10th AARP Tax Assistance Appointments Sign up required Call for details.		

Some Medicare Basics

GOVERNMENT INFO “Medicare & You - 2014” is the yearly booklet on basic Medicare requirements, dos and don’ts. It lists all CT Medicare programs at the back including the 28 Medicare - D drug plans and the Medicare Advantage health plans under Medicare - C. (Part A is regular hospital coverage, Part B is doc & medical service coverage.) For the computer savvy go on the web site: medicare.gov

MEDIGAP INSURANCE This supplemental coverage to Original Medicare is offered directly by private insurance companies under U.S. government rules. It can be bought/changed any time in the year. There are many different letter plans. Each letter plan covers different situations – the hospital deductible, the 20% doc/medical service co-pay, skilled nursing service, etc. Premiums by letter plan vary by company although coverage is the same. A comparison chart of premiums by company & letter plan offered in CT is available.

INITIAL ENROLLMENT – Starts 3 months before 65th birthday, the month of the birthday and three months after for a total of 7 months.

SPECIAL ENROLLMENT PERIOD if still working at 65 covered by their employer or spouse’s active employment. This SEP lasts 8 mos. Begins a month after coverage/employment ends whichever is first.

OPEN ENROLLMENT PERIOD Oct 15th – Dec 7th Select/change to a more cost savings or some other required Medicare D prescription plan. Only if desired, switch to an Advantage Plan from Original Medicare. All coverage starts Jan 1.

LOST CARD If you have lost your Medicare Card (or Social Security Card) immediately contact Social Security office for a replacement.

Want to discuss Medicare selection issues? Half hour appointments are available from 11:00 – 1:00 twice a month on the first and third Mondays of each month. There is no charge for these services. **MAKE AN APPOINTMENT BY THE PREVIOUS THURSDAY. BOOK THROUGH THE WESTON SENIOR CENTER at (203) 222 - 2608. NO WALK-INS.** See you at the center!

Meta Schroeter CHOICES Counselor

Weston Library

Jan. 9	10:30am	Book Group: In the Garden of Beasts, Larson
Jan. 15	7:00pm	Movie Night: The Butler (PG-13)
Jan. 15	7:30pm	Book Group: Milagro Beanfield War by Nichols
Feb. 13	10:30am	Book Group: Frankenstein by Shelley
Feb. 19	7:00pm	Movie Night: All is Lost (PG-13)
Feb. 19	7:30pm	Book Group: Once Upon a River by Campbell

There is also the photography of Dan Keayes on display in January and the art of Weston’s own Keith Brooks in February.

Weston Bikes and Pedestrian Club member Ray Rauth Is looking for some volunteers for the following jobs:

1. Hiking Leaders (beginning early summer). Hikes will be throughout the trails in Weston and surrounding towns. Contact Ray for more information.
2. Safety Forum volunteer for our active transportation (walkers, joggers, bikers). We a representative to be on the Safety committee.

Please contact Ray with questions or to volunteer!
Thank you!

Rayrauth@optonline.net

Weston High School Students offer Tech Workshops

Do you have questions about your computer, iPad, Cell Phone or Social Media? We have students ready to help!

**Wednesday, January 15th
3:00-4:00 pm**

Weston High School Library Classroom

Call the Senior Center for details and to sign up
(203) 222-2608.



SCAM ALERT

This SCAM is sweeping the nation. Do not get trapped by smooth talkers trying to separate you from credit/debit card or other personal information.

A telephone call claims there is a delivery of a package for you by courier/delivery service. It will be delivered within the hour or so. The sender is unknown/unnamed. It is a gift or it might even be an elegant gift basket containing wine. The delivery man claims proof of delivery to an adult along with a \$3.50 charge is necessary. Only a credit or debit card is accepted (not cash). A mobile card swipe machine is used and then the PIN and security number are asked for.. A receipt is printed and the gift/basket left. BUT the damage is done. Charges will begin to be made on the card. It all seemed so logical.

WARNING: Be wary of ever accepting a “surprise gift or package” which you do not expect nor ordered. Alarms should go off in your head if any personal information or money via a credit/debit card is required from you before or at delivery. Never accept anything where the sender is not identified or where you do not know the sender. **Only give out personal information or a credit card/debit card when it is a purchase which you yourself have initiated.**



The Friends of the Weston Senior Activities Center

The Friends will be sponsoring a new “Lunch and Learn” Wellness Series this winter and spring. These will be the beginning of our new health and wellness series brought to you by experts in various areas of wellness. The first three dates will be January 14, January 28, and February 11. These presentations are free and include lunch. Sign up is required (203) 222-2608, space is limited to 20.

12:00-1:30pm—Sign up Required on each presentation

January 14th—(sign up by January 9th) Westport/Weston Health District presents:
“The Mind Body Connection and Your Healing System”

Come and meet your healing system, a system so powerful and efficient, so subtle and dynamic that it cooperates with and supports other systems in your body. Learn about the important relationships between your mind and your body, how your thoughts, attitudes, beliefs and emotions influence your physical health and the functioning of your healing system. Learn strategies to awaken your healing system and challenge the stress in your life!

January 28th—(Sign up by January 23rd) Ridgefield Visiting Nurse Association presents:
“Easy Does It! Tools to Make Your Life Easier”

This presentation is designed to show you the latest assistive technology. Assistive Technology is any item or piece of equipment that is used to increase, maintain or improve the functional capabilities of individuals with disabilities in all aspects of life. Technology ranges from low tech to high tech, for example Low Tech: hand held magnifiers, large print text, using paper and pen to communicate, canes, walkers. Middle Tech: talking spell checkers, manual wheelchairs, closed caption tvs, amplifiers, text pagers, books on tape. High Tech: power wheelchairs, prosthetic devices, digital hearing aids, digital hands free headsets, voice activated telephones.

February 11th- (Sign up by February 6th) Visiting Nurse and Hospice presents:
“Staying Independent in Weston”

“The doctor says I can’t live alone; the kids want me to sell the house and move in with them or go to a ‘home’; all my friends are gone and the media doesn’t value my experience or knowledge.” As you age it is not easy to retain independence. Whether the reason is physical or emotional you may not be as able as you once were. Learn to bolster your independence. Learn to know when you need assistance and who to turn to. Take comfort in knowing you are not the only one in this circumstance.

A nurse and social worker from Visiting Nurse and Hospice of Fairfield County will provide information and tips on how you can prepare and learn to be more independent. From advance directives to deciding if you should continue to drive we will provide you the information to make decisions to best suit you and your family. You can stay more independent! The keys are communication and preparation.

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

A Special thank you to our Friends of the Weston Senior Activities Center for Co-Sponsoring our trip to the Culinary Institute of America. Thank you to everyone who joined us on this special day. We had a wonderful time!



Commission on Aging Meeting:

Commission Meetings 9:15am

January 6th

February 3rd

Board Members:

Helen de Keijzer, Chair

Peggy Anderson

Bruce Lorentzen

Nina Daniel

Laura Smits

Donald Gumaer

Margarita Garces-Shapiro