

**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.**

**WESTON SENIOR  
ACTIVITIES CENTER**

**January/ February 2015**



Hello!

Happy New Year!

We look forward to the bright, white winter months as the sun sparkles upon the snow.

The days will be shorter, so get out of the house early and come visit! We have a lot of wonderful things happening at the senior center as we continue to expand.

Our space will be finished in January and we will be furnishing the new rooms in the next month. We look forward to having you visit.

We will not have any major trips until the spring, as the weather is unpredictable, but there will be a couple of lunch outings, several amazing lunch and learn lectures, a new series from Art Gottlieb on the history of the Brooklyn Bridge and Grand Central Station, a poetry reading and open mic with the Wilton Chapter of the Connecticut Poetry Society, Tuesday movie series of romantic comedies from the 30's and 50's, and our very popular new tap dancing class will continue.

Please keep us in mind if you have ideas you would like to share for upcoming programs and trips.

Best wishes for a Happy New Year,.

Wendy, Pam and Carla

**Important Announcement About Weather Related Closures:**



**We close when the school closes. We will post any closure on News 12. We also send an email, and leave a recorded message on the Senior Center phone line (203) 222-2608. If you would like to be added to our email list, please give us a call or send email to [wpetty7511@aol.com](mailto:wpetty7511@aol.com).**

**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 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](http://www.dancewearsolutions.com/shoes/tap).

**Feldenkrais—Want to Move Like You Used To?**

Discover the Feldenkrais Method and a More Flexible,  
Powerful You!

**Mondays 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 gentle lessons will help you feel better, work better, and enjoy your life again. You will learn how it feels to:  
stand and sit with ease and comfort  
relax your back muscles  
use your pelvis to support your spine  
open your chest for better breathing  
improve your balance in standing and walking  
align your head, neck and shoulders more comfortably.

**Exercise Classes!**

**Tap Dancing with Sandy**

Mondays @ 10:00-10:45am (50+ welcome) SC Gym  
Must sign up for series \$35 for 7 classes. Wear Tap Shoes, call for details (203) 222-2608. See page 3 for details.

**Dance to the Music with Sandy**

Mondays @ 11:00 am (50+ welcome) SC Gym \$3/class

**Feldenkrais— Mondays @ 10** (see page 6 for details)

**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)

**Connecticut Poetry Society's  
Poetry Reading and Open Mic  
at the Weston Senior Center**

Monday, February 9th at 12:30-2:00



Chapter poets will read selections from their poetry. Attendees will be invited to read their poems in an open mic session immediately afterwards. This is brought to you by Ray Rauth, Coordinator of the Wilton Chapter of the Poetry Society and The Friends of the WSAC.

Refreshments will be served.  
Sign up required (203) 222-2608.

**Games Games Games!**



Poker on Tuesdays

We play every Tuesday at noon. Everyone is welcome

Bridge on Thursdays

First bridge group full. Looking for players for second group. Please call the Senior Center if interested.

Canasta on Fridays

We have moved our Canasta class to Friday mornings at 10:00am. Come and join us! We have different levels of play so there is room for everyone!

Puzzle Table is always free to visit!

Friday, January 16th

10:30am-11:00

**Chair Yoga with Melania Introductory Class**



Chair yoga is based on Yoga with breathing techniques and can be modified to be done entirely sitting in a chair, making the benefits accessible to everyone.

Come and try this free introductory class. If we get enough interest, we can schedule additional classes.

Melania Van Vliet has been a Yoga Therapist for over 15 years.

**Movies 12:30pm on Thursdays.  
Sign Up Required, Space Is Limited  
(203) 222-2608— Movies are Free!**



**1/8: Dawn of the Planet of the Apes** – PG-13 – 2hr 10 mins. - A growing nation of genetically evolved apes led by Caesar is threatened by a band of human survivors of the devastating virus unleashed a decade earlier.

**1/15: Magic In the Moonlight** – Pg-13 – 1hr 37 mins: In the 1920s, magician Stanley Crawford (Colin Firth) enjoys widespread acclaim as Chinese conjurer Wei Ling Soo, his stage persona. As arrogant as he is talented, Stanley despises claims by phony spiritualists that they can perform real magic.

**2/12: The Longest Week** – PG-13- 1hr 26 mins: As he eases into adulthood at the age of forty, Conrad Valmont (Jason Bateman), the over-educated, under-employed heir to the Valmont Hotel fortune, is cut off from his allowance following his parents abrupt divorce and tossed out into the unforgiving streets of the Upper West Side.

**2/19: ELSA AND FRED** – PG-14 – 1 hr 44 mins: is the story of two people who, at the end of the road, discover that it's never too late to love. After losing his wife, Fred (Christopher Plummer) feels disturbed, confused and alone, so his daughter (Marcia Gay Harden) helps move him into a small apartment where he meets Elsa (Shirley Maclaine).

**Movies 12:30 on Tuesdays. Comedies from 30s & 50s**

**Bringing up Baby 1938**

Katharine Hepburn and Cary Grant star in this inspired comedy about a mad-cap heiress with a pet leopard who meets an absent-minded paleontologist and unwittingly makes a fiasco of both their lives. David Huxley (Grant) is the stuffy paleontologist who needs to finish an exhibit on dinosaurs and thus land a \$1 million grant for his museum.

**Holiday 1938**

This 1938 version has Katharine Hepburn and Doris Nolan playing Linda and Julia Seton, two daughters of a very well-to-do family. Linda feels a bit lost in the shuffle as sister Julia prepares to marry self-made financier Cary Grant. Hepburn has always rebelled against her privileged trappings, and finds a kindred spirit in the unorthodox, iconoclastic Grant.

**Desk Set 1959**

Based on the Broadway play by Robert Fryer and Lawrence Carr, Desk Set represents the eighth screen teaming of Spencer Tracy and Katharine Hepburn. Hepburn plays the head of a TV network research department; Tracy plays an efficiency expert, hired to modernize Hepburn's operation. When Tracy has a huge computer installed,

**Pat & Mike 1952**

Pat (Katharine Hepburn), a college phys-ed instructor, enters into professional competition as a golf and tennis player. Mike (Spencer Tracy), a likeable but unscrupulous sports promoter, first attempts to bribe Pat to lose, but later becomes her manager. Pat performs brilliantly until her insufferable fiancé Collier West (William Ching) shows up.

**Lunch and Learn Series, Educational and Wellness Lectures**

Thursday, January 22nd 1:00-2:30pm

**Canapé Class with Don Gumaer**

Come and learn how to take a simple slice of bread and turn it into a tasty and elegant appetizer. Cost is \$2.00, sign up required by 1/19.

Thursday, January 29th 12:00pm-1:00pm

**Exercise Tips to Improve Your Balance**

Sponsored by RVNA, presented by Gigi Weiss, RPT, Physical Therapy Manager RVNA. Balance exercises can help you stay independent, help prevent falls by improving your ability to control and maintain your body's position, and so much more. Sign up required (203) 222-2608. This includes lunch provided by the Friends of the WSAC.

Thursday, February 5th 12:00-1:00pm

**Staying True to Your Self"**

presented by RVNA. Staying grounded during difficult times, self reflection, learn the tools needed, and understanding core values. Sign up required (203) 222-2608. This includes lunch provided by the Friends of the WSAC.

Thursday, February 5th 10:30am-11:30am

**"Grand Central Station"**

a special presentation by Arthur N. Gottlieb, LCSW, CSA. Spared from demolition and now restored to its original beauty, this 1913 Beaux Arts masterpiece remains one of New York's most famous transportation landmarks. This lecture sponsored by The Friends of the Weston Senior Center, there is no charge to you. Sign up required (203) 222-2608.

Thursday, February 19th 10:30am-11:30am

**"Brooklyn Bridge"**

A special presentation by Arthur N. Gottlieb, LCSW, CSA. From the tall gothic arches of its towers to the raised promenade with dramatic views of the New York skyline, this renowned architectural icon has inspired generations with the simple elegance of its design and functional beauty. This lecture sponsored by The Friends of the Weston Senior Center, there is no charge to you. Sign up required (203) 222-2608.



**Thursday, January 15th and February 19th  
Brain Games and Lunch**

Sponsored by Wilton Meadows.

11:30am-1:00pm—Lunch and "Brain Games"  
This is free, sign up is required (203) 222-2608.



February 12th—1:00pm-2:00pm



**Valentine's Bingo Party  
At the Senior Center**

**Sponsored by Synergy HomeCare**  
Come and play Valentine's Bingo for prizes!  
Sign up required, (203) 222-2608

# January 2015

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
			Senior Center Closed 	Senior Center Closed
5 9:15am Commission Mtg 10am Tap Dancing 10am Knitting 10am Medicare 10am Feldenkrais 11am Dancing 12:15pm Pickleball 1pm Art Class	6 10am Beads w/Carla 11am Strength& Fitness 12pm Poker w/Stella	7 10am Yoga 12 Lunch at Norfield <i>Bingo</i>	8 9:15am Tai Chi 10am Wii Bowling 10:30am Bridge 11 Strength & Fitness 12:30 Movie <i>Planet of the Apes</i>	9 9am Yoga 10:00am Canasta 10:30am Ping Pong
12 10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Current Events 11am Dancing 12:15pm Pickleball 1:00pm Art Class	13 10am Cards w/Carla 11am Strength& Fitness 12pm Poker w/Stella	14 10am Yoga 12 Lunch at Norfield Hosted by St. Francis <i>John Paolillo</i>	15 9:15am Tai Chi 10am Wii Bowling 10:30am Bridge 11 Strength & Fitness 11:30am Brain Games 12:30 Movie <i>Magic in the Moonlight</i>	16 9am Yoga 10am Canasta 10:30am Chair Yoga presentation with Melania
19 10am Knitting 10am Tap Dancing 10am Medicare 10am Feldenkrais 11am Dancing 12:15pm Pickleball 1:00pm Art Class	20 10am Beads w/Carla 11Strength & Fitness 12pm Poker w/Richard	21 10am Yoga 12 Lunch at Norfield Hosted by Emmanuel <i>Billy Michael</i>	22 9:15am Tai Chi 10am Wii Bowling 10:30am Bridge 11 Strength & Fitness 1pm Canapé Class With Don Gumaer	23 9am Yoga 10am Canasta
26 10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Dancing 12:15pm Pickleball 1:00pm Art Class	27 10am Lunch Outing to Arturo's Cantina 11Strength & Fitness 12:00pm Poker w/Richard 12:30pm Movie Series Bringing Up Baby	28 10am Yoga 12 Lunch at Norfield Hosted by Newcomers and Neighbors <i>OTones</i>	29 9:15am Tai Chi 10am Wii Bowling 10:30am Bridge 11 Strength & Fitness 12pm Lunch and Learn Exercise Tips for Balance	30 9am Yoga 10am Canasta

# February 2015

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

	2	3	4	5	6
	9:15am Commission 10am Feldenkrais 10am Medicare 10am Knitting 10am Tap Dancing 11am Dancing 12:15pm Pickleball 1:00pm Art Class	10am Cards w/ Carla 11am Strength & Fitness 12 Poker W/Stella 12:30pm Movie Series <i>Holiday</i>	10am Yoga 12pm Lunch at Norfield Sponsored by Norfield <i>WHS Orchestra performance followed by Bingo</i>	9:15am Tai Chi 10am Wii Bowling 10:30am Art Gottlieb's "Grand Central Station" 10:30 Bridge 11am Strength & Fitness 12:00pm Lunch & Learn <i>Staying True to Self</i>	9am Yoga 9:30am Poinsettia Centerpiece Class 10:00am Canasta 10:30am Ping Pong
	10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Current Events 11am Dancing 12:15pm Pickleball 12:30pm Connecticut Poetry Society see page 2 1:00pm Art Class	10am Beading w/Carla 11am Strength & Fitness 12 Poker W/Richard 12:30pm Movie Series <i>Desk Set</i>	10am Yoga 12 Lunch at Norfield Hosted by St. Francis Valentine's Luncheon <b>Bill Kohler</b> 	9:15am Tai Chi 10am Wii Bowling 10:30 Bridge 11am Strength & Fitness 12:00pm Community Lunch 12:30pm Movie <i>The Longest Week</i> 1pm Valentines Bingo Party see page 3.	9am Yoga 10:00am Canasta
<b>Senior Center Closed</b>	<b>Senior Center Closed</b>	10am Yoga 12pm Lunch at Norfield Hosted by The Organization of American Chinese Fairfield Chapter. Chinese New Year Theme. <b>Sign up Required see page 8.</b>	9:15am Tai Chi 10:30am Art Gottlieb's "Brooklyn Bridge" 10:30am Bridge 11am Strength & Fitness 11:30am Brain Games 12:30pm Movie <i>Elsa and Fred</i>	9am Yoga 10:00am Canasta 10:30am Ping Pong	
10am Knitting 10am Feldenkrais 10am Tap Dancing 10am Medicare 11am Dancing 12:15pm Pickleball 1:00pm Art Class	10am Beading w/Carla 11 Strength & Fitness 12pm Poker W/Richard 12:30pm Movie Series <i>Pat &amp; Mike</i>	10am Yoga 12pm Lunch at Norfield Hosted by Newcomers and Neighbors <i>Ron Spataro</i>			

## “Medicare and You - 2015”

“Medicare & You - 2015” is a 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 26 Medicare - D drug plans and the 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 to answer questions – especially if you will enroll in 2015.

During this last yearly Open Enrollment period (October 15 – December 7) there were many questions about supplemental, gap or medigap insurance. This private insurance is in addition to original/traditional Medicare coverage and is offered directly by insurance companies under government rules. This gap insurance compliments traditional Medicare insurance. There are several different plans that are identified by a 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 buy or change gap coverage/company anytime in the year. Premiums by letter plan vary by company although coverage is the same. Review your gap coverage. Look at your medigap card for which letter plan you have (A-N). If there is no letter on the 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. Many policies { new this year) now have preexisting limitations for a number of months. If needed I have a comparison chart of insurance companies, letter plans offered, preexist limits and policy prices in Connecticut. I would be pleased to share it. Just contact the Weston Senior Center.

There is availability for half hour appointments from 11:00 – 1:00 twice a month on the first and third Mondays of each month .  
**MAKE AN APPOINTMENT BY THE PREVIOUS THURSDAY.**  
**BOOK THROUGH THE WESTON SENIOR CENTER at (203) 222 - 2608. NO WALK-INS.** Never a charge or fee for services If times or dates are not convenient just contact a CHOICES counselor at 1(800) 994 - 9422.

See you at the center!  
 Meta Schroeter CHOICES Counselor

**A SPECIAL NOTE ON SCAM SAFETY!** With the new Affordable Health Care Act have come a new wave of scams to obtain information. The contact is made by phone that you – need a new Medicare card, your current Medicare card must be verified, you must pay a small fee for some product/information, etc. **DO NOT GIVE ANY PERSONAL INFORMATION OUT OVER THE PHONE – NO MATTER HOW CONVINCING THE CALLER IS.** Personal information includes Social Security numbers, Medicare card numbers, bank account information of any kind including credit card numbers. Thieves would not use these tactics unless they worked – do not become a victim. Hang up and call the police.



## Weston Public Library Presents:

Art Show	Jan. 4, 1:00pm	Eric Chiang, A Solo Show: Reception
Book Group	Jan. 8, 10:30am	Patrick Melrose Novels by St. Aubyn
Movie Night	Jan. 21, 7:00pm	Gone Girl (R)
Book Group	Jan. 21, 7:30pm	Storyed Life of A.J. Fikry by Zevin
SCORE	Jan. 22, 6:00pm	Marketing to Mobile Devices
New Yorker	Feb. 10, 11:45am	New Yorker Roundtable
Book Group	Feb. 12, 10:30am	Snowman by Nesbo
New Yorker	Feb. 17, 11:45am	New Yorker Roundtable
Movie Night	Feb. 18, 7:00pm	The Judge (R)
Book Group	Feb. 18, 7:30pm	TBA
SCORE	Feb. 19, 6:00pm	TBA
New Yorker	Feb. 24, 11:45am	New Yorker Roundtable

## Weston Social Services (203) 222-2663

If you are interested in applying for CT Energy Assistance through the Weston Dept. of Social Services, give then a call (203) 222-2663. Any individual with an income up to \$32,514 or couple with a maximum income of \$42,519 is potentially eligible.

## Commission Meetings 9:15am

Monday, January 5th and February 2nd

### Board Members:

Helen de Keijzer, Chair

Peggy Anderson

Bruce Lorentzen

Nina Daniel

Laura Smits

Donald Gumaer

Margarita Garces-Shapiro

## Weston Pedestrian Club—Next Hike Feb. 22

Tom Failla will lead his Rites of Spring Short Walk Series again this year. The tentative date for the first hike is Feb. 22. In the full series participants watch nature come alive in Devil's Den from deep winter slumber to full vibrancy over the course of later winter through late spring. The hike starts at 1 p.m. at the Devil's Den Pent Road Parking Lot and returns before 3 p.m. The terrain is easy.

**Thursday, February 12th 12:00-1:00pm**

**Community Lunch  
At the Senior Center**

**Before the Valentine's Bingo Party**

Sign up required by Tuesday, Feb 9th  
for lunch selection. This will be \$4.00.



### HOLIDAYS AT THE SENIOR CENTER

Gift Sale, High School Orchestra special performance, Cobbs Mill Holiday Luncheon, Chris Coogan and the Hoot Owls, Cookie Exchange, and Holiday Party.

Thank you to everyone who helped to make the holidays special for us. Including the Friends of the Weston Senior Center, the Commission on Aging, The Weston High School Student Government, Orchestra and Community Class, the Girl Scouts, and our lunch volunteers.



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

### ***Beads and Cards with Carla***

#### ***Card Making***

\$5.00 per class for supplies



#### ***Beads***

\$2.00 per class for supplies

Check the calendar inside for alternating weeks of beading and card making.



### ***Lunch Outings***

(203) 222-2608



**Tuesday, January 27th— Arturo's Mexican Cantina in Danbury**

*Depart Norfield at 11am. Return by 2pm. Bus is \$2.00. Sign up required, space is limited.*

Arturo's puts a spin on "Traditional Mexican" while remaining true to it's roots. The authentic clay walls, decorations and traditional Mexican music makes you feel as if you have taken a trip to South of The Border. With dishes like the Shrimp Chimichanagas and a full vegetarian meal, the restaurant is sure to please any palate, with specialty homemade sauces like Mole, Pipian, Adobo, Ranchera

## **Chinese New Year Festival**

**February 18th Wednesday's Luncheon  
At Norfield's Parish Hall**

**Reservations are required.  
(203) 222-2608**



**Choral performance by:  
*The Organization of American  
Chinese Fairfield Chapter***

***Chinese Food will be served in honor of Chinese New Year's Eve.***