

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 1-2

Tuesday

Beads 10-12
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

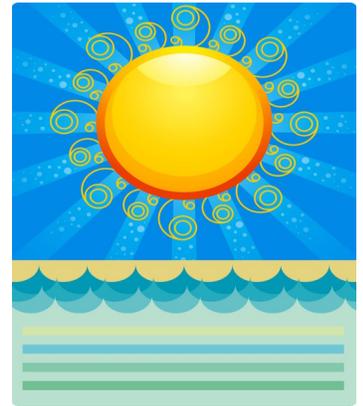
Yoga w/ Melanie 9-10 (N)

**Wednesday Lunch at
Norfield at 12 noon**

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

**WESTON SENIOR
ACTIVITIES CENTER**

July/August 2013



Hello!

We hope that you are enjoying a slower pace and some time with family during these warmer days. We have some fun outings and outdoor lunches planned for you. Much of our programming stays the same; however, if you are taking weekly exercise classes, please look at the calendar to check for cancellations. Some of our teachers are taking vacations.

Are you hoping to experience the beach or water views this summer? Please sign up for one or all of these outings: Sherwood Island Picnic, Cruise to Port Jefferson, Cruise around the Thimble Islands and a meal with a view at Jimmies of Savon Rock. When the weather is warm, there is nothing better than being outside and appreciating the ocean.

Speaking of appreciation, we had a wonderful trip to the Metropolitan Museum of Art last month. We saw the Impressionism, Fashion and Modernity Show. The works of art in this exhibit were truly an inspiration! Since this trip was so much fun, we have decided to schedule trips on a regular basis in the coming year. You will learn more about this in the fall newsletter.

Our local artists in our Art With Friends class here are having their art show displayed at the senior center through July. Please stop in and see their work. We think you will enjoy the exhibit!

If you have never visited us, please stop in to say hello. We are having 2 newcomers coffee hours. Stop by on July 16 and or August 13 at 10am for a cup of coffee. We would love to meet you, show you around and introduce you to others here at the center.

Lastly, please check the newsletter for a listing of all our wonderful luncheons planned for the summer. Just to name a few, The Historical Society, The Fire Department and The Selectmen all plan to treat you to lots of fun and good food.

**Best wishes,
Wendy and Pam**

Summer Closures: July 4th
Week of August 26-30

In appreciation of:
Nancy Coley
For her donation to the Senior Center.



ALDEN SHERMAN CLASSIC



The Second Annual Alden Sherman Classic Car Show is coming this fall.

This is our largest fundraiser co-hosted with the Friends of the Weston Senior Activities Center.

Sunday, September 22nd
Rain date Sunday September 29th

We are so excited to be planning our next event. It was a huge success last year. The money we raise benefits our Senior Center. Some of the ways we have used the funds are:

- ◆ New card tables and chairs
 - ◆ Pickleball Equipment
- ◆ A Bus Trip to NYC Metropolitan Museum
 - ◆ Our volunteer luncheon
 - ◆ Ice Cream Social
 - ◆ Strawberry Festival
- ◆ The New Yorker Magazine series (this fall)
- ◆ Other infrastructure projects in the works

We Would Love Your Help!!!!

1. Consider making a donation to our silent auction. We are making themed baskets, if you would be willing to purchase an item (under \$20) we will assign you something.
2. Consider making a donation or becoming a sponsor. The levels are listed on the web site:
www.aldenshermanclassic.com.
3. Spread the word to people who have amazing classic cars. Ask them to register on line at:
www.aldenshermanclassic.com.
4. Make sure to mark September 22nd on your calendar so you can attend this amazing event!
Requested donations at the gate.
5. Volunteer at the event (gate, silent auction).

Call us for details or to make a donation.

(203) 222-2608



Mondays at 1pm
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.

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)

Walking Club

Tuesday and Thursday mornings at 9am.

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)
\$20.00/series of 4classes.



Wii Bowling with Anne

Thursdays @ 10 am
Free (Senior Center)

Yoga with Melanie

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

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.



Thursday is Movie Day!!!

Movie and Popcorn are free.

Movies begin at noon.

Sign up recommended, space is limited.



July 11th: Top Hat (1935) – Fred Astaire and Ginger Rogers
One of the best of the Fred Astaire-Ginger Rogers musicals, Top Hat centers on a typical mistaken-identity plot, with wealthy Dale Tremont (Rogers), on holiday in London and Venice, assuming that American entertainer Jerry Travers (Astaire) is the husband of her friend Madge -who's actually the wife of Jerry's business manager Horace Hardwick.

July 25th Admission – PG-13 starring Tina Fey and Paul Rudd
Tina Fey and Paul Rudd star in 'Admission', the new film directed by Academy Award nominee Paul Weitz, about the surprising detours we encounter on the road to happiness. Straight-laced Princeton University admissions officer Portia Nathan (Fey) is caught off-guard when she makes a recruiting visit to an alternative high school overseen by her former college classmate, the freewheeling John Pressman (Rudd).

August 1st – It's a Mad, Mad, Mad, Mad World – G- starring Spencer Tracy, Milton Berle and Ethel Merman – This 1963 movie re-made for theatre in 2001

With this all-star Cinerama epic, producer/director Stanley Kramer vowed to make "the comedy that would end all comedies." The story begins during a massive traffic jam, caused by a reckless driver ...

August 8th – 42 - PG-13 Starring Harrison Ford

Jackie Robinson's story is told in this topic from writer/director Brian Koppelman. Robinson paved a new road for minorities by being the first African-American to play in Major League Baseball since the racial barrier was put in place in the late 1800s. Chadwick Boseman stars as Robinson, with Harrison Ford heading up the rest of the cast as MLB executive Branch Rickey.

August 15th – The Guilt Trip – P-13

Andy Brewster is about to embark on the road trip of a lifetime, and who better to accompany him than his overbearing mother Joyce. After deciding to start his adventure with a quick visit to moms, Andy is guilted into bringing her along for the ride. Across 3,000 miles of ever-changing landscape, he is constantly aggravated by her antics, but over time he comes to realize that their lives have more in common than he originally thought. His mother's advice might end up being exactly what he needs.

August 22nd – The Emperor – PG-13- Tommy Lee Jones, Matthew Fox

A gripping tale of love and honor forged between fierce enemies of war, 'Emperor' tells the story, inspired by true events, of the bold and secret moves that won the peace in the shadows of post-war Japan.

Thimble Island Trip August 22nd

Sign up required. 9:45am departure from Norfield, cruise departs Branford at 11:15am. Trip is \$13.00 for ticket, \$2.00 for bus, and bring money for lunch at *Guilford Mooring Restaurant*.

Summer Luncheons...



July 3rd—Brookdale Place

Lunch and demonstration— free. Sign up required.

July 10th—Historical Society Luncheon
At Coley House \$4.00— sign up required.

July 17th— Fire Department Luncheon
At Lyons Plains—free, sign up required.

July 18th— Jimmies of Savon Rock
Sign up required, bring money for lunch.

July 24th—Selectman's BBQ
At Norfield. Sign up required—\$4.00

July 31st—Wilton Meadows
Lunch and bingo, free, sign up required.

August 7th— Sherwood Island Picnic
Sign up for bus, bring a dish to pass!

August 14th-MeadowRidge Luncheon
Lunch and tour—free, sign up required.

August 15th—Captains Cove
Sign up required. Bring money for lunch, bus departs Norfield at 11:30.

August 21st—The Greens at Cannondale
Lunch and bingo, free, sign up required.

Port Jefferson Trip July 30th

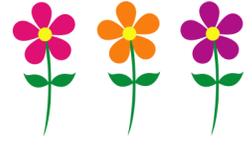
Sign up required. 9am departure from Norfield—space is limited. \$14.00 for ticket, \$2.00 for bus, and bring money for lunch at the Steam Room.





Mon

July 2013



Fri

Tue

Wed

Thu

	1	2	3	4	5
	<p>10am Knitting, 11am Dancing 11am Medicare - appointments necessary 1:00pm Pickleball</p>	<p>9am Walking Club 10am Beading 11am Strength& Fitness 12pm Poker</p>	<p>10am Yoga 12 Lunch- Brookdale Place Sign up required</p>	<p>Senior Center Closed</p> 	<p>9am Yoga (N)</p>
	<p>8 10am Knitting, 11am Dancing 1:00pm Pickleball</p>	<p>9 9am Walking Club 10am Beading 11am Strength& Fitness 12pm Poker w/Stella</p>	<p>10 10am Yoga 12 Lunch at Historical Society Hosted by the Historical Society \$4.00 at Coley House Sign up required.</p>	<p>11 9am Walking Club 9:15am Tai Chi 10am Wii Bowling 11 Strength & Fitness 12pm Movie <i>Top Hat</i></p>	<p>12 9am Yoga (N)</p>
	<p>15 10am Knitting 11am Current Events 11am Dancing 11am Medicare - appointments necessary 1:00pm Pickleball</p>	<p>16 9am Walking Club 10am Newcomers Coffee 10am Beading on own 11am Strength& Fitness 12pm Poker</p>	<p>17 10am Yoga 12 Lunch – FireHouse Hosted by the Fire Department at Lyons Plains Sign up required.</p>	<p>18 9am Walking Club 9:15am Tai Chi 11 Strength & Fitness 12pm Jimmies of Savon Rock – bus de- parts Norfield at 11:30 sign up required.</p>	<p>19 9am Yoga (N)</p>
	<p>22 10am Knitting 11am Dancing 1:00pm Pickleball</p>	<p>23 9am Walking Club 10am Beading on own 11 Strength & Fitness 12 Poker w/Stella</p>	<p>24 No Yoga Today 12 Lunch – Norfield Selectmen’s BBQ <i>Hosted by Selectmen</i> Sign up required. \$4.00</p>	<p>25 9am Walking Club 9:15am Tai Chi 10am Wii Bowling 11 Strength & Fitness 12 Movie Admission</p>	<p>26 9am Yoga (N)</p>
	<p>29 10am Knitting 11am Dancing 1:00pm Pickleball</p>	<p>30 9am Port Jefferson Trip Departing from Nor- field. Sign up required. 11am Strength& Fitness 12pm Poker</p>	<p>31 No Yoga Today 12 Lunch Outing Wilton Meadows Lunch and Bingo- free-439 Danbury Road. Sign up required.</p>		



August 2013



Mon

Tue

Wed

Thu

Fri

			1 9am Walking Club 9:15am Tai Chi 10am Wii Bowling 11am Strength & Fitness 12pm Movie <i>It's a Mad, Mad World</i>	2 9am Yoga (N)
5 10am Knitting 11am Dancing (N) 11am Current Events 11am Medicare Appt. 1pm Pickleball	6 9am Walking Club 10am Beading 11 Strength & Fitness (N) 12 Poker w/Stella	7 10am Yoga 11:00am Sherwood Island Picnic Meet at Norfield at 10:30am – bring picnic and dish to pass.	8 9am Walking Club 10am Wii Bowling 11am Strength & Fitness 12pm Movie 42	9 9am Yoga (N)
12 10am Knitting 11am Dancing (N) 1pm Pickleball	13 9am Walking Club 10am Newcomers Coffee 10a Beading 11a Strength & Fitness (N) 12 pm Poker	14 No Yoga Today 11:30 Lunch Outing Meadow Ridge Leave Norfield at 11:15am . Free, sign up required for bus and reservation.	15 9am Walking Club 10am Wii Bowling 11am Strength & Fitness 11:30 Lunch Outing Captains Cove Sign up required, bring money for lunch. 12pm Movie <i>Guilt Trip</i>	16 9am Yoga (N)
19 10am Knitting 11am Dancing (N) 11am Medicare Appt 1pm Pickleball	20 9am Walking Club 10a Beading 11a Strength & Fitness 12pm Poker w/Stella	21 10am Yoga 12pm Lunch Outing The Greens Lunch and Bingo -free Sign up required. 435 Danbury Road.	22 9am Walking Club 10am Wii Bowling 9:45am Thimble Island Sign up required-see details page 3 11am Strength & Fitness 12pm Movie <i>Emporer</i>	23 9am Yoga (N)
26 Senior Center Closed	27 Senior Center Closed	28 Senior Center Closed	29 Senior Center Closed	30 Senior Center Closed

IMPORTANT!!!

Medicare Changes for Ordering Durable Equipment and Diabetic Supplies

DURABLE EQUIPMENT As of July 1, 2013 there are changes in how Durable Equipment such as wheel chairs, walkers, canes and other supportive equipment can be ordered and wholly paid / partially paid by Medicare. A pilot program conducted in another area of the country has demonstrated that by having Medicare contract with particular specific suppliers there can be significant savings to the Medicare program. It is estimated that this new program will save 25 Billion dollars by 2023! If a supplier that you order equipment from is not on the approved supplier list you will not receive any reimbursement. The list of approved contract suppliers is available at this website medicare.gov/supplier or telephone 1-800-MEDICARE (1-800-633-4227 for help in finding an approved contract supplier.

DIABETIC SUPPLIES As of July 1, 2013 diabetic testing materials may be ordered via the National Mail-Order Program. This program ensures that you will get quality testing supplies while saving money. If you use diabetic supplies you may have already received a letter describing this program and how to use it. If you do not want delivery by mail you may go to a local pharmacy. If the local pharmacy accepts Medicare assignment which means they accept the Medicare-approved amount as payment in full you will not be charged more than any unmet deductible and 20% coinsurance for covered supplies. If a pharmacy does not accept Medicare assignment they may charge more than the un met deductible or the 20% coinsurance. Check the store for prices/ if the store accepts Medicare assignment. The list of approved National Mail-Order Program contract suppliers is available at this website medicare.gov/supplier or telephone 1-800-MEDICARE (1-800-633-4227 for help in finding an approved contract supplier.

Want to discuss Medicare issues? Half hour appointments are available 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. See you at the center!**

Meta Schroeter CHOICES Counselor

Weston Library Events

July 1st through August 9th – Summer Reading Program for Adults:

Don't let the kids have all of the fun! This summer, the Weston Public Library will also offer an informal summer reading program for adults. After reading a book, pick up a Rate Your Read form at the front desk. Let us know what you thought of the book and be entered in a weekly drawing for a gift card to a local business.

July 10th & August 14th, 10am Novel Tea

Summer Book Discussion - Would you like to share what you're reading with others in the community? Looking for a good book to read next? Join Library Director Karen Tatarka on Wednesday, July 10th and Wednesday, August 14th at 10 AM to chat about your recent favorite read or just come to hear what others in town recommend. Tea and light refreshments will be provided. Open to readers of fiction and non-fiction.

July 11, 10:30 AM – Book Group, *Pygmalion* by Shaw with facilitator Diana Lovey

July 16, 12PM – Play With Your Food

July 17, 7PM – Movie Night, *Quarter* (PG-13)

July 17, 7:30PM – Book Group, *Cat's Table* by Ondaatje with facilitator Lisa Dresdner

August 21, 7PM – Movie Night, *42* (PG-13)



Current Events with Laura Smits
July 15th and August 5th
11am
At the Senior Center
Everyone is welcome!

WESTON SENIOR CENTER ART SHOW

Stop by the Senior Center to see some of our student's work on display through July.

Newcomers Coffee Hour

Are you interested in stopping by the Senior Center but not sure when to come? Are you new to town? Stop by on July 16th or August 13th at 10am for a cup of coffee. We would love to meet you, show you around, and introduce you to some new people. You are welcome anytime!!

**July 16th and August 13th
10am—11am
the Weston Senior Center**



Sherwood Island Picnic Wednesday, August 7th

Bus departs Norfield at 10:30am and returns at approximately 2:00pm. Sign up required- space is limited on the bus. Bring a picnic and a dish to pass.
(203) 222-2608





The Friends of the Weston Senior Activities Center

COMING THIS FALL TO THE WESTON PUBLIC LIBRARY !!
The New Yorker Discussion Program

The Friends of the Weston Senior Activities Center, the Friends of the Weston Library, and the Weston Education Foundation are offering an innovative discussion program to anyone of any age who enjoys reading and the exchange of ideas among friends and neighbors. An open, inquiring mind is recommended, plus a copy of The New Yorker magazine which is provided free to participants.

These discussion groups will take place at the Weston Public Library from noon to 2 pm on a series of Tuesdays commencing September 10, 17, 24 and continuing on October 8, 15, and 22.

The New Yorker Discussion Program is designed as a roundtable, community discussion group where participants talk about news events, the arts, contemporary culture, politics, fiction, humor (and the cartoons, of course), based on articles from The New Yorker magazine. The scope of the New Yorker is wide and the articles are well written and fact checked, but there is a lot of room for discussion and debate in a welcoming setting. The discussion lasts for two hours and before the end of each session, new issues of The New Yorker are distributed and participants may vote for the articles they wish to discuss at the next meeting.

This program is skillfully moderated by Diana Loevy so that all participants have a chance to speak and participate, if they so choose. Among many other credits to her name, Diana Loevy is the author of *The Book Club Companion*, a selection of the Literary Guild and the Doubleday Book Club and reviewed by *The New York Times*. Diana leads popular and successful book discussion groups in private clubs and public libraries throughout Fairfield County.

Past participants in Diana Loevy's New Yorker Discussion Program are enthusiastic about their experience as illustrated by the following comments:

*"A lively group discussion is SO mentally stimulating. A great facilitator and group!" * "This has been the most fun and interesting group. Not just the cartoons! The articles discussed and argued over have really been stimulating and I look forward to each issue and each week's discussion." * "I find talking about different articles much more interesting than talking about one book." * "Weekly firing of the brain going deep on various New Yorker articles, all in the company of really interesting people, corralled and goaded by Diana Loevy's excellent, thoughtful, at times funny, facilitation." * "A pleasure to share thoughts and interests of very caring people." * "I enjoy the give and take from a diversified group of people discussing the topics of the day."*

Please call Wendy or Pam at the Weston Senior Center to reserve a space at 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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Permit No. 2
WESTPORT, CT 06880

CONTEST

New Name for the Senior Center

It's not too late to submit a new name for our contest.
Here are the top choices so far:

The Hive (health, informative, vitality, entertaining) -
Studio 55
Weston Community Center
Post 55 of Weston
The Grand Center
Tree of Life Center
Weston Center for Quality Living
The Meeting Place
The Commons
Social Hall
Weston Neighborhood Center
Weston Meeting House

The winner will receive a prize. New name will be chosen by
the Commission on Aging and the
Friends of the Weston Senior Activities Center.

Commission on Aging Meeting:

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