

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**

March/April 2013



Hello and Welcome Spring!

Since spring is a time of blooming flowers and rebirth we thought it would be nice to offer classes to help you to enjoy and appreciate these miracles. We have planned 2 special flower arranging classes and a trip to the Botanical Garden to see the Orchid show. Several of our seniors love to cook and entertain so there are lots of offerings in the food category as well. We have organized 2 local lunch outings. If you prefer to cook, please come to one of our 2 potluck lunches or our puff pastry appetizer class. Don't be intimidated by the international pot luck lunches! If you are unfamiliar with Italian or Hungarian food, you can bring napkins or a beverage. The more the merrier! Our appetizer class will be taught by our very own Friends of the Senior Center member and local catering company owner, Don Gumaer. He will be showing us how to make easy & inexpensive puff pastry appetizers. Last but not least, we invite you to expand your knowledge of social networking. You may think that this is just for young people; however, it can help you connect and stay in touch with old friends and family and is much easier to do than you think! Coming soon....new health and wellness classes and some fun surprises.

We also hope you will join the Friends of the Weston Senior Activities Center and attend the Retirement Life Styles Fair on March 23rd. The details are on page 7!

We hope to see you at the Center.

Wendy and Pam



Thank you Norfield Church for graciously opening your Parish Hall for our Wednesday Senior Luncheons!

New Painting Class with Keith Brooks

“Art with Friends”

7 Classes—\$35.00
Monday's March 11, 18 & 25
April 1, 8, 22 & 29



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. Any medium is okay: graphite, charcoal, watercolor, oil or acrylic.

Call for more details and to sign up!

Backgammon and Poker on Tuesdays

Every Tuesday, come and play poker at noon!



Backgammon Club meets March 5th, 19th and April 2nd and 23rd
At 1:30pm
Lessons included, come join us!

Introducing Pickleball!!

**Come and learn about how to play...
Monday, March 18th at 1:00pm**



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.

Come and learn about it on March 18th at 1:00pm at the Weston Senior Center.

We have heard great things about Pickleball, it's a good way to get exercise and have fun at the same time. Don't miss out on this new sport!

Maintaining Independence as You Age. Learn how to create a safe environment for aging independently.

March 6th at 12:30 @ Norfield
10 minute presentation from Brookdale Place

AARP Income Tax Assistance

March 11th and 18th by appointment only.

Estate Planning Seminar Presented by AXA Advisors LLC

An informative seminar on estate planning,
Tuesday, March 19th @ 12:30pm
at the Weston Senior Center.

This will include practical tips on efficiently structuring estates and documents to help minimize probate exposure and family stress. Sign up required. Includes refreshments.

AARP Drivers Safety Course

April 30th from 9:00am-1:00pm—Sign up required
Call the Center for details.

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)
3/21, 3/28, 4/4, 4/11, 4/25 \$25.00/series.

Intermediate Tai Chi with Mari Lewis

Tuesday's 9:30am—sign up required.—(Senior Center)
3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/23, 4/30 \$40/series.

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

Session I begins 4/28. Call the Center for details (203) 222-2608.

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 !

March 7th: Must Love Dogs – PG

Romantic Comedy starring Diane Lane and John Cusack. Sarah, a 40 year old divorced preschool teacher is urged by her family to date more. Jake, another recent divorcee in the same situation.

March 14th: Argo – R (2 Hrs)

Based on true events, Argo chronicles the life-or-death covert operation to rescue six Americans, which unfolded behind the scenes of the Iran hostage crisis--the truth of which was unknown by the public for decades.

March 21st : Life of Pi - PG

Director Ang Lee (Brokeback Mountain, Crouching Tiger, Hidden Dragon) creates an all-audience film about a young man on a fateful voyage who, after a spectacular disaster in the middle of the ocean, is hurtled into an epic journey of adventure and discovery.

April 11th: Parental Guidance -PG

Comedy legends Billy Crystal and Bette Midler play Artie and Diane Decker, who are called in by their daughter (Marisa Tomei) to help care for their three grandkids.

April 25th: Riding Tornado (Not rated)

Drama, starring Danny Keogh and Quentin Krog. A burdened young man finds a troubled horse and contacts a South African horse whisperer for help. Based on actual events.

Film Club—Run by High School Student Christian Orr
Movies are free and includes pizza. Space is limited!!!
Call to sign up (203) 222-2608.



Wednesday, March 20th at 3pm – *Frankenstein*

1931 Horror monster film from Universal Pictures directed by James Whale, starring Colin Clive, Mae Clarke, John Boles, and Boris Karloff.



Wednesday, April 24th at 3pm —*Dr. Strangelove*

1964 Black comedy movie which satirizes the nuclear scare. Directed by Stanley Kubrick, starring Peter Sellers and George C. Scott.

Lunch Dates and Cooking Class...



Two Lunch Trips

Thursday, March 14th

Bistro 7 In Georgetown, CT

Departs Norfield at 11:45am (or meet us at the restaurant). Sign up required.

Thursday, April 25th

Bertucci's In Westport, CT

Departs Norfield at 11:45am (or meet us at the restaurant). Sign up required.

Two Potluck Lunches and One Cooking Class

At the Weston Senior Center

Tuesday, March 12th

"A Taste of Italy"

12:00pm

Sign up to bring an appetizer, Entrée or Dessert

Thursday, April 4th

Puff Pastry Appetizer Class

Learn how to make puff pastries

Easy and Inexpensive

At the Weston Senior Center

1:00-2:00pm Cost \$3.00

Tuesday, April 30th

"Hungarian Meal"

12:00pm

Sign up to bring an appetizer, Entrée or Dessert

Current Events with Laura Smits

Second Monday of the month

March 11th and April 8th

11am—at the Senior Center



Do you like flowers? Check out what is coming in March and April....

Easter Centerpieces

Taught by Betty Green



Come and make your Easter centerpiece with Betty

Tuesday, March 26th at 11:00am at the Senior Center. \$6.00

Floral Arranging

Taught by Francesca from Daybreak Nursery



Tuesday, April 23rd at 11:00am at the Senior Center. Sign up required, space is

Botanical Garden

Orchid Show

Tuesday, April 9th



Bus Departs at 9am from Norfield and returns at 2:30. Price is \$60.00 and includes transportation, general admission ticket, tour and gourmet bagged lunch. Space is limited to 10 people. Call the Senior Center for details and to sign up (203) 222-2608.

March 2013

Mon

Tue

Wed

Thu

Fri

Mon	Tue	Wed	Thu	Fri
				1 9am Yoga (N)
4 9:15am Commission on Aging 10am Knitting, 11am Dancing 11am Medicare Appointments necessary 1:00 Art with Friends-sign up required	5 9:30am Int. Tai Chi 10am Beading w/Carla 11am Strength& Fitness 12 Poker w/Stella 1:30 Backgammon-sign up required	6 10am Mindfulness 10am Yoga 12 Lunch-Norfield Hosted by Norfield followed by Bingo 10 min Presentation from Brookdale Place	7 9:15am Tai Chi 10am Wii Bowling 10:30am Bridge 11 Strength & Fitness 12pm Movie <i>Must Love Dogs</i>	8 9am Yoga (N)
11 9am Tax Assistance 10am Knitting, 11am Current Events 11am Dancing 1:00 Art with Friends-sign up required	12 9:30am Int. Tai Chi 10am Beading on own 11am Strength& Fitness 12 Poker 12 Italian Potluck-sign up required	13 10am Mindfulness 10am Yoga 12 Lunch—Norfield Hosted by St. Francis St. Patrick's Day Lunch Corn Beef and Cabbage Entertainment by <i>Billy Michael</i>	14 9:15am Tai Chi 10:30am Bridge 11 Strength & Fitness 11:45 Bistro 7 Lunch Outing <i>Argo</i>	15 9am Yoga (N)
18 9am Tax Assistance 10am Knitting, 11am Dancing 11am Medicare Appointments necessary 1:00 Art with Friends-sign up required 1:00 Pickle Ball intro class -sign up required	19 9:30am Int. Tai Chi 10am Beading w/ Carla 11Strength & Fitness 12 Poker w/Stella 12:30 Financial Planning -sign up required 1:30 Backgammon	20 10am Yoga 12 Lunch—Norfield Hosted by Emmanuel <i>Entertainment by The Magic Genie</i> 3pm Film Club Frankenstein	21 9:15am Tai Chi 10am Wii Bowling 10:30am Bridge 11 Strength & Fitness 12pm Movie <i>Life of Pi</i>	22 9am Yoga (N) <i>Retirement Life Styles Fair</i> <i>Tomorrow at Norfield Church at 10:30am see page 7</i>
25 10am Knitting 11am Dancing (N) 1:00 Art with Friends-sign up required	26 9:30am Int Tai Chi 10am Beading on own 11am Floral arranging 11am Strength& Fitness 12 Poker	27 10am Mindfulness 10am Yoga 12 Lunch-Norfield Hosted by Newcomers and Neighbors Easter Luncheon <i>Entertainment by Steve Kazlaukas</i>	28 9:15am Tai Chi 10am Wii Bowling 10:30am Bridge 11 Strength & Fitness No movie 1:00pm Technology Workshop - see page 6 for details.	29 9am Yoga (N)



April 2013

Mon

Tue

Wed

Thu

Fri

	1	2	3	4	5
	9:15am Commission on Aging meeting 10am Knitting 11am Dancing (N) 11am Medicare Appt. 1pm Art with Friends	9:30am Int Tai Chi 10a Beading w/Carla 11 Strength & Fitness (N) 12 Poker w/Stella 1:30pm Backgammon Club	10am Mindfulness 10am Yoga 12 Lunch at Norfield Hosted by Norfield <i>Bingo</i>	9:15am Tai Chi 10am Wii Bowling 10:30am Bridge 11am Strength & Fitness 1pm Puff Pastry Class <i>No Movie</i>	9am Yoga (N)
	10am Knitting 11am Current Events 11am Dancing (N) 1pm Art with Friends	9:30am Int Tai Chi 9am Orchid Show 11 Strength & Fitness (N) 12 Poker	10am Mindfulness 10am Yoga 12 Lunch at Norfield Hosted by St. Francis <i>Entertainment by Ron Spataro</i> 1:45 Fraud and scam discussion (N)	9:15am Tai Chi 10am Wii Bowling 10:30am Bridge 11am Strength & Fitness 12pm Movie <i>Parental Guidance</i> 12:30 Computer Class Social Networking	9am Yoga (N)
	<p>Senior Center Closed</p>	<p>Senior Center Closed</p>	<p>Senior Center Closed</p>	<p>Senior Center Closed</p>	<p>Senior Center Closed</p>
	10am Knitting 11am Dancing (N) 11am Medicare Appointments – sign up 1pm Art with Friends	9:30am Int Tai Chi 10a Beading – your own 11a Strength & Fitness (N) 11 Flower Arranging-sign up required 12 Poker w/Stella 1:30pm Backgammon Club	10am Mindfulness 10am Yoga 12 Lunch at Norfield Hosted by Newcomers <i>Entertainment by Larry Ruhl</i> 3pm Film Club <i>Dr. Strangelove</i>	9:15am Tai Chi 10am Wii Bowling 10:30am Bridge 11am Strength & Fitness 12pm Movie <i>Riding Tornado</i> 11:45 Bertucci's Lunch Outing –sign up required 12:30 Computer Class	9am Yoga (N)
	10am Knitting 11am Dancing (N) 1pm Art with Friends	9:00am AARP Drivers 9:30am Int Tai Chi 10a Beading – w/ Carla 11a Strength & Fitness (N) 12 Hungarian Potluck-sign up required			

Some Medicare Basics

GOVERNMENT INFO “Medicare & You - 2013” is the yearly booklet on basic Medicare requirements, dos and don’ts. It lists all CT Medicare programs at the back including the 30 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.) Or for the computer savvy go the web site: medicare.gov

MEDIGAP INSURANCE This supplemental coverage to Original Medicare is offered directly by 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.

ANNUAL (OPEN) ELECTION PERIOD Oct 15th – Dec 7th
Select or change to a more cost savings or other Medicare D required plan. Switch to an Advantage Plan from Original. All coverage starts Jan 1.

LOST CARD If you have lost your Medicare Card (or Social Security Card) 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. **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

General Technology Workshop

Thursday, March 28th
1:00-2:30pm
Weston High School Students
Freshman Student Government
Presents a free technology workshop
1:00-2:30pm at the Weston Senior Center

Do you need help using your IPAD, cell phone, or laptop? The students will be available to help you with all of your questions.

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

March 6-Introduction to OverDrive, the Library’s eBook service: at 6:30PM
March 12 -eReader Walk-In Clinic: from 1-3PM
PlayStation 3 Games Hour: March 12 from 3-4PM
March 13-Make Your Own Tablet/Smartphone Case with Duct Tape: from 3-4PM
March 14-Cult Classic Movie, The Princess Bride at 3PM

March 13, 20 & 27 @ 12:30pm
Lunch and Learn Series– Three part writing workshop with Westport author Marcelle Soviero

March 14-Book Group, 1984 by George Orwell: at 10:30am
March 20-Book Group, Art of Hearing Heartbeats by Sendker: at 7:30PM

March 21-eReader Walk-In Clinic: from 2:30-4:30PM

March 27-Movie Night, Life of Pi: at 7PM

April 7-The Joy of Silent Film, Buster Keaton’s “Seven Chances”: at 3PM – Hosted by David Connell

April 9-Lunch and Learn: at 12:30PM – Introduction to Mindfulness with Joy Abrams

April 11-Book Group, Bossypants by Tina Fey: at 10:30AM

April 17-Book Group, TBA: at 7:30PM



Interested in learning about using an iPad, cell phone, or laptop? How about Social Networking: Facebook, Twitter and YouTube? Sign up for one of our workshops. All Free, come join us.

Technology Classes In April

Taught by Diane Sullivan, Director of Community Relations for Cambridge Health and Ludlowe Center for Health in Fairfield.

Social Networking

Thursday, April 11th
12:30-1:30

Are you connected? The 55 and over population is the fastest growing segment on Facebook. If you are a complete newbie or a regular user, this class will help you learn more about Facebook, Twitter and YouTube.

IPad and iPhone

Thursday, April 25th 12:30-1:30 6
New help navigating your iPad or iPhone? Stop in for this informative class for all levels.



Weston's Retirement Life Styles Fair

Presented by The Friends of the Weston Senior Activities Center

March 23, 2013 at 10:30am-2:30pm

Norfield Congregational Church Parish Hall

64 Norfield Road, Weston, CT 06883

Are you retired or planning for your retirement?

Planning is key to a successful lifestyle in later life!

Weston's Retirement Life Styles Fair will help you explore your options for living well in later years.

- Exhibitors will be available to answer questions and provide information about all aspects of retirement, including aging in place, with appropriate support systems, or finding alternate living arrangements.
- Learn about resources within the community, the county, and the State.
- A series of mini lectures will guide you in financial planning for retirement, living in a safe environment, adapting your home to your needs, quality of life issues, and other topics of interest.
- A door prize—Flat Screen TV— will be awarded to a member of the public!

Admission is free of charge and we will be serving light refreshments. For more information, please call the Weston Senior Activities Center at (203) 222-2608.

We would like to thank our generous sponsors:



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

Mindfulness Classes

With Dr. Paul Epstein, ND



Wednesdays, March 6, 13, 27, April 3, 10 & 24
(no class 3/20 or 4/17)

10:00am-11:00am—At the Weston Senior Center

Weston Senior Center will present Dr. Paul Epstein, ND, Naturopathic Physician, mind-body therapist, mindfulness meditation teacher and speaker specializing in mind-body integrative medicine. Paul travels world-wide speaking and teaching workshops and maintains a private practice in Westport. He recently authored the book Happiness through Meditation, which is the focus of this event.

He will be teaching a five part series at the Weston Senior Center.

This series is free, sign up is required.

Please take advantage of this amazing mindfulness series.



In Loving Memory of:

Patricia Major—donation from the Baber Family
Elsie Pokorny—donation from Jill & David Halper

In Appreciation of:

Meta Schroeter
Kathe Sackler and the Shack Sackler Foundation

For their donations to the Weston Senior Center.

Commission on Aging Meetings:

March 4th and April 1st

In Activities Room of the Center.

Everyone welcome!

Board Members:

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