

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**

May/June 2013



Hello everyone,

We are so excited to be planning some warm weather events!

Please put your thinking caps on....We are hosting a contest! Our center is bubbling with aliveness. We think our name should reflect this new spirit and energy. Can you help us think of a new name for the Weston Senior Activities Center?? Please email or call us with your ideas. The winner of this contest will receive a big prize!

In May we have some fun things planned for you. We are continuing with Pickleball on Mondays at 1pm. If you haven't tried the game yet, please stop by and watch. It's fun and pretty easy to play. We will have a "Wii Bowling" demonstration at lunch to show you how easy it is to bowl. Our "Art with Friends" class continues to be successful and there will be a trip to the Metropolitan Museum of Art with Keith Brooks on May 21st. You don't have to be an art student to join us for this outing. Chris Coogan performs for us, and our 3rd annual Senior Prom hosted by the high school is scheduled for May 23rd. These are just a few of the special programs we have planned.

In June, Wilton Meadows will be hosting Brain Gym and Lunch here at the Center on the 6th and 13th, our "Friends" will be hosting an Ice Cream Social on June 20th, which is also Pam's last day before she goes on "Summer Break"- so we have a lot to fit in before she goes. Including our art show that is being organized by Keith Brooks and his wonderful art students, who will be hanging their work in the halls of the Senior Center in June. We also have our Second Annual Volunteer Luncheon, to honor all of the generous people who donate their time to make our Senior Center so special. Please join us and bring a friend!

Don't forget to donate your unused gifts for our Holiday "re-gifting" sale. We are already collecting! Please think of us throughout the summer.

We hope to see you soon! Wendy and Pam

New Painting Class with Keith Brooks

“Art with Friends”

7 Classes—\$35.00

May 6, 13, 20 June 3, 10, 17, 24

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!



Walking Club is back!

Tuesday and Thursday mornings at 9am at the Weston High School Track. Stop by the Senior Center after for a coffee. Don't forget your water bottles, take them with you to the track.



A trip to the Metropolitan Museum of Art in NYC.

We will be going to see the Impressionism, Fashion and Modernity Exhibit—**Tuesday, May 21st 9:30-3:00pm**

Impressionism, Fashion, and Modernity presents a revealing look at the role of fashion in the works of the Impressionists and their contemporaries. Some eighty major figure paintings, seen in concert with period costumes, accessories, fashion plates, photographs, and popular prints, highlight the vital relationship between fashion and art during the pivotal years, from the mid-1860s to the mid-1880s, when Paris emerged as the style capital of the world.

Cost \$25. Bring \$ for lunch. We will eat at the cafeteria at the Met. Meet us at Norfield parking lot at 9:30am. Return time est 3:00pm.



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.

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.

Wii Bowling Demonstration after lunch on Wednesday, May 15th at 1:45 (in the Norfield Parish Hall). We will have Wii Bowling set up after lunch to show you how easy and fun it is to play!

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)

\$45.00/series of 9 classes.

Tai Chi with Mari Lewis

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

\$40.00/series of 8 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)

Tennis with Glen Englander

Call the Senior Center to sign up.

A Three Part Series with Dr. Paul Epstein
Growing Young.....Mind as Healer as Slayer
Learn to Use Your BrainThe Most Powerful Medicine Cabinet
Meditation as Medication
Wednesdays, May 8, 22, 29 10am at the Senior Center—Free.



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!

Seabisquit : PG-13- May 2nd

The film is loosely based on the life and racing career of Seabiscuit, an undersized and overlooked thoroughbred race horse, whose unexpected success made him hugely popular.

A Late Quartet: R May 9th

Plot Summary: The film tells the story of a beloved cellist of a world-renowned string quartet who receives a life changing diagnosis, the group's future suddenly hangs in the balance: suppressed emotions, competing egos, and uncontrollable passions threaten to derail years of friendship and collaboration.

Les Miserables: PG13 May 16th

Plot Summary: Set against the backdrop of 19th-century France, Les Misérables tells an enthralling story of broken dreams and unrequited love, passion, sacrifice and redemption—a timeless testament to the survival of the human spirit. Jackman plays ex-prisoner Jean Valjean, hunted for decades by the ruthless policeman Javert (Crowe) after he breaks parole.

Lincoln: PG-13 May 30th

Plot Summary: Steven Spielberg directs Daniel Day-Lewis in "Lincoln," a revealing drama that focuses on the 16th President's tumultuous final months in office. In a nation divided by war and the strong winds of change, Lincoln pursues a course of action designed to end the war, unite the country and abolish slavery.

Intouchables: R June 6th

A true story of two men who should never have met—a quadriplegic aristocrat who was injured in a paragliding accident and a young man from the projects.

Hyde Park on the Hudson: June 13th

Plot Summary: Producer/director Roger Michell teams with screenwriter Richard Nelson to adapt Nelson's BBC radio play chronicling the extramarital affair between President Franklin Delano Roosevelt (Bill Murray) and his distant cousin, Daisy (Laura Linney), which comes to light during a royal visit from the King and Queen of England (Samuel West and Olivia Colman) at his home in Hyde Park.

Silver Linings Playbook R—June 27th

After a stint in a mental institution, a former teacher, Pat Solitano, moves back in with his parents and tried to reconcile with his ex-wife. Things get more challenging when he meets Tiffany, a mysterious girl with problems of her own.

Lunch Outings...



May 14th: 12pm— Lunch Outing to **Rancho Allegra** in Georgetown.
Bus departs Norfield at 11:45am. Sign up required for space on bus and reservation.
(203) 222-2608

June 25th: 12pm Lunch Outing to **The Brewhouse** In Norwalk
Bus departs Norfield at 11:30am.
Sign up required for space on bus and r reservation.
(203) 222-2608

Backgammon and Poker on Tuesdays

Every Tuesday, come and play poker at noon!
Backgammon Club meets
At 1:30pm
Lessons included, come join us!
May 7th, 21st and June 4th, 18th

Lunch with Brain Teasers and Games

Sponsored by Wilton Meadows



June 6th and 13th 11:30-1:00pm
Weston Senior Center
This is a free event.

Wilton Meadows is treating us to an afternoon of brain games and twisters.
Come join us for lunch on June 6 at the Senior Center. We will have lunch first and then be treated to some fun brain games.
Please RSVP by May 28—sign up required.

Current Events with Laura Smits

May 13th and June 10th 11am
at the Senior Center



***** CONTEST:

*We are looking for a new name to call ourselves.....
Please call us or send us an email with your ideas.
There will be a prize for the winner. We will announce the finalists in the July/August Newsletter and the winner in the September/October newsletter—along with our new look!*



AARP Drivers Safety Course

May 7th from 9:00am-1:00pm
Sign up required
Call the Center for details. ³



May 2013



Mon

Tue

Wed

Thu

Fri

		1	2	3
		No Mindfulness 10am Yoga 12 Lunch-Norfield Hosted by Norfield <i>Bingo</i>	9:15am Tai Chi 10am Wii Bowling 11 Strength & Fitness 12pm Movie <i>SeaBisquit</i>	9am Yoga (N)
6	7	8	9	10
9:15am Commission on Aging 10am Knitting, 11am Dancing 11am Medicare - appointments necessary 1:00pm Art with Friends 1:00pm Pickleball	9am Walking Club 9am AARP Safe Driving 9:30am Tai Chi 10am Beading w/Carla 11am Strength& Fitness 12 Poker w/Stella 1:30 Backgammon	10am Mindfulness 10am Yoga 12 Lunch at Norfield Hosted by St. Francis <i>Entertainment by Chris Coogan</i>	9am Walking Club 9:15am Tai Chi 10am Wii Bowling 11 Strength & Fitness 12pm Movie <i>A Late Quartet</i>	9am Yoga (N)
13	14	15	16	17
10am Knitting, 11am Current Events 11am Dancing 1:00pm Art with Friends 1:00pm Pickleball	9am Walking Club 9:30am Tai Chi 10am Beading on own 11am Strength& Fitness 12:00pm Lunch Outing to Rancho Allegra	No Mindfulness 10am Yoga 12 Lunch - Norfield Hosted by Emmanuel <i>Entertainment Park Street Singers</i> <i>1:45 Wii Bowling Demonstration</i>	9am Walking Club 9:15am Tai Chi 11 Strength & Fitness 12pm Movie <i>Les Miserables</i>	9am Yoga (N)
20	21	22	23	24
10am Knitting, 11am Dancing 11am Medicare Appointments necessary 1:00pm Art with Friends 1:00pm Pickleball	9am Walking Club 9:30am Tai Chi 9:30am Met Museum Trip 10am Beading on own 11Strength & Fitness 12 Poker w/Stella 1:30 Backgammon	10am Mindfulness 10am Yoga 12 Lunch - Norfield Hosted by Newcomers and Neighbors <i>Entertainment by Shel Cooper</i>	9am Walking Club 9:15am Tai Chi 10am Wii Bowling 11 Strength & Fitness No movie 3pm Senior Prom	9am Yoga (N)
27	28	29	30	31
Senior Center Closed Memorial Day 	9am Walking Club 9:30am Tai Chi 10am Beading on own 11am Strength& Fitness 12 Poker	10am Mindfulness 10am Yoga 12 Lunch-Norfield LUAU Hosted by Women's League <i>Entertainment by Randy Brody</i>	9am Walking Club 9:15am Tai Chi 10am Wii Bowling 11 Strength & Fitness 12pm Movie <i>Lincoln</i>	9am Yoga (N)



June 2013



Mon

Tue

Wed

Thu

Fri

3	4	5	6	7
<p>9:15am Commission on Aging meeting 10am Knitting 11am Dancing (N) 1pm Art with Friends 1pm Pickleball</p>	<p>9am Walking Club 9:30am Tai Chi 10a Beading on own 11 Strength & Fitness (N) 12 Poker w/Stella 1:30pm Backgammon Club</p>	<p>10am Yoga 12pm Lunch at the Senior Center – bring a bagged lunch, we will provide dessert and coffee. (free)</p>	<p>9am Walking Club 9:15am Tai Chi 10am Wii Bowling 11amStrength & Fitness 11:30am Brain Gym/ Lunch 12pmMovie <i>Intouchables</i></p>	<p>9am Yoga (N)</p>
<p>10am Knitting 11am Dancing (N) 11am Current Events 11am Medicare Appt. 1pm Art with Friends 1pm Pickleball</p>	<p>9am Walking Club 9:30am Tai Chi 10am Beading with Carla 11 Strength & Fitness (N) 12 Poker</p>	<p>10am Yoga VOLUNTEER LUNCH BY INVITATION ONLY </p>	<p>9am Walking Club 9:15am Tai Chi 10am Wii Bowling 11amStrength & Fitness 11:30am Brain Gym 12pm Movie <i>Hyde Park on the Hudson</i></p>	<p>9am Yoga (N)</p>
<p>10am Knitting 11am Dancing (N) 11am Medicare Appt. 1pm Art with Friends 1pm Pickleball</p>	<p>9am Walking Club 9:30am Tai Chi 10a Beading – your own 11a Strength & Fitness (N) 12 Poker w/Stella 1:30pm Backgammon Club</p>	<p>10am Yoga 12pm Lunch at Norfield Hosted by the Weston Senior Center Entertainment by <i>Light Opera for Lunch</i> <i>Laura Papallo "Diva"</i> <i>Laura</i></p>	<p>9am Walking Club 9:15am Tai Chi 10am Wii Bowling 11amStrength & Fitness No movie 1:00pm Ice Cream Social </p>	<p>9am Yoga (N)</p>
<p>10am Knitting 11am Dancing (N) 1pm Art with Friends 1pm Pickleball</p>	<p>9am Walking Club 9:30am Tai Chi 10a Beading – your own 11a Strength & Fitness 12pm Lunch outing to The Brewhouse in Norwalk</p>	<p>10am Yoga 12pm Lunch at Norfield Hosted by the Weston Senior Center <i>Bingo</i></p>	<p>9am Walking Club 9:15am Tai Chi 10am Wii Bowling 11amStrength & Fitness 12pm Movie <i>Silver Linings Playbook</i></p>	<p>9am Yoga (N)</p>

Medicare Protection Basics

As we get ready for Spring and Summer travel it is time to update health care records and to review protection against fraud, scams, abuse and identity theft. Here are some hints about protecting your Medicare and Social Security information.

Treat your Medicare, Medicaid, Social Security numbers like a credit card number. **NEVER** for any reason give these numbers to a stranger that requests them in person or over the phone.

Remember, Medicare does not call or visit to sell you anything.

In general do not carry your Medicare, Medicaid, Medicare Supplemental Insurance or Social Security card **unless needed**. Only take needed cards for doctor appointments, visits to your hospital or clinic, or trips to the pharmacy.

Record doctor visits, tests and procedures in your personal health care journal or calendar. Compare this information to statements when you receive them.

Save Medicare Summary notices and Part D Explanation of Benefits. Shred the documents when they are no longer useful.

If you have any questions about information on your Medicare Summary Notice or Part D Explanation of Benefits, call your provider or plan first and present your concerns for explanation. If you believe that you have been the victim of fraud, abuse, a scam or identity theft call Medicare and the police.

LOST CARD If you have lost your Medicare Card (or Social Security Card) contact the 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

Friends of the Weston Library Present:

May 4th—Animal Embassy 3pm
May 9th- Book Group: Suite Francaise by Nemirovsky 10:30am
May 15th-Movie Night: Silver Linings Playbook ® 7pm
May 15th—Book Group TBD 10:30am
June 13th-Book Group:Sense of an Ending by Barnes10:30am
June 26th-Movie Night: Cloud Atlas ® 7pm

News from Monica Wheeler:
Westport / Weston Health District
(203) 227-9571

Offers Free Skin Cancer Screenings

The Westport Weston Health District (WWHD), Robin Oshman, M.D. of Westport, and the American Academy of Dermatology team up to celebrate National Skin Cancer Detection and Prevention month by providing full body skin cancer screenings on Sunday, May 5, from 9:00 – 11:00 a.m., at the Health District, 180 Bayberry Lane, Westport. Screenings are free and open to adolescents and adults of all ages who are not regularly screened by their own dermatologist or physician. No appointment is necessary. All participants at the Health District by 11:00 a.m. will be screened.

It's TickTime and the Westport Weston Health District encourages residents Target Lyme Disease and other tick-borne illnesses by taking the following precautions:
Avoid tick habitats or dress properly when you do enter.
Check yourself daily and remove ticks promptly with fine tipped tweezers. Remember to do tick checks when you travel - there are ticks worldwide!
Bathe or shower soon after coming indoors.
Use DEET insect repellent or Permethrin products according to manufacturers' directions.
Create a tick-safe zone around your home.
Treat pets with products recommended by your veterinarian.

Call the WWHD at 203-227-9571 or visit www.wwhd.org for additional information.

Weston Parks and Rec (203) 222-2655

Adult and Family Walks, Hikes and Bike rides in Weston
Discover Weston's many beautiful trails for walking and hiking. Bike along Valley Forge Rd. or Lyons Plain Rd. Weston Parks and Recreation Department, the Weston Senior Center and the Weston Bike and Pedestrian Committee would like to join together to offer guided walks, hikes and bike rides to all age groups in Weston.

If you would be interested in joining a guide from the Weston Bike and Pedestrian Committee to hit the trails, paths and roads in Weston, please email: westonbikeped.com, or call (203) 222-2655.

Don't forget to watch for the Bike and Pedestrian Event on School Rd, coming in August or September

Senior Swim Hours are back!

Wednesday afternoons from 3:00-3:45, Lynn Stevens will open the pool for Senior Swim Only at Weston Middle School. Sign up required (203) 222-2608.



The Friends of the Weston Senior Activities Center



Invite you to:
A Musical Ice Cream Social
On June 20th from 1:00-2:30
At the Weston Senior Center

Sign Up Required, call the Senior Center (203) 222-2608
to sign up.

Volunteer Appreciation Luncheon

Wednesday, June 12th 11:30am
at Norfield Church

The Weston Senior Activities Center depends on our volunteers. We would like to invite all of those who have volunteered this year to lunch, hosted by the Weston Senior Center and the Friends of the Weston Senior Activities Center. This includes all those who have hosted, set up and served lunches, those who have taught classes, and helped every week at the Center. We invite you to lunch to show you our appreciation!! If you have not received an invitation, please talk to Wendy or Pam, and we will give you the details.



Please RSVP by June 1st (203) 222-2608.



Join us for "Light Opera Lunch" on June 19th starring: "Diva" Laura Papallo

Laura Papallo is known affectionately to her friends, fans and family as "Diva" Laura in tribute to her knowledge and love of opera and Italian song. As a classically trained soprano, Laura has performed as a soloist in Europe and the US for most of her career. She will delight you with her song renditions as she interacts with her audience and makes her selections glow with her special warmth and humor.



"Diva" Laura has just concluded a 7-part Opera Dinner Series at the Cobb's Mill Inn which presented Opera in an historical context. It was their goal to entertain and educate and to combine our meal with the music. For example, when they presented Vienna, they had Wienerschitzel, waltzed to the Fledermaus and sang Mozart! They finished on April 7th with Paris and enjoyed all our favorites - pate au foie gras, soupe a l'oignon, Beef Bourguignon, arias by Gounod and Offenbach - evening finishing up with a surprise Can Can. They hope to reprise the Dinner Opera Series in the Fall.

Please join us for this very special luncheon, featuring such an honored guest!

**The luncheon will be held at Norfield in the Parish Hall at noon. The cost is our regular fee of \$4.00.
We hope you will enjoy the show and visit La Roue Elayne at Cobb's Mill
and see one her dinner shows in the fall.**

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



The Weston High School Student Government

Senior Prom

Weston High School's Sophomore and Freshman Student Governments ask Weston's Seniors to get excited for the Third Annual Senior Citizen Dance! On Thursday, May 23rd from 3:00-4:30 pm, come up to the High School Cafeteria for early dinner, dancing, socializing and best of all, a live band playing an impressive array of standards. Please RSVP to Wendy Petty (wpetty7511@aol.com) or call (203) 222-2608 to sign up or get additional information. **Sign up Required.**



Commission on Aging Meeting:

June 3rd 9:15am

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