

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.



Commission Meetings 9:15am, 5/4 & 6/8

Board Members:

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

**WESTON SENIOR
ACTIVITIES CENTER**
"The Hub"

May/June 2015



Greetings!

We have many interesting classes and programs in store for you in May and June.

We have our annual Senior Prom, hosted by the Weston High School Student Government, as well as several technology workshops from the students. There is an Ice Cream Social, a trip to the Botanical Gardens, Storm King, a picnic and paint at Weir Farm, more Art Gottlieb lectures, a new pilates class, another tap dancing class, and so much more! We have had a lot of interest in the topic of aging in place, long term care, and choices for the future. We are starting a series of lunch and learns sponsored by the Friends to cover some of these topics. If there is something you are interested in, let us know! Sign up for The New York Botanical Garden Trip to see the Frida Kahlo Art-Garden-Life Exhibit. This trip is co-sponsored by the Friends of the Weston Senior Center!

We would like to thank the Weston Public Library for providing a new series for us called Sister Wendy Beckett, The Complete Collection. This includes four interesting topics on art. Please see the Tuesday movie section for details.

Thank you to the Weston Garden Club for creating beautiful flower pots at the entrance of our Senior Center!

Best Wishes- Wendy, Pam and Carla

**Alden Sherman Classic
4th Annual
Classic Car Show**

**Sunday, September 20th
At the Weston High
School Grounds.**

**Save the date!! We
need your help.**

**Proceeds directly benefit
the Weston Senior Center.**

**The Weston High School
Senior Senior Prom**

**Wednesday, May 6th—3pm
Weston High School Cafeteria**
Come and dance with the
Student Government Students

Food, great music,
dancing and lots of fun.
Sign up required (203) 222-2608
This is free, bring a friend!!



MOVIES MOVIES MOVIES

All Movies Start at 12:30pm (unless otherwise noted)

Movies are free and include popcorn!

Sign up is required so we can notify you of any changes or cancellations. (203) 222-2608.



Thursday Movies

May 14th-The Better Angels- PG- Abraham Lincoln will eventually be one of the most legendary presidents of the United States of America, leading the country into a Civil War that will ultimately unite it and abolish slavery. For now, though, he's a small boy of eight in rural Indiana, and his childhood is fraught with tragedy and hardships.

1:00pm start today: May 21st Antarctica—A Year on Ice—PG (Documentary) - In the most severe environment on earth, it's a mystery how any life can survive where the coldest temperature ever recorded was 128 degrees below zero. Inhabitants must endure months of darkness and isolation from the rest of the world. What's a day-in-the-life like for international scientists, technicians and craftsmen?

May 28th—Black or White—PG-13-Black or White focuses on a grandfather who is forced to care for his mixed-race granddaughter after the tragic death of his own daughter. The young girl's paternal grandmother begins a legal fight for custody of the girl and unearths the family's underlying sentiments on race. The girl's grandmother wants her to live in Compton with her black family instead of struggling to find identity in a white-collar neighborhood.

June 4th -Big Eyes—PG-13—Walter Keane is a famous artist who gains recognition for his mass production of prints featuring children with big eyes. However, the true artist is Walter's wife, Margaret Keane. Walter places his signature on his wife's paintings and sells the prints for a very low price.

1:00pm Start Time: June 18th- Still Alice-PG-13- Alice Howland is a psychologist and professor with a passion for linguistics and the way the mind interacts with words. In the middle of a lecture, she loses her train of thought. This is the stepping stone to a change in Alice's behavior. She becomes increasingly forgetful, and finally, she's given the diagnosis that destroys the world as she knows it.

June 25th-Selma—PG-13-After seeking the help of President Lyndon B. Johnson and being refused, Dr. Martin Luther King, Jr. and other civil rights leaders led marches from Selma to the Capitol building in Montgomery in March 1965.

Wednesday, May 13th

Noon at Norfield

Bring a Friend to Lunch today

Your friend eats free! **Sign up required**

Join us for Rita Wagener's African Show!

Rita will take you on a trip to Africa without getting on a plane!



Tuesday Movies

May 5th- The Red Tent—Not Rated, (Lifetime Series)Based on the bestselling 1997 novel by Anita Diamant, "The Red Tent" is a sweeping expansion on the Biblical story of Dinah, the daughter of Jacob, a man familiar to many through the Book of Genesis.

May 19th: Sister Wendy's Story of Painting—From deep in the Lascaux caves, through ancient Egypt, across Europe and over the Atlantic to the galleries of New York City, Sister Wendy reveals a panorama of Western art that is in itself a masterpiece.

May 26th-Sister Wendy's Odyssey- Part One- In her first television series, the irrepressible nun travels to England's finest museums and a few obscure ones, to prove that great treasures can be found close to home.

June 2nd Sister Wendy's Odyssey- Part Two- In her first television series, the irrepressible nun travels to England's finest museums and a few obscure ones, to prove that great treasures can be found close to home.

June 16th-Sister Wendy's Grand Tour- Sister Wendy's vast knowledge and her refreshing attitude inform this trip through ten great cities of Europe, where we discover some of the world's finest art and greatest architecture.

June 30th- Sister Wendy's Pains of Glass—The story of the Passion is told in the stained glass windows of King's College, Cambridge. With music by the King's College Choir.

Westport Weston Health District

(203) 227-9571—Monica Wheeler, extension 242

Sunday, May 3rd 9am-11am Skin Cancer Screenings with Fairfield County Dermatology. No appointments necessary, free screenings at the Westport /Weston Health District. Call Monica with questions.

Sunday, May 3rd 10am—4pm—Hands For Life, Hands On CPR

Free 15 minute training, no appointment necessary. This will be at the Westport Weston Family YMCA. Call Monica with questions.

Mondays, May 11—June 22nd—Live Well Workshops— 1:00pm-3:30pm at the Westport Center for Senior Activities. Call Monica with Questions.

Educational and Wellness Lectures

Tuesday, May 12th 1:00pm-2:00pm

Backyard Birding

Join Connecticut Audubon Society's Teacher/Naturalist and learn how to identify Connecticut's birds by sight and sound, their feeding habits, ways to attract birds to your feeder, what seed to use and where to place the feeders. This is free, sign up is required (203) 222-2608.

 Friday, May 22nd 10:30am-11:30am

"N.Y. World's Fair"

A special presentation by Arthur N. Gottlieb, LCSW, CSA. Opening on April 30, 1939, The New York World's Fair featured exhibits by 58 nations and 33 states. This lecture sponsored by The Friends of the Weston Senior Center, there is no charge to you. Sign up required (203) 222-2608.

Wednesday, May 20th 11:45am (At Norfield Senior Luncheon)

Ask Your Pharmacist

Catherine Revzon from Lang's Pharmacy will come to our lunch and give a short talk on new information about vaccines. She will also set up a table in back so anyone can privately ask a question.

 Thursday, May 21st and June 18th

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.

 Thursday, June 11th 10:00am-11:00am

"Empire State Building"

A special presentation by Arthur N. Gottlieb, LCSW, CSA. Although no longer the world's tallest building, The Empire State still holds title as New York City's essential skyscraper. This lecture sponsored by The Friends of the Weston Senior Center, there is no charge to you. Sign up required (203) 222-2608.

 Thursday, June 25th 10:00am-11:00am

"The Merritt Parkway"

A special presentation by Arthur N. Gottlieb, LCSW, CSA. Built in the 1930's, the Merritt Parkway is a celebrated Connecticut landmark known for its Art Deco bridges. This lecture sponsored by The Friends of the Weston Senior Center, there is no charge to you. Sign up required (203) 222-2608.

June Art Show:

Wirtenberg Art Retrospective at Senior Activity Center

Margaret Wirtenberg has been an artist all her life. At a very early age, she did portraits of friends and neighbors in pastel. She was always drawing, doing watercolor and enjoying the things she saw.

At M&A as well, in her senior year, she discovered oil painting. She continued her studies in oil at the Art Students' League under Raymond Breinin. She took courses at Columbia University in studio art, working in oil. While a student at Barnard College, she also studied for two years with sculptor Peter Agostini.

After college Margaret became a city planner, receiving her professional degree from the Graduate School of Architecture at Pratt Institute. No longer doing studio art, she managed to satisfy her creative urges through drafting, mapping, and using her new found understanding of urban design to appreciate how important visual cues in our environment are to good planning.

Fast forward to Connecticut. It is here that Margaret became a regional planner. She also married her husband of 44 years, Alfred. One special and very precious time during those many years was studying oil portraiture with John McClelland at the Silvermine School of Art. She also studied for and in 1979 earned a Ph.D. at NYU's Graduate School of Public Administration.

The bulk of this exhibit consists of watercolor paintings of scenes in Weston – vistas, buildings, and subjects ranging from the mundane to the ethereal. Visit her website: www.aboutweston.com/artcollection.html.

New Series

Options as We Age—Lunch and Learn

 May 7th 12:00pm

Your Future. Guaranteed Care—Senior Choice at Home

Senior Choice at Home is a comprehensive, lifetime program that pays for, provides and coordinates long term care. It is designed to provide protection for individuals who wish to remain in their homes, ensure their care is paid for and to protect their assets as healthcare needs evolve. Join us to learn about the options. Lunch will be provided by the Friends of the Weston Senior Activities Center. Space is limited, sign up required. (203) 222-2608

 Monday, May 11th 11:30am—1:00pm.

Assisted Living Services:

A Chance to Learn How to Choose

Tom Restivo, Care Coordinator for Assisted Living Services will educate you on what you should look for when choosing an Assisted Living Community.

Lunch will be provided by the Friends of the Weston Senior Activities Center. Space is limited, sign up required. (203) 222-2608.

 Tuesday, May 19th 11:00am—12:30pm

The Joy of Caregiving Today I Will Choose Joy

Sometimes it is hard to look through the forest and find the Tree of Joy, but it is there. A nurse and medical social worker from Visiting Nurse and Hospice of Fairfield County will provide practical tips regarding caregiving, they will also provide you with a road map so you can find the Tree of Joy. Lunch will be provided by the Friends of the Weston Senior Activities Center. Space is limited, sign up required. (203) 222-2608.

Thursday, June 11th 11:30-1:00 (lunch at 11:30, presentation at 12)

Dr. Schuster presents How to Live to 100

Join us for this very interesting presentation on how to live to be 100 years old. Lunch will be provided by Stamford Hospital. Space is limited, sign up required. (203) 222-2608.

Tuesday, June 30th 11:00am-12:30pm

Getting Your Affairs in Order

 Our intentions are good and we always say we will get our affairs in order but time slips away. Melody Matheny Orpen RN, Community Health Coordinator for Visiting Nurse and Hospice will lead this interactive workshop on how to pull your bits and pieces together and keep them in a safe place. File of Life forms will be available. Lunch will be provided by the Friends of the Weston Senior Activities Center. Space is limited, sign up required. (203) 222-2608.

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.

Art with Friends has started a series of workshops in water color painting. The instructor will paint a demonstration of a water color scene while the class participants follow along with the goal of completing a painting by the end of class time. Other class members who prefer, can choose their own subjects and mediums. These members will continue to receive individual consultations. Sign up for the series and receive a discount, or pay \$5.00 per class.

(203) 222-2608

May 2015

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
				1 9am Yoga 10am Canasta 10:30am Bridge 10am Tech Workshop Saturday @ library.
4 9:15am Commission mtg 10am Tap Dancing 10am Knitting 10am Medicare 11am Dancing 12:15pm Pickleball 1pm Art Class	5 8:30am—Y's Men Backgammon 9:30am Tai Chi 11am Strength & Fitness 12pm Poker w/Richard 11:30pm departure for Lunch to Pontos Taverna 12:30pm Movie <i>The Red Tent</i>	6 10am Yoga 10am Feldenkrais 10am Brunch at Norfield 3pm Senior Prom At the Weston High School. Sign up required. 	7 Opening at 11 today 11 Strength & Fitness 12pm Lunch and Learn Your Future. Guaranteed Care—Senior Choice at Home No Movie	8 Open 11-2 today No Yoga Today 11am Canasta 11:30am Bridge
11 10am Knitting 10am Tap Dancing 11am Current Events 11am Dancing 11:30am Lunch and Learn Assisted Living Services 12:15pm Pickleball 1:00pm Art Class	12 8:30am Y's Men Backgammon 9:30am Tai Chi 10am Cards w/Carla 11am Strength & Fitness 12pm Poker w/Stella 12pm Community Lunch Sign up by 5/11 1:00pm Backyard Birding	13 Opening at 11 today No Yoga or Feldenkrais 12 Lunch at Norfield Hosted by St. Francis Bring a Friend to Lunch <i>Rita Wagenor's African Show</i> 3pm Tech Workshop at Weston High School	14 9:15am Tai Chi 9:30am Wave Hill Bread Tour and Lunch 10am Tap Dancing 11am Wii Bowling 11am Strength & Fitness 12:30pm Movie <i>The Better Angles</i>	15 9am Yoga 10am Canasta 10am Pilates 10:30am Bridge 10am Tech Workshop Saturday @ library.
18 10am Knitting 10am Tap Dancing 11am Medicare 11am Dancing 12:15pm Pickleball 1:00pm Art Class	19 8:30am Y's Men Backgammon 9:30am Tai Chi 11 Strength & Fitness 11:00am Lunch and Learn The Joy of Caregiving 12pm Poker w/Richard 12:30pm Movie <i>Sister Wendy's Story of Painting</i>	20 10am Yoga 10am Feldenkrais 11:45am Ask Your Pharmacist (Norfield) 12 Lunch at Norfield Hosted by Emmanuel Luuu Today 	21 9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 11 Strength & Fitness 11:30am Brain Games 1:00pm Movie (time change) <i>Antarctica</i>	22 9am Yoga 10am Canasta 10am Pilates 10:30-11:30 Art Gottlieb "NY World's Fair" 10:30am Bridge
25 Senior Center Closed Happy Memorial Day	26 8:30am Y's Men Backgammon 9:30am Tai Chi 10am Tap Dancing 11 Strength & Fitness 12:00pm Poker w/Richard 12:30pm Movie <i>Sister Wendy's Odyssey Park One</i>	27 10am Yoga 10am Feldenkrais Volunteer Brunch By Invitation Only No Luncheon Today 	28 9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 11 Strength & Fitness 12:30pm Movie <i>Black or White</i>	29 9am Yoga 10am Canasta 10am Pilates 10:30am Bridge 10am Tech Workshop Saturday @ library.

June 2015

Mon

Tue

Wed

Thu

Fri

1	2	3	4	5
9:15am Commission mtg 10am Knitting 10am Tap Dancing 10am Medicare 11am Dancing 12:15pm Pickleball 1:00pm Art Class	8:30am Y's Men Backgammon 9:30am Tai Chi 10am Beading w/ Carla 11am Strength & Fitness 12 Poker W/Richard 12:30pm movie today <i>Sister Wendy's Odyssey Part Two</i>	10am Yoga 10am Feldenkrais 12pm Lunch at Norfield Hosted by Weston Senior Center (Cooking by Erley) <i>Bingo</i>	8:45am Storm King 9:15am Tai Chi 10am Tap Dancing 10am Wii Bowling 11am Strength & Fitness 12:30pm Movie <i>Big Eyes</i>	9am Yoga 9am Weir Farm Trip 10am Canasta 10am Pilates 10:30am Bridge
10am Knitting 10am Tap Dancing 11am Current Events 11am Dancing 12:15pm Pickleball 1:00pm Art Class	8:30am Y's Men Backgammon 8:45am New York Botanical Garden Trip 9:30am Tai Chi 11am Strength & Fitness Closing at Noon Today	10am Yoga 10am Feldenkrais 12 Lunch at Norfield Hosted by Weston Senior Center <i>Entertainment by Bob Mel.</i>	9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 10:00am Art Gottlieb presents "Empire State Building: 11am Strength & Fitness 12:30 Lunch and Learn How to Live to 100	9am Yoga 10am Canasta 10am Pilates 10:30am Bridge 10am Tech Workshop Tomorrow @ library.
10am Knitting 10am Tap Dancing 10am Medicare 11am Dancing 12:15pm Pickleball 1:00pm Art Class	8:30am Y's Men Backgam. 9:30am Tai Chi 10am Beading w/Carla 11am Strength & Fitness 12 Poker W/Richard 12pm Community Lunch Sign up by 6/15 12:30pm Movie Series <i>Sister Wendy's Grand Tour</i>	10am Yoga 10am Feldenkrais 12 Lunch at <i>Weston Senior Center</i> – Pizza and Salad \$3.00 – must sign up by 6/16.	9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 11am Strength & Fitness 11:30am Brain Games 1:00pm Movie (Time Change) <i>Still Alice</i>	9am Yoga 10am Canasta 10am Pilates 10:30am Bridge
10am Knitting 10am Tap Dancing 11am Dance 11am Current Events 12:15pm Pickleball 1:00pm Art Class	8:30am Y's Backgammon No Tai Chi today 9:30am Christmas Tree Shop and Olive Garden 11am Strength & Fitness today 12pm Poker W/Richard No Movie Today	10am Yoga 10am Feldenkrais 12pm Lunch at <i>Weston Senior Center.</i> Bring a bagged lunch and we will provide dessert.	9:15am Tai Chi 10am Wii Bowling 10am Tap Dancing 10:00am Art Gottlieb presents "The Merritt Parkway" 11:00am Strength & Fitness 12:30pm Movie <i>Selma</i>	9am Yoga 10am Canasta 10am Pilates 10:30am Bridge
10am Knitting 10am Feldenkrais No Tap or Dance today 12:15pm Pickleball 1:00pm Art Class	8:30am Y's Backgammon 9:30am Tai Chi 10am Cards w/Carla No Strength & Fitness 11:00am Lunch & Learn Getting Your Affairs in Order No Poker Today 12:30pm Movie <i>Sister Wendy's Pains of Glass</i>			

Medicare Protection Basics

Ready for Spring and Summer travel? Update shots! Update health care records and review protection against fraud, scams, abuse and identity theft. Hints to protect Medicare and Social Security info:

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.

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

Record doctor visits, tests and procedures in a 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.

Any questions about the Medicare Summary Notice or Part D Explanation of Benefits? First, call the provider or plan and present the concerns for explanation. If you believe 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 10:00 – 12:00 twice a month on the first and third Mondays of each month. **MAKE AN APPOINTMENT BY THE PREVIOUS THURSDAY THROUGH THE WESTON SENIOR CENTER** at (203) 222 - 2608. **NO WALK-INS**. Never a charge for any consultation. See you at the center!

Meta Schroeter
CHOICES Counselor

Tech Workshops Run by Students

Weston High School Student Government will be at the Weston High School Library on Wednesday, May 13th at 3pm. They can answer any questions you have.

Prefer a Saturday?

High School students will be there on Saturday morning at 10am on May 2nd, May 16th, May 30, and June 13th.

Call the Senior Center to sign up for any of the sessions!

Weston Department of Social Services

Senior Tax Relief Programs in Weston

Weston offers five tax relief programs. Relief is available to eligible seniors, veterans and Fire Dept. and EMS volunteers.

Call the Tax Collector at 222 2696
or the Weston Dept. of Social Services at 222 2663
for more information.

Weston Public Library Presents:

May 3	3:30pm	Lecture: Retired Connecticut State Archaeologist, Nick Bellantoni
May 5	12:00pm	Tech Tips: Intermediate iPad with Terri Piekara
May 7	11:00am	Q&A with Probate Judge, Lisa Wexler
May 12	11:45am	New Yorker Roundtable
May 14	10:30am	Book Group: Americanah by Nogozi Adichi
May 17	3:30pm	Artscapades: American Impressionism
May 19	11:45am	New Yorker Roundtable
May 20	7:00pm	Movie Night: Paddington (PG)
May 20	7:30pm	Book Group: Land of Steady Habits by Thompson
May 26	11:45am	New Yorker Roundtable
June 9	11:45am	New Yorker Roundtable
June 11	10:30am	Book Group: The Boys in the Boat by Daniel James Brown
June 11	12:00pm	Tech Tips: Introduction to Social Media: Staying in Touch With Family and Friends with Debbie Chavez
June 16	11:45am	New Yorker Roundtable
June 17	7:00pm	Movie Night: Selma (PG-13)
June 17	7:30pm	The Narrow Road to the Deep North by Ted Thompson
June 23	11:45am	New Yorker Roundtable
June 30	11:45am	New Yorker Roundtable

Weston Bike and Pedestrian

A number of other hikes will be held during the season. They have been developed by "Weston Walks" a consortium of The Bicycle and Pedestrian Committee, Parks and Recreation and the Senior Center.

The Weston Bicycle and Pedestrian Committee seeks a new committee member to handle publicity. Interested individuals should contact the Chair, Ray Rauth (RayRauth@Optonline.net, phone 203-454-7080)

Silent Meditation Hike at Trout Brook. On Thursday, May 28th. Ralph Adams leads. The hike is about three miles with one long uphill. Meet at 10:30 at the Bradley Road parking lot; there is no rain date.

Rites of Spring Hike. On Sunday, May 31st Dr. Tom Failla will lead the final "Rites of Spring" hike at Devil's Den. Modest distance and terrain. The hike starts at 1 p.m. at the Den Pent Road parking lot. The rain date is June 7.

Katharine Ordway Preserve Hike. On National Trails Day, Saturday, June 6, a hike will be held at the Katharine Ordway Preserve, 165 Goodhill Road. Meet at 10:30 in the parking area on the top of the hill. The hike will be led by Weston's Bike/Ped Committee with support from the Nature Conservancy. It's about two miles on moderate terrain. The hike is rain or shine.

Bisceglie Hike. On Tuesday, June 16 we will hold our annual very-early-summer walk at Bisceglie Park. The stroll, no more than a mile, follows the main (and only) trail in the park. We meet at the Bisceglie entrance at 10:00. The hike is rain or shine and will be led by members of the Bike/Ped Committee.

Friends of the Weston Senior Activities Center

Trips and Events sponsored by the Friends

Tuesday, June 9th—The New York Botanical Garden Frida Kahlo Exhibit

Featuring a rare display of more than a dozen original Kahlo paintings and works on paper, this limited six month engagement will also reimagine the iconic artist's famed garden and studio at the Casa Azul, her lifelong home in Mexico City.

Cost is \$64.00 and includes round trip coach bus and driver gratuity, private tram tour, and lunch.
Call to make a reservation (203) 222-2608.

Bus departs Norfield at 8:45am.
Private Tram Tour 11:15am
Lunch in the Café 12:30pm
Bus departs the Botanical Gardens at 2:00pm



Wednesday, May 27th—Volunteer Brunch 10am—11:30am at Norfield



We would like to invite everyone to a special brunch who volunteered at least 10 hours this year, cooking, serving, organizing, teaching, hosting, helping at the senior center, reading to students at school, answering phones, etc. Volunteers—If you did not receive an invitation, please talk to us! Brunch will be provided by the Friends, we will have great door prizes to give a way!
RSVP by May 15th (203) 222-2608.

Upcoming Trips

Monday, July 20th -Mohonk Mountain House

The price is \$69.00 and includes round trip coach bus, entrance fee, lunch, use of grounds, Culinary Traditions presentation, and 15% off at the gift shop. Bus leaves Norfield at 8:00am and returns at approximately 5:30pm.
Call to sign up (203) 222-2608.

Wednesday, September 30th— Caramoor

The cost of this trip is \$57.00 and includes round trip coach bus, concert, tour of mansion, and buffet lunch. Take pleasure in a day of great music, art, gardens and scrumptious foods from the Mediterranean region. Bus departs Norfield at 9:45am.
More details to come. Call to sign up or for additional information (203) 222-2608.

Senior Center Day Trips (203) 222-2608

Tuesday, May 5th—Lunch at Pontos Taverna—bus departs Norfield at 11:30pm. Sign up required for bus and reservation.
(203) 222-2608. Bring small bills, no separate checks.

Thursday, May 14th—Wave Hill Bread Tour—Bus departs Norfield at 9:30am, tour starts at 10:00. Bring money for lunch at Fat Cat Pizza following the tour. Sign up required, space is limited. (203) 222-2608.

Thursday, June 4th— Trip to Storm King

Senior Center bus departs Norfield at 8:45am. There will be a one hour tour followed by lunch and time to roam. The tram ride is included in the tour; however, there will be some walking. Admission, tour is \$11.00 and boxed lunch is \$13.75. Bus will leave Storm King at 2:15pm. We will be collecting the \$11.00 admission price before trip, please pay at sign up. Boxed lunch is optional, you can bring your own lunch or pay the \$13.75 at Storm King. Let us know what your plans are for lunch.

June 5th—Painting and Picnic at Weir Farm—We will depart Norfield at 9am. We will tour the recently restored Weir House, Weir Studio, and Young Studio. Following the tour, the park will provide watercolor painting supplies and Keith Brooks will lead the group in painting lessons. We will also be having a picnic on the grounds and have time to explore before departing at 2pm. Space is limited to 18 people, so please contact Pam to register. The trip is free—Bring a picnic lunch!

Tuesday, June 23rd—Shopping and Lunch—Christmas Tree Shop and Olive Garden.

Meet at Norfield at 9:30am. Sign up required. (203) 222-2608, space is limited. Bring own money for lunch.

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

Exercise Classes at the Senior Center

Tap Dancing with Sandy

Mondays @ 10:00-10:45am (50+ welcome)
Thursdays @ 10am—Newcomers are welcome!!

Dance to the Music with Sandy

Mondays @ 11:00 am (50+ welcome)

Feldenkrais— Wednesdays @ 10 (see page 6 for details)

Pickleball—Mondays @ 12:15pm at the Senior Center—drop in

Strength & Fitness with Sandy

Tuesdays & Thursdays @ 11 am drop in

Tai Chi for Better Balance with Bill Wren

Thursdays 9:15am

Wii Bowling with Anne

Thursdays @ 10 am—free

Yoga with Melania

Fridays @ 9 am—drop in

Pilates— with Andrea

Fridays @ 10am sign up required.

Gentle Yoga with Joy

Wednesdays @ 10 am—drop in

Visiting Nurse & Hospice of Fairfield County



Serving Weston for more than 100 years

1-800-898-HOME

www.visitingnurse.net

A portion of the cost to print our newsletter was
generously paid for by Visiting Nurse and Hospice.

Feldenkrais—Want to Move Like You Used To?

Wednesdays at 10am—sign up required. \$3.00 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.

Tap Dancing Class

Taught by Sandy Adamcyk

Mondays & Thursdays 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 **(203) 222-2608**

Sign up required. Series of 8 classes- \$40.00

Pilates is Back,

Taught by Andrea Silver

Fridays at 10am in May /June starting May 15th.

Series of 7 classes—\$28.00

Sign up required for entire series.