

**Guide to Town Senior Services**

**Senior Activities Center**

Wendy Petty  
Director

Pam Wilson  
Program Coordinator  
**222-2608**

**Social Services**

Charlene Chiang-Hillman  
Director

Suzanne Friedman  
Administrative Asst.  
**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)  
**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  
**9:30-2:30**

**WESTON SENIOR  
ACTIVITIES CENTER**

May and June 2012



Hello everyone,

We are so happy that May is here and we are getting closer to summer. We have had a very busy couple of months at the Senior Activities Center, enjoying new programs and classes, along with many new faces.

We are pleased to introduce the "Friends of the Weston Activities Center", see more information on page 7. Pam and I are happy to have our "Friends" and look forward to many exciting events in the future.

One of the most important things we would like to point out in this newsletter is the need to sign up for activities ahead of time! Due to the increasing number of new people coming into the Center and the wide variety of programs that are offered, we need to know who is coming so we can plan accordingly. We have also had to cancel a few programs that no one signed up for, but ultimately might have been well attended. This also includes the Thursday movies! Due to occupancy restrictions in our movie room, we have to limit seating to 20 people, which as many of you know, we have reached that number a couple of times.

If there are classes or programs that you are interested in, please call us and we will look into having them here. We know many of you are interested in trips, and starting in the fall we will have some to choose from.

Spring is a great time to join a new exercise class. We offer "Walking Club", yoga, gentle yoga, dance, strength and fitness, senior swim, tennis lessons and Tai Chi. Call us for details. Enjoy the rest of this beautiful spring!

The Senior Center will be closed My 28th for Memorial Day, June 26th for Shopping Trip, and the week of July 2nd.

Wendy and Pam

# New New New!!! Classes, Lectures And Programs

**Spring Tree Hike** with Cynthia Williams & Tom Johnson—May 1st at 11am—free  
See description on right. Sign up required.

**Senior Prom** May 9th at 3:00pm at the Hosted by Weston High School Students at the Weston High School Old Gym. Refreshments will be provided. Free to all seniors. RSVP by May 2nd—(203) 222-2608. See page 6 for details.

**“Long Story Short”** May 14th 1:15-2:15pm - Free at the Senior Center. Larry Horowitz talks about the importance of story telling throughout human history and the importance of legacy. For more information call the Center. Sign up required.

**Painting Classes with Laura Wilk.** Laura is well respected local artist. We are very lucky to have her back.—May 16th, 23rd, and 30th at 2:30 at the Senior Center. Cost \$18.00 for the series of three classes and includes supplies.

**Nature Journaling with Ginger Jespersion**—May 22nd 12:30-2:00 at home of Ginger Jespersion. Sign up required, cost is \$3.00. She will supply paper (or feel free to bring your own pad). You will need to bring a fine point Sharpie in black, brown or green.

**CT Money School** presents “Financial Outlook and Protecting your Nest Egg” Tuesdays June 5, June 12, and June 19th from 12:30-2:00pm at the Senior Center. Light refreshments provided. **Free and open to everyone!** Sign up required.

**Strawberry Festival**—June 7th at 3:00pm Hosted by the “Friends” see page 7 for details.

**Fairfield Family Care presents “10 Signs Early Detection of Alzheimer’s”** June 13th at 1:00 at the Senior Center, after our brown bag lunch. Free, refreshments will be provided. Sign up required.

**“Senior Choice at Home”** June 14th 1:00-2:00om Long Term Health Care presentation. Refreshments will be provided Sign up required. Free.

**Korean Spirit and Culture Project** June 20th at 12 at Norfield Church. Free, sign up required. Two documentary films will be shown, followed by traditional Korean refreshments.

**Shopping Trip and Lunch Outing** to Brio Tuscan Grille and Shopping at Danbury Mall and the Christmas Tree Shop! June 26th Bus leaves Norfield at 9:30am. Space is limited on bus, sign up required for both the bus and lunch reservations. Pay for your own lunch.

## BOOK CLUB AND MOVIE

### *The Descendants*

June 28th

10am Book discussion

11:30am Lunch (\$3.00)

Noon—movie *The Descendants*

Sign up required, call Senior Center.



Walking Club is back  
with Ray Rauth!!

Come join Ray for the “kick off to walk” on May 3rd at 10am at the Senior Center. Walking club meets at the Center at 10am on Tuesdays and Thursdays.



## Spring Tree Hike on Monday May 1<sup>st</sup> @ 10:00am

At ALT Haskins Preserve in Westport



Come and enjoy the beauty and serenity of this preserve. Join Aspetuck Land Trust members Lisa Brodlie, Cynthia Williams and Tom Johnson to learn about the unique tree specimens, many in bloom at this 16-acre hidden gem. Plan to bring water and a snack and stay afterwards to visit at the picnic tables. Please call and we will give you the details. Sign up required.

Haskins preserve is on Green Acre Lane off South Compo Road. Park inside the black gates.

## Exercise Classes!

~**Walking Club**~ is back Tuesdays and Thursdays at 10am. Meet at the Center!

~**Tai Chi**~ see page 3 for details

~**Senior Swim**~ see page 3 for details

~**Dance to the Music with Sandy**~

Mondays @ 11:00 am (55+ welcome)  
\$3/class (Norfield Parish Hall)

~**Strength & Fitness with Sandy**~

Tuesdays & Thursdays @ 11 am  
\$3/class (Norfield Parish Hall)

~**Wii Bowling with Anne**~

Thursdays @ 10 am  
Free (Center)

~**Yoga with Melanie**~

Fridays @ 9 am

\$3/class (Norfield Chapel)

~**Gentle Yoga with Joy**~

Wednesdays @ 10 am  
\$3/class (Hurlbutt South House Gym)

Please come and try a class,  
1st class is free!



## Thursday Afternoon At the Movies!

Join us Thursdays at 12:15 pm

Please call for a reservation. Movie and popcorn are free. (203) 222-2608, space is limited!



### May 3 - **Rise of the Planet of the Apes**—PG-13

This reboot of the **Planet of the Apes** franchise is a prequel set in modern-day San Francisco, where scientists are conducting genetic research on **apes**. The evolved primates develop advanced intelligence and revolt against being used as lab rats.

### May 10 - **Temple Grandin**—Not Rated

Emmy winner Claire Danes stars as Temple Grandin, a brilliant young woman coping with the stigma of autism at a time when it was misunderstood. With the support of her loving family, Temple dedicates herself to learning and becomes a famed animal behaviorist. Her passion for animals gives her a unique ability to understand them, and she fulfills her love of education by teaching about autism and the most humane ways to treat livestock and pets.

### May 17 - **War Horse**—PG-13

Adapted from a novel by Michael Morpurgo, this majestic World War I drama centers on Devon lad Albert and his steadfast **horse**, Joey, whose faithful bond cannot be shaken -- even when Joey is sold to the cavalry and sent off to France.

### May 24- **The Iron Lady**—PG-13

Meryl Streep provides a subtle and nuanced portrait of Margaret Thatcher, the first female prime minister of Britain, whose political career and determination changed the rules that had limited women's opportunities for leadership.

### May 31- **The Vow (2012) PG-13**

Rachel McAdams stars in this romantic drama about a newlywed woman who slips into a coma after a car accident and awakens with amnesia. Her devoted husband (Channing Tatum) must help her recover -- and he also needs to win her back.

### June 7 - no movie

### June 14 - **The Man Nobody Knew: In Search of My Father CIA Spymaster William Colby**—NR

Carl Colby, the son of enigmatic Cold War-era CIA op William Colby, gets to know his father in discussions with contemporaries and historians. Their insights illuminate the elder Colby's life as well as America's intelligence system then and now.

### June 21- **Sherlock Holmes: A Game of Shadows** PG13

Robert Downey Jr. returns as the brilliant sleuth and Jude Law is back as Dr. Watson in this atmospheric sequel to 2009's **Sherlock Holmes**. Holmes resorts to occult theories and more to defeat the plans of his nemesis, the evil Professor Moriarty.

### June 28 - **The Descendants (2011) R**

When a tragic boating accident leaves his wife on life support, an affluent land baron attempts to mend his relationship with his estranged daughters. But he's also trying to decide whether to let go of some valuable family real estate.



### Volunteer Appreciation Luncheon

~Wednesday, June 6th 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 Senior 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 your appreciation!! The Weston High School Orchestra will perform for us. If you have not received an invitation, please talk to Wendy or Pam. and we will give you the details.

Thank you to Erley for teaching us three great soup cooking classes.



### **New Wellness Classes, programs, lectures.....**

**Tai Chi for Seniors:** Tai Chi is a gentle movement class that focuses on balance and the circulation of energy known in Chinese philosophy as Chi. \$30 for series of six classes. New series starts May 3rd.

**Balance Fall Prevention** w/ JP Signore from Moore Physical Therapy : May 8th 10am at the Senior Center - Free

**Senior Swim at the Weston Middle School**—Free  
On Mondays, Tuesdays and Wednesdays from 3:00-3:45pm. Pool will be open only to seniors. Lifeguard will be on duty. Aqua belts will be available to you. For questions, call Lynn Stevens at Parks and Rec (203) 222-2588.

### **Westport/Weston Health District (203) 227-9571**

**Skin Cancer Screenings**  
1<sup>st</sup> Sunday of May (May 6)  
9-11am No sign up necessary

**Cholesterol Screenings**  
4th Tuesday of the month  
8-10am—appointments necessary

### **New England Hearing Solutions**

Monday, May 14th 12:30-2:30pm at the Senior Center. This is a free screening, hearing aid check, and repair. By appointment.

# May 2012

Mon

Tue

Wed

Thu

Fri

	1	2	3	4
<b>Blood Pressure checks every first and 3rd Wednesday at lunch.</b>	10am Beading w/Carla 11m Strength& Fitness 10am Spring Tree Hike 11a Great Courses- 12pm Poker with Stella	10am Yoga 12 Lunch at Norfield Hosted by Norfield – Cinco de Mayo “Luna Y Sol”	9:15am Tai Chi 10am Wii Bowling 10am Kickoff to Walk 11am Strength & Fitness 12:00pm Movie: <i>The Rise of the Planet of the Apes</i>	9am Yoga (N)
7 9:15am Commission on Aging 10am Knitting, 11:15am Dancing 12pm Medicare ap- pointments	8 10am Beading -make your own today 10am JP Signore/Fall Prevention at Center 10am Walking Club 11m Strength& Fitness 11a Great Courses- 12pm Poker	9 10am Yoga 12 Lunch at Norfield Hosted by St. Francis. Gary Andreadis en- tertainment 3:00pm <i>Senior Prom at the High School</i>	10 9:15am Tai Chi 10am Wii Bowling 10am Walking Club 11am Strength & Fitness 12:00pm Movie: <i>Temple Grandin</i>	11 9am Yoga (N)
14 10a Current Events 10am Live Well 10am Knitting 11:00a Dancing (N) 12:30-2:30 Hearing Screenings 1:15 “Long Story Short”	15 10am Walking Club 10am Beading w/Carla 11 Strength&Fitness (N) 11a Great Courses- 12pm Poker with Stella	16 10am Yoga 11:45 Gatekeeper 8 presentation. 12 Lunch at Norfield Hosted by Emmanuel Church. Karkorska Sisters 2:30 Laura Wilk painting class	17 9:15am Tai Chi 10am Walking Club 10am Wii Bowling 11 Strength & Fitness (N) 12:00pm Movie: <i>War Horse</i>	18 9am Yoga (N)
21 10am Knitting 10am Live Well 11:00am Dancing (N) 12:30pm Medicare appointments	22 10am Walking Club 10am Beading-make your own today. 11Strength & Fitness 11a Great Courses 12pm Poker 12:30 Nature Journaling at Jespersen’s residence	23 10am Yoga 12 Lunch at Norfield Hosted by Newcomers and Neighbors. Amy Irish entertain- ment 2:30 Laura Wilk Paint- ing class	24 9:15am Tai Chi 10am Walking Club 10am Wii Bowling 11 Strength & Fitness (N) 12:00pm Movie: <i>The Iron Lady</i>	25 9am Yoga (N)
28 SENIOR CENTER CLOSED <b>HAPPY MEMORIAL DAY</b>	29 10am Walking Club 10am Beading w/Carla 11a Strength&Fitness(N) 11a Great Courses 12pm Poker	30 10am Yoga 12 Lunch at Norfield Hosted by Women’s League “Luau” with Randy Brody 2:30 Laura Wilk Paint- ing Class	31 9:15am Tai Chi- 10am Walking Club 10am Wii Bowling 11 Strength & Fitness (N) 12:00pm Movie: <i>The Vow</i>	

# June 2012

Mon

Tue

Wed

Thu

Fri

Mon	Tue	Wed	Thu	Fri
				1
<b>LOOKING FOR VOLUNTEERS OVER THE SUMMER!!</b>				9am Yoga (N)
4	5	6	7	8
8:30 Commission on Aging Meeting 10am Live Well 10am Knitting, 11am Dancing (N) 12:30 Medicare appointments necessary	10am Walking Club 10a Beading make your own today 11 Strength & Fitness (N) 12:30 – CT Money School Economic Outlook – “Are you nervous to take the next steps in the Market?”	10am Yoga <b>No Lunch Today</b> 12pm “Volunteer Luncheon” Hosted by Weston Senior Activities Center WHS Orchestra	9:15 Tai Chi 10am Walking Club 10am Wii Bowling 11a Strength & Fitness <b>No Movie today</b>  <b>3:00pm Strawberry Festival</b>	9am Yoga (N)
11	12	13	14	15
10am Current Events 10am Live Well 10am Knitting 11:00a Dancing (N)	10am Walking Club 10a Beading w/Carla \$2 11a Strength & Fitness (N) 12pm Poker with Stella 12:30 CT Money School “Take the Worry out of Retirement Protecting your Nest Egg”	10am Yoga 11:30 LUNCH AT CENTER Picnic at the Center, bring your own lunch! 1:00pm Fairfield Family Care presents 10 Warning signs of Alzheimer's – refreshments – free	10am Walking Club 10am Wii Bowling 11a Strength & Fitness 12pm Movie: <i>The Man Nobody Knew</i> 1:00pm “Senior Choices at Home”	9am Yoga
18	19	20	21	22
10am Live Well 10am Knitting 11:00a Dancing (N) 12:30pm Medicare Appointments	10am Walking Club 10a Beading w/Carla \$2 11a Strength & Fitness (N) 12pm Poker with Stella 12:30 CT Money School “A Plan that Protects with Tax Strategies for Success”	10am Yoga 12 Lunch at Norfield Hosted by Korean Spirit and Culture Promotion – free – sign up required. –	10am Walking Club 10am Wii Bowling 11a Strength & Fitness (N) 12pm Movie: <i>Sherlock Holmes: A Game of Shadows</i>	9am Yoga (N)
25	26	27	28	29
10am Live Well 10am Knitting 11:00a Dancing (N)  <i>Yolanda's 100th Birthday</i> 	11 Strength & Fitness (N)  <i>Shopping Trip to Danbury Mall and Lunch at Brios</i>  <i>Center is closed for outing</i>	10am Yoga 12 Lunch at Norfield Hosted by Weston Senior Center. “End of Season” Lunch Bingo – \$4.00	10am Walking Club 10am Wii Bowling 11a Strength & Fitness 10am Book Club The Descendants 12pm Movie: <i>The Descendants</i>	9am Yoga (N) <b>Senior Center closed next week— all classes cancelled. Happy 4th!!</b>

# Other News .....

## Gatekeeper 8 Information Session

On May 16<sup>th</sup> 2012 at 11:45 at Norfield Church before lunch

The Gatekeeper 8 program is a new, completely free, state-funded service which was put into place in order to identify and assist Connecticut seniors (60+) who are struggling to maintain their medical, social or mental well-being. Our goal is to connect seniors in need with the community resources that will allow them to remain safely in their own homes for as long as possible. The Gatekeeper Program seeks to educate members of the community who regularly come into contact with seniors. Community members are encouraged to make a completely confidential referral to the Gatekeeper Program after which Gatekeeper 8 staff will follow up with the senior to perform an in-home assessment in order to identify their specific needs.

## **Important Medicare Information for 2012**

Appointments for Medicare consultation are available two different afternoons a month -- on the first or third Mondays.

**MAKE AN APPOINTMENT THROUGH THE WESTON SENIOR CENTER BY THE THURSDAY PRIOR TO THE MONDAY at (203) 222 - 2608.**

**May 7th and 21st  
June 4th and 18th**

If these times or dates are not convenient for you may simply contact a CHOICES counselor at 1(800) 994 - 9422. To reach me if you have any Medicare questions just call the Weston Senior Center. Meta Schroeter

## **“Friends of the Weston Library Events”**

A Cabaret Evening With Charles Keating and Family May 5<sup>th</sup>, 7 PM – Tickets \$20 pre-purchase, \$25 at the door. 7 PM wine reception; 7:45 performance. Space is limited. Tickets are available on a first come, first served basis and may be purchased at the Library. Proceeds to benefit technology at the Library.

Lunch and Learn – ArtScapades, Post-Impressionism: From Objective to Subjective—May 23<sup>rd</sup>, 12 PM – Free Admission

ArtScapades Impressionist Tour at the Metropolitan Museum of Art June 12<sup>th</sup>, 11 AM – Group will meet at the Metropolitan Museum in New York for a guided tour of the museum presented by ArtScapades. \$25 per person for the ArtScapades led tour plus \$20 discounted group admission into the Met (\$13.50 65+). Additional information on the tour available at the ArtScapades Lunch and Learn on May 23<sup>rd</sup>.

The Weston Library now offers a Homebound Delivery Service. Call the library for details (203) 222-2665.



## **In Appreciation of:**

In honor of Hal Matthews' birthday, a donation has been made to the Weston Senior Activities Center by Lois Guberman and Neil Horner.

## **CURRENT EVENTS DISCUSSION**

*With Joan Harnett  
(Filling in for Laura Smits)*

**Weston Senior Activities Center.  
May 14th and June 11th at 10am. Free!**



## **SENIOR PROM**

Please attend the Senior Senior Dance on Wednesday, May 9th! The annual social run by the Freshman and Sophomore Weston High School student governments aims to bring students and the senior citizens of Weston closer together in an afternoon of refreshments, music, and, of course, dancing. We'll even have a big band to play the standards all afternoon long! Stop by the High School Old Gym from 3:00-4:30 pm for some food, entertainment, and a guaranteed good time!



## ***Upcoming Commission on Aging Meetings:***

May 7th (9:15am)

June 4th (8:30-9:45am)

In Activities Room of the Center.

Open to the public—everyone welcome!

## **Board Members:**

Helen de Keijzer, Chair

Terry Hulley

Peggy Anderson

Bruce Lorentzen

Nancy Hammerslough

Nina Daniel

Laura Smits

**News Department of Social Services  
Charlene Chiang Hillman, LCSW, MSW  
(203) 222-2663**

**Tax Relief program** for the Town of Weston begins April 15th and runs until May 15th. The program includes Abatement, Deferral, and Tax Freeze programs. These are income and asset limit eligible programs. You will need your 2011 1040; your Social Security Form 1099, and documentation of all income and assets. You can apply directly with the Tax Collector or through the Department of Social Services. Don't miss this important savings.

Compo Beach Passes available free from Social Services based financial need. Bring your 2011 tax return to Social Services. Weston Warm Up applications are due by May 1st.

Please contact Charlene Chiang Hillman for details. <sup>6</sup>

# Friends of the Weston Senior Activities Center

## NEWS FROM YOUR "FRIENDS"

The Friends of the Weston Senior Activities Center was delighted with the enthusiastic response of the community to the course "Genealogy: What's in Your Lineage?" that just finished meeting under the direction of expert genealogist and teacher, Woody Bliss.

Please note: There will be another opportunity to take this course in September. We encourage interested parties to sign up at the Senior Center in person, or call 203-222-2608.

The Board of the Friends of The Weston Senior Activities Center consists of Nina Daniel, President; Bruce Missett, Vice President; Woody Bliss, Treasurer; Cynthia Williams, Secretary; and Stephan Grozinger, Legal Adviser and Member-at-Large

Donations, payable to the Friends of the Weston Activities Center, are 100% tax deductible and may be dropped off at the Senior Center. No donation is too small. All proceeds will go directly to benefit the seniors. *Also welcome are your suggestions on how to spend your charitable dollars so as to make your donation impactful and meaningful to you and others!*

The staff of the Senior Center will be compiling a "Wish List" for publication in September, and your input is requested. Please speak directly to Senior Center Staff members Wendy and Pam, or contact Nina Daniel of the "Friends" at 203-221-0604.

"The Friends" recognizes that seniors face challenges unique to their stage in life. One major challenge is the desire of many people, age 60 and over, to stay put in Weston as they age, while remaining socially engaged, physically safe, intellectually stimulated, and valued members of the Weston community.

*Working together, let's make a difference!*

Nina Daniel, President, on behalf of the "Friends" Board

## **Please come meet the "Friends" Board Members ... Thursday, June 7th**

### The Board of the Friends of WSAC To Host a Musical Strawberry Festival

On Thursday, June 7th, from 3 pm to 4:30 pm, - FREE  
at the Weston Senior Activities Center "CAFE,"  
The Board of the Friends of the Senior Center will host



## **A Musical Strawberry Festival**

for Weston seniors, age 60 and over.

Please join us for strawberry shortcake, punch, and the extraordinary musical talents of

### **Special guest David Connell, Artist-in-Residence at Norfield Congregational Church.**

Nina Daniel, Bruce Missett, Woody Bliss, Cynthia Williams,  
Board of the Friends of the Weston Senior Activities Center  
will be delighted to see you there!

**Please RSVP to the Senior Center (203) 222-2608 by May 29th.**

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

**The Live Well Program  
Comes to Weston Senior Center**

Live Well brings great news for older adults and caregivers who are suffering with any chronic illness. Live Well is a nationwide evidence-based health promotion program developed by Stanford University. The program consists of a series of six weekly workshops held for 2 ½ hours a week. Workshops help participants and caregivers who suffer with arthritis, diabetes, high blood pressure, anxiety, depression, heart and lung disease, asthma and any chronic condition to:

- Find better ways of dealing with pain and fatigue
- Discover easy exercises to help improve or maintain strength and energy
- Learn the appropriate use of medications
- Improve nutrition
- Talk effectively with family, friends and health professionals
- Understand new treatment choices
- Feel better about life

Southwestern CT Agency on Aging, CT Department of Social Services, Aging Services Division, CT Department of Public Health, and United Way of Coastal Fairfield County are currently part of this exciting grant funded by the U.S. Administration on Aging.

The next Live Well workshop series at Weston Senior Center will take place Mondays May 14, 21, June 4, 11, 18, 25; 10:00 am-12:30 pm. The workshop series is free and open to the public. Space is limited so please call early to register. To register please call 203-222-2608. For more information please visit [www.swcaa.org](http://www.swcaa.org), Click on Benefits and Services, and the Live Well Program.

Sign up required (203) 222-2608