

Guide to Town Senior Services

Senior Activities Center

Wendy Petty
Pam Wilson
222-2608

Social Services

Charlene Chiang-Hillman &
Suzanne Friedman
222-2663

Dial-A-Ride

Gordon Green
(24 Hr Notice Required)
222-2576

Drop-In Activities

Monday

Knitting/Crafts 10-12
Ballroom Dancing 11:15
Scrabble 12:30

Tuesday

Beads 10-12
Walking Club 10-11
Strength & Fitness 11-12 (N)
Poker 12:00 -2

Wednesday

Yoga 10-11
Lunch @ Norfield Church

Thursday

Wii Bowling 10-11:30
Walking Club 10-11
Strength & Fitness 11-12 (N)
Movies 12:00—2

Friday

Yoga w/ Melanie 9-10 (N)

Wednesday Lunch at Norfield at 12 noon

Stop by the Center at 9 School Road, have a cup of coffee and visit our gift shop!

- Copies made 10¢
- Shredder and paper cutter available (free!)
- Free Book, VCR and DVD library

(N=Norfield Church)
Center Hours: M, T, & Th
10-2:30

**WESTON SENIOR
ACTIVITIES
CENTER**

November & December 2011



To our seniors:

As we head into the holidays, it's a good time to reflect on everything we are grateful for. We are grateful to all of you for the warm welcome we receive as we learn the ropes at the Senior Center. We are also thankful to our volunteers who donate their time every week to help out at the Center and lunch. The following organizations continue to generously support us by providing delicious lunches at our weekly Norfield luncheons: Norfield Church, Emmanuel Episcopal Church, St. Francis of Assisi, Weston Newcomers & Neighbors Club, and the Weston Women's League.

The Holidays can be a happy time to celebrate with friends and family and those you love, but it can also be a hard time for those who have lost a loved one. Let's all reach out to our neighbors and friends and help each other. We have a wonderful community in Weston and are lucky to have great people in our town ready to lend a helping hand.

Please come down and meet us, share your ideas, meet some new friends, try an exercise class, come to lunch on Wednesdays come to our Holiday Party, or just visit and hang out.

We hope to see you soon.
Happy Holidays,
Wendy and Pam

IN MEMORY OF _____

IN HONOR OF _____

Send Memorial or Honor Card to:

Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Amount of Donation: \$ _____

My Check is Enclosed made out to
Weston Senior Center

The Weston Senior Center would like to help you honor and remember loved ones with our **Always With Us** program. Donations allow us to develop new opportunities at our Center, provide for needy seniors in Weston, and subsidize programs. With a (tax deductible) donation of your choosing we will send a Memorial or Honor Card to the recipient of your choice. You may also choose to celebrate birthdays, anniversaries or special occasions. We will acknowledge your donation in our newsletter. Thank you for your support!

HOLIDAY EVENTS

November 15th-10:00am \$5.00

Thanksgiving Centerpieces

Taught by Betty Green. Sign up required. Space is limited. (203)222-2608



November 16th 12:00pm \$4.00

Thanksgiving Lunch—Prepared by Emmanuel Church with entertainment by John Redgate. RSVP requested (203) 222-2608.

Food Drive: Bring an item for the Weston Food Pantry. Personal hygiene and cleaning supplies needed (toothpaste, soap, shampoo, detergent, etc.)

November 28th—Shopping Trip 9:30am

Christmas Tree Shop and Lunch at Hometown Buffet—sign up required, space is limited (pay for your own lunch). (203) 222-2608



December 8th 12:00pm \$56.00

Westchester Broadway Theatre

“Home for the Holidays” Price includes bus, 3 course meal and show. Deadline November 10th. Only 7 spots left!! (203) 222-2608.

December 9th: 9:00-11:00am bake/11:00 Exchange **Cookie bake and exchange** Norfield Church. Bake with us or bring 4 dozen to exchange. **Sign up required by December 1st**—(203) 222-2608.

December 13th—10:00am \$5.00

Holiday Centerpieces

Taught by Betty Green. Sign up required. Space is limited. (203) 222-2608

December 14th-12:00m—\$4.00

Holiday lunch— Prepared by St. Francis Church with entertainment by Shel Cooper. RSVP requested (203) 222-2608.

December 15th: 12:00-3:00pm—Free

Holiday Party at the Senior Center. **Sign up required by December 5th.** Bring a \$5.00 wrapped gift to be included in our present exchange! Be Creative. *Dress is festive. Decorations by the Weston Middle School Students*

Project with Hurlbutt Students.....

Chocolate Making with the Weston Second Graders at the Senior Center—In honor of *Willy Wonka and the Chocolate Factory*.

Thursday, November 10th 1:00-3:00pm. We need volunteers!!! Sign up required. (203) 222-2608.

CURRENT EVENTS DISCUSSION

Need a place to vent your frustration about what's going on in the world?

Why not join Laura Smits, every second Monday of the month to discuss the news stories that affect our town, our nation and our world.

November 14th and December 12th at 10:00am at the Weston Senior Activities Center. This is a free activity.



*Come exercise with us,
the first class is free!*

~Ballroom Dancing with Sandy~
Mondays @ 11:15 am (55+ welcome)
\$3/class (Weston Senior Activities Center)

~Strength & Fitness with Sandy~
Tuesdays & Thursdays @ 11 am
\$3/class (Norfield Parish Hall)

~Yoga with Joy ~
Wednesdays @ 10 am
\$3/class (Weston Senior Activities Center)

~Wii Bowling with Anne~
Thursdays @ 10 am
Free (Weston Senior Activities Center)

~Yoga with Melanie~
Fridays @ 9 am
\$3/class (Norfield Chapel)

These are drop in classes.

Thursday Afternoon At the Movies!



Join us Thursdays at 12:00 pm at the Senior Activities Center for an afternoon of movie fun! Popcorn is included!

November 3rd—Cat on a Hot Tin Roof

Brick, an alcoholic ex-football player, drinks his days away and resists the affections of his wife. His father is dying of cancer and his reunion jogs a host of memories.

November 10th—Water for Elephants

PG-13: A veterinarian student abandons his studies after his parents are killed and joins a travelling circus as their vet.

November 17th—Win Win

R: A struggling lawyer and volunteer wrestling coach's chicanery comes back to haunt him when the teenage grandson of a client he's double crossed comes into his life.

December 1st—Girl with a Pearl Earring

PG-13: A young peasant maid working in a house with a painter becomes his talented assistant and the model for one of his most famous works. - This was a historical novel based on Johannes Vermeer.

December 22nd—It's A Wonderful Life

1946 Comedy/Drama film produced and directed by Frank Capra. The film stars James Stewart and is about a man whose imminent suicide on Christmas Eve brings about the intervention of his guardian angel who shows him all the lives he has touched.



NEW WEEKLY CLASSES AT THE SENIOR CENTER

BALLROOM DANCING A

dance inspired cardio fitness program that is great for men and women. Learn the basic steps of Merengue, Mambo, Cha Cha, Foxtrot, Waltz and Tango. Enjoy the up-beat rhythms of Latin American music, along with the Big Band era.

No partners required.

Weston Senior Center 11:15am

\$3.00—Instructor

Sandy Adamczyk

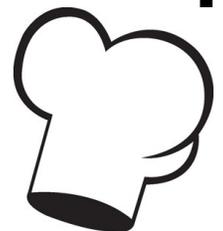
COMPUTER CLASSES



Tuesdays between 10:00am-12:30pm by appointment—(203) 222-2608
Do you want help setting up and using email? Writing Word documents, or searching the internet? Call for your appointment today!
Cost \$5.00/hour per class.

COOKING DEMONSTRATIONS

BY Nanette Charney
Mondays in November 12:30-2:00pm
Cost \$3.00 per class.
Sign Up Required—
space is limited.



November 2011

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
Blood Pressure Checks every 1st and 3rd Wednesdays at Lunch	10am-12pm Beading (\$2.00) 10am-12:30pm Computer Lessons 11am Strength & Fitness (N) 12pm Poker with Stella	10am Yoga 12pm Lunch at Norfield Hosted by Norfield Church <i>Bingo</i>	10am Wii Bowling 11am Strength & Fitness (N) 12:00pm Movie: <i>Cat on a Hot Tin Roof</i>	9am Yoga (N)
7	8	9	10	11
9:15am Commission on Aging Everyone welcome 10am Knitting, 11:15am Dancing 12:30pm Cooking 12:30-3pm Medicare appointments Enrollment –	10am-12pm Beading (\$2.00) 10am-12:30pm Computer Lessons 11am Strength & Fitness (N) 12pm Poker	10am Yoga 12pm Lunch at Norfield Hosted by St. Francis Church <i>Entrainment by Don Harrison</i>	10am Wii Bowling 11am Strength & Fitness (N) 1:00pm Making Chocolate with Hurlbutt 2nd graders. 	9am Yoga (N)
14	15	16	17	18
10am Current Events Discussion 10am Knitting 11:15am Dancing 12:30pm Cooking 12:30-3pm Medicare Enrollment Appt. necessary	10am-Beading 12pm Thanksgiving Centerpiece s \$5.00 11am Strength & Fitness (N) 12pm Poker With Stella 	10am Yoga 12pm Lunch Hosted by Emmanuel Church Thanksgiving Lunch <i>Entertainment by John Redgate</i>	10am Wii Bowling 11am Strength & Fitness (N) 12:00pm Movie <i>Win Win</i>	9am Yoga (N)
21	22	23	24	25
10am Knitting 11:15am Dancing 12:30pm Cooking 12:30-3pm Medicare Enrollment Appt. necessary	10am-12pm Beading (\$2.00) 10am-12:30pm Computer Lessons 11am Strength & Fitness (N) 12pm Poker	<u>No Lunch</u>	Center Closed Happy Thanksgiving! 	9am Yoga (N)
28	29	30		
9:30am Christmas Tree Shop 10am Knitting, 11:15am Dancing 12:30pm Cooking 12:30-3pm Medicare Enrollment Appt. necessary	10am-12pm Beading (\$2.00) 11am Strength & Fitness (N) 12pm Poker 12:00-2:00pm Memory Screening Sign up required	10am Yoga 12pm Lunch at Norfield Hosted by Women's League <i>Entertainment by Bob Russolo</i>		Remember to bring an item to the Thanksgiving Lunch for the Weston Food Pantry on November 16th.

December 2011

Mon	Tue	Wed	Thu	Fri
			1 10am Wii Bowling 11am Strength & Fitness (N) 12:00pm Movie: <i>Girl with a Pearl Earring</i>	2 9am Yoga (N)
<i>WISHING YOU HAPPY HOLIDAYS!</i>				
5 9:15am <i>Commission on Aging</i> <i>Everyone welcome</i> 10am Knitting, 11:15am Dancing 12:30pm Scrabble 12-3pm Medicare Enrollment –	6 10am Beading (\$2.00 per class) 10:00-12:30pm Computer Lessons 11am Strength & Fitness (N) 12pm Poker	7 10am Yoga 12pm Lunch at Norfield Hosted by Norfield Church- <i>Bingo</i>	8 11am Strength & Fitness (N) <i>Westchester Broadway Theatre</i> Departs Norfield 10:00am – Reservations required	9 9am Yoga (N) 9:00am Cookie Bake and Exchange at Norfield Church RSVP Required 
12 10am Current Events Discussion 10am Arts & Crafts 11:15am Dancing 12:30 Scrabble	13 10am Beading 12:00pm Holiday Centerpieces \$5.00 sign up required. 11am Strength & Fitness (N) 12pm Poker	14 10am Yoga 12pm Holiday Lunch at Norfield Hosted by St. Francis Church <i>Entertainment by Shel Cooper</i>	15 Holiday Party 12:00- 3:00pm Bring a \$5.00 wrapped gift to exchange. RSVP required. 	16 9am Yoga (N)
19 10am Arts & Crafts 11:15am Dancing 12:30pm Scrabble	20 10am Beading 11am Strength & Fitness (N) 12pm Poker	21 10am Yoga <u>No Lunch</u>	22 10am Wii Bowling 11am Strength & Fitness (N) 12:00pm Movie: <i>It's a Wonderful Life</i>	23 9am Yoga (N)
26 <i>Senior Center Closed</i>	27 <i>Senior Center Closed</i>	28 <i>Senior Center Closed</i>	29 <i>Senior Center Closed</i>	30 <i>Senior Center Closed</i> <i>Happy New Years, see you on January 3rd!</i>

News from Around Town.....

News from Social Services:

If you are in need of fuel assistance, please call our office as soon as possible to schedule an appointment to assess your eligibility of state and local programs.

We are also preparing our annual Thanksgiving baskets and holiday giving for seniors and families in financial need. Letters will be in the mail soon.

Don't forget the Medicare enrollment period will be ending in early December. Please call now for an appointment.

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

Upcoming **Commission on Aging** Meetings:

9:15 am Monday November 7th

9:15 am Monday December 5th

In Activities Room of Weston Senior Activities Center
Open to the public

Seniors are encouraged to attend!

CALLING ALL VOLUNTEERS...

Call the Center (203) 222-2608



Hurlbutt School is looking
For Classroom Reading Volunteers.

Weston Middle School—Peg Taylor is looking for
volunteers to help with sewing and cooking classes.

Senior Center—Looking for a volunteers, training
will be provided.

Senior Center—Do you have a special creative tal-
ent or interest you would like to teach at the Center?

Wellness Lectures, and Programs,

Blood Pressure Screening at lunch on
1st and 3rd Wednesdays.

Flu Shots given by appointment at the
Westport/Weston Health District. (203) 227-9571 ext. 242

Cholesterol Screening by appointment at the Westport/
Weston Health District (203) 227-9571 ext. 242 Cost \$25

Memory Screenings given by Visiting Nurse and Hospice
of Fairfield County on

November 29th at the Senior Center.

National Memory Screening Day is an Alzheimer's Founda-
tion effort to promote early detection of Alzheimer's dis-
ease and related illnesses, and to encourage appropriate in-
tervention.

Persons who are not currently experiencing memory loss
but would like to have a baseline for future comparison are
also encouraged to attend. This is free, confidential screen-
ing takes about 10 minutes and it performed by a trained,
licensed clinician.

To make an appointment call (203) 762-8958.

"Friends of the Library" drop in events:

All held at the Weston Library..

Book Sale	Nov. 4-6 All Day
Book Group, <i>Freedom</i>	Nov. 10, 10:30am
Book Group, <i>Garden Spells</i>	Nov. 17, 7:30pm
Actors Reading Authors with Frank Converse	Nov. 28 7:30pm
Ridgefield Youth Ballet	Dec. 3, Time TBA
Book Group, <i>Shanghai Girls</i>	Dec. 12, 10:30am
Book Group, <i>Lottery</i>	Dec. 18, 7:30pm

The Neighbor to Neighbor Energy Challenge is coalition of non-profit organizations that have come together under a grant from the US Department of Energy. Working in Weston and 13 other communities to help residents reduce energy waste in homes by 20%, we're here to make saving energy easy.

Neighbor to Neighbor helps reduce energy waste through a variety of programs. The first is our very own Lighting program, where two staff members will come to your home and change up to 20 of your light bulbs for Compact Fluorescent Lights (CFLs). We also promote CL&P's Home Energy Solutions program. During your 3-4 hour visit, two technicians will seal, weather-strip, caulk and insulate your home to reduce energy loss and drafts. You can also have up to 25 more CFLs installed - all for only \$75 (**low or fixed-income residents can apply to have this service done for FREE** through Home Energy Solutions Income Eligible). Neighbor to Neighbor works with two specially selected contractors in Weston to ensure a quality visit, and homes see average savings of \$200, annually.

Not only does participating in this program benefit you, but it also helps Weston earn points in our competition against the other 13 communities!

Please contact us to ask questions and sign up for a visit! Contact Erin O'Neill at (860) 372-4406 or eoconnell@ctenergychallenge.com. Or visit our website at www.CTEnergyChallenge.com.

Medicare Enrollment October 15th – DECEMBER 7th

REVIEW YOUR COVERAGE!

The new annual open enrollment period for Medicare Part D and Advantage Plan began **October 15, 2011 and ends December 7, 2011.**

These are new dates for open enrollment and there are significant changes to 2012 Medicare Part D which include new insurance plans, changed formularies and increased premiums. All seniors are urged to review their Medicare Part D plan with a CHOICES counselor during open enrollment. You may make an appointment through the Weston Senior Center or you may call SWCAA (Southwest Connecticut Agency on Aging) directly to speak with a CHOICES counselor. Your medications including name, dosage and frequency of use will be reviewed on the Medicare website and the Medicare D insurance plans that are the most suitable will be presented to you in order of price effectiveness. Last year reviews helped save several Weston residents more than \$600 a year in drug and premium costs. These are people who had not reviewed their plans for several years.

Usually appointments for Medicare consultation can be made two afternoons a month. During this open enrollment period there will be availability for half hour appointments from 12:30 – 3:00 on each of the following dates: Monday, October 17, Monday, October 24, Monday, October 31, November 7, Monday, November 14, Monday, November 21, and Monday, November 28. **YOU MUST MAKE AN APPOINTMENT THROUGH THE WESTON SENIOR CENTER** at (203) 222 - 2608. If these times or dates are not convenient for you simply contact a CHOICES counselor at 1(800) 994 - 9422.

CHOICES will present information for you to consider when making your decisions about Medicare issues. If you are considering a change of Medicare provider especially an Advantage program be sure your docs, labs for blood work and the hospital of your choice accept that insurance plan, Do not trust lists that have been made to meet a printing deadline of four or five months ago. Lists can change at anytime. Telephone docs, labs & hospitals to sure they accept the insurance you are considering before you enroll. Remember any of these resources can drop out of any plan at any time during the year.

Please book appointments as soon as possible and early in the open enrollment period – couples book two appointments. There may not be time available when booking later on during the enrollment period, which could mean scrambling for, help and answers. See you at the center!

Meta Schroeter
CHOICES Counselor

Coming soon...

- *Water Color Class*
- *Genealogy Program*
- *Memoir Writing*
- *Wii Bowling Tournament*
- *Wellness Lectures*
- *CT Money School*
- *Open House*

Help the Weston Senior Activities Center

GO GREEN

If you would like to get this newsletter electronically instead of in paper form, please fill out the box below and drop it off at the Center, call us (203) 222-2508, or e-mail us with the following information:

Name _____

Address _____

Phone _____

Email _____

This information will not be used for any purpose other than the newsletter and will not be given or sold to any third party. You may opt out at any time by notifying the Senior Center.

Save paper, save ink, get weekly updates!

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

Directions to the Weston Senior Activities Center:

We are located in the Hurlbutt Elementary School South House building at 9 School Road, Weston, CT. Once you pull into School Road from Route 57 we are located in the first parking lot on your right.

To reprint this newsletter or to get updates on Senior Center activities, go to www.westonct.gov, click on **Youth and Adult Programs** and then click on **Senior Center**. From the displayed list, select either **Updates** or **Newsletter**.

GUIDE TO TOWN SERVICES

Tom Landry.....	203-222-2677
Town Administrator	
Judy Devito.....	203-222-2656
Selectman’s Secretary	
Charlene Chiang-Hillman.....	203-222-2663
Director, Social Services/Municipal Agent for the Elderly	
Suzanne Friedman.....	203-222-2556
Administrative Assistant, Social Services	
Wendy Petty.....	203-222-2608
Director, Senior Center	
Pam Wilson.....	203-222-2509
Program Coordinator, Senior Center	
Charity Nichols.....	203-222-2697
Tax Collector	
Donna Anastasia.....	203-222-2616
Town Clerk	
Ellen Jones.....	203-222-2617
Assistant Town Clerk	
Mark Harper.....	203-222-2642
Animal Control	



Commission on Aging Members:

- Helen de Keijzer, Chair
- Terry Hulley
- Peggy Anderson
- Bruce Lorentzen
- Nancy Hammerslough
- Nina Daniels

For more information on the Commission on Aging please go to the town’s website

www.westonct.gov