

**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.**

**WESTON SENIOR  
ACTIVITIES CENTER**

**March/April 2015**



**Greetings!**

The Weston Senior Center renovation is complete!! We had our ribbon cutting ceremony on January 31<sup>st</sup>. The celebration was lots of fun and everyone, who has come by since, has been very impressed with the improvements. Thank you to everyone who helped make these improvements possible.

We now have a cafe, lounge, movie/lecture room and an additional gym. Some of our original rooms have also been updated. Please come by and see for yourself if you have not already been here.

There are many interesting events happening during March and April. Art Gottlieb is back to discuss the Titanic and Pennsylvania Station. We have some great wellness lunch and learns, as well as flower arranging, tap dancing, bring a friend to lunch, great movies, and brown bag medication check up with pharmacist (and Weston Resident) Russ Levine from Colonial Druggists, just to name a few.

We hope to see you soon!

Wendy, Pam and Carla

**Gifts In Remembrance**



A donation was made by The Bassone Family in memory of Dix Hecht  
A donation was made by Meta Schroeter in memory of Dix Hecht  
A donation was made by Roberta Morelli in memory of Dix Hecht  
A donation was my made by Roberta Morelli in memory of George Abrach



**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.  
**Call for more details and to sign up! \$5.00 per class or  
pay for series with discount.  
(203) 222-2608**



**Tap Dancing Class**  
Taught by Sandy Adamcyk

Mondays 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 Payless Shoes for \$26.99 or online at [www.dancewearsolutions.com/shoes/tap](http://www.dancewearsolutions.com/shoes/tap).

**Feldenkrais—Want to Move Like You Used To?**

Discover the Feldenkrais Method and a More Flexible,  
Powerful You!

**Mondays at 10am—sign up required. \$3.00 per 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.

**Art Shows**



Come by and see the spectacular art on the walls of our Senior Center. In March, we have Margaret Wirtenberg and in April we have Jay Petrow.

**Calling All Backgammon Players!**

**We are ready to start a new group. Don't know how to play? We'll teach you! Call to sign up (203) 222-2608.**



**"Bring A Friend To Lunch Day"**



Wednesday, April 29th—Norfield Parish Hall  
Cinco De Mayo Celebration, hosted by Weston Women's League.  
Bring a new friend and your friend eats free! Sign up required. (203) 222-2608

**Tax Prep**



**Safe Driving**

**AARP Tax Assistance Appointments with Mark Spivak**  
Thursday, March 12th at the Weston Senior Center.

Sign up required for this 30 minute appointment slots, beginning at 9am. Call the Senior Center for more information and to sign up (203) 222-2608.

**AARP Safe Driving Course**

Tuesday, April 28th 9am-1pm at the Senior Center. Sign up required. The cost is \$15.00 for AARP Members and \$20 for non-members. Please bring your card to class. Call the Senior Center for more information and to sign up (203) 222-2608.

**Exercise Classes!**

**Tap Dancing with Sandy**

Mondays @ 10:00-10:45am (50+ welcome) SC Gym  
Must sign up for series. Wear Tap Shoes, call for details (203) 222-2608. See page 3 for details.

**Dance to the Music with Sandy**

Mondays @ 11:00 am (50+ welcome) SC Gym \$3/class

**Feldenkrais— Mondays @ 10** (see page 6 for details)

**Pickleball**

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

**Strength & Fitness with Sandy**

Tuesdays & Thursdays @ 11 am  
\$3/class drop in (SC Gym)

**Tai Chi for Better Balance with Bill Wren**

Thursdays 9:15am—sign up required. (SC Gym)

**Wii Bowling with Anne**

Thursdays @ 10 am  
Free (Senior Center)

**Yoga with Melania**

Fridays @ 9 am  
\$3/class—drop in (SC Gym)

**Chair Yoga with Melania— Fridays @ 10:30**

**Gentle Yoga with Joy**

Wednesdays @ 10 am  
\$3/class—drop in (SC Cafe)



**Chair Yoga with Melania Introductory Class**

Chair yoga is based on Yoga with breathing techniques and can be modified to be done entirely sitting in a chair, making the benefits accessible to everyone.

These classes will be held on Fridays at 10:30am at the Senior Center. The cost is \$3.00.

Melania Van Vliet has been a Yoga Therapist for over 15 years.



## MOVIES—Tues/Thurs

All Movies Start at 12:30pm

Movies are free and include popcorn!



Sign up is required so we can notify you of any changes or cancellations.

### TUESDAY MOVIES—Comedies from the Past

3/10: My Cousin Vinny: R: Two New Yorkers are accused of murder in rural Alabama while on their way back to college, and one of their cousins—an inexperienced, loudmouth lawyer not accustomed to Southern rules and manners—comes in to defend them.

3/17: Tootsie: PG: An unemployed actor with a reputation for being difficult disguises himself as a woman to get a role in a soap opera.

3/24: The Birdcage: R: A gay cabaret owner and his drag queen companion agree to put up a false straight front so that their son can introduce them to his fiancée's right-wing moralistic parents.

4/7: Sleepless In Seattle: PG: A recently widowed man's son calls a radio talk-show in an attempt to find his father a partner.

4/21: When Harry Met Sally: R: Harry and Sally have known each other for years, and are very good friends, but they fear sex would ruin the friendship.

### Tuesday Movies—Other

3/31: Titanic: PG-13: A seventeen-year-old aristocrat, expecting to be married to a rich claimant by her mother, falls in love with a kind but poor artist aboard the luxurious, ill-fated R.M.S. Titanic.

### THURSDAY MOVIES - New Releases

3/12: The Theory of Everything: The relationship between the famous physicist Stephen Hawking and his wife.

3/26: Best of Me: PG-13: A pair of former high school sweethearts reunite after many years when they return to visit their small hometown.

4/9: Interstellar: PG-13: A team of explorers travel through a worm-hole in an attempt to ensure humanity's survival.

4/23: Wild: R: A chronicle of one woman's 1,100-mile solo hike undertaken as a way to recover from a recent catastrophe.

4/30: St. Vincent: PG-13: A young boy whose parents have just divorced finds an unlikely friend and mentor in the misanthropic, bawdy, hedonistic war veteran who lives next door.

## Lunch and Learn Series, Educational and Wellness Lectures

Thursday, March 5th 10:30am-11:30am

### **"Pennsylvania Station"**



a special presentation by Arthur N. Gottlieb, LCSW, CSA. The peak achievement of renowned architects McKim, Meade, "Penn Station" was completed in 1913 and torn down in 1963, which led to the establishment of the Landmarks Preservation Society. This lecture sponsored by The Friends of the Weston Senior Center, there is no charge to you. Sign up required (203) 222-2608.

Wednesday, March 25th 10am-11:30am

### **Brown Bag Medication Check Up Presentation**

With Russ Levine/Colonial Drugstore.

See details on page 8. Complimentary bagels and Coffee.

Thursday, March 26th 12:00pm-1:00pm



### **Exercise Tips to Improve Your Balance**

Sponsored by RVNA, presented by Gigi Weiss, RPT, Physical Therapy Manager RVNA

Balance exercises can help you stay independent, help prevent falls by improving your ability to control and maintain your body's position, and so much more. Sign up required (203) 222-2608. This includes lunch provided by the Friends of the WSAC.

Thursday, March 19th and April 23rd

### **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.**



Wednesday, April 8th 10am—11:30am

### **Come Explore the Work of Edward Degas**



Known primarily as a painter of dancers, let's not forget the power of composition and design that were also included in his painters. This class is free, sign up required.

Thursday, April 2nd 10:30am-11:30am

### **"Titanic"**



a special presentation by Arthur N. Gottlieb, LCSW, CSA. The most famous shipwreck of all time, this luxurious White Star Liner foundered on its maiden voyage in the frigid North Atlantic after striking an iceberg. This lecture sponsored by The Friends of the Weston Senior Center, there is no charge to you. Sign up required (203) 222-2608.

Thursday, April 9th 10am-11:30am

### **Emotional Freedom Techniques—EFT**

EFT is an evidence based technique that employs tapping on certain body acupuncture meridian points while talking about specific problems. EFT is used both clinically and for self care to address a wide range of issues, such as stress relief, fears, test anxiety, goal setting, and other life challenges. Carol Hamilton, MS is a certified school psychologist with over thirty years of experience counseling adults and children on a broad range of issues.

**This class is free, sign up required.**

Wed. April 29th 10am-11:30am with Monica Wheeler

### **Home Safety Assessment & Tips on how to Stay Safe in Your Home, presented by WWHD**

Studies show that a combination of interventions can significantly reduce falls among older adults; learn tips to create a safer home environment. Complimentary bagels and coffee. Sign up is required. (203) 222-2608.

# March 2015

**Mon****Tue****Wed****Thu****Fri**

	2	3	4	5	6
	9:15am Commission Mtg 10am Tap Dancing 10am Knitting 10am Medicare 10am Feldenkrais 11am Dancing 12:15pm Pickleball 1pm Art Class	9:30am Tai Chi 10am Cards w/Carla 11am Strength& Fitness 12pm Poker w/Stella No movie today	10am Yoga 12 Lunch at Norfield <i>Bingo</i>	9:15am Tai Chi 10am Wii Bowling 10:30am Art Gottlieb's "Penn Station" 11 Strength & Fitness No movie today	9am Yoga 10am Canasta 10:30am Bridge 10:30am Chair Yoga
	10am Tap Dancing 10am Knitting 10am Feldenkrais 11am Current Events 11am Dancing 12:15pm Pickleball 12:30pm Poetry Open Mic 1pm Art Class	9:30am Tai Chi 10am Beading w/Carla 11am Strength& Fitness 12pm Poker w/Richard 12:30pm Movie <i>My Cousin Vinnie</i>	10am Yoga 12 Lunch at Norfield Hosted by St. Francis <b>Sapphire Duo</b> <b>St. Patrick's Day Lunch</b> <b>Wear Your Green</b> 	9am AARP Tax Assistance Appointments. Sign up required. 9:15am Tai Chi 10am Wii Bowling 11 Strength & Fitness 12:30 Movie <i>The Theory of Everything</i>	<b>Senior Center Closed</b>
	10am Knitting 10am Tap Dancing 10am Medicare 10am Feldenkrais 11am Dancing 11am Ann Robertson's Floral Arranging Class 12:15pm Pickleball 1:00pm Art Class	9:30am Tai Chi 10am Cards w/Carla 11am Strength& Fitness 11:30am Community Lunch—sign up by 3/16 12pm Poker w/Stella 12:30pm Movie <i>Tootsie</i>	10am Yoga 12 Lunch at Norfield Hosted by Emmanuel <i>Marlane and Martin Tubridy</i>	9:15am Tai Chi 10am Wii Bowling 11 Strength & Fitness 11:30am Brain Games No movie	9am Yoga 10am Canasta 10:30am Bridge 10:30am Chair Yoga
	10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Dancing 12:15pm Pickleball 1:00pm Art Class	9:30am Tai Chi 10am Craft Class w/Carla A Rabbit Door Hanger Sign up required. 11Strength & Fitness 12pm Poker w/Richard 12:30pm Movie <i>Birdcage</i>	10am Lecture—Brown Bag Medication Check Up w/ Russ Levine 10am Yoga 12 Lunch at Norfield Hosted by Newcomers and Neighbors <i>Christine Cooney</i>	9:15am Tai Chi 10am Wii Bowling 11 Strength & Fitness 12pm Lunch and Learn Exercise Tips for Balance 12:30pm Movie <i>Best of Me</i>	9am Yoga 10am Canasta 10:30am Chair Yoga 10:30am Bridge
	10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Dancing 12:15pm Pickleball 1:00pm Art Class	9:30am Tai Chi 10am Shopping/Lunch Outing to Hobby Lobby and Bertucci's 11Strength & Fitness 12:00pm Poker w/Richard 12:30pm Movie Series <i>Titanic</i>			

# April 2015

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

		1 10am Yoga 12pm Lunch at Norfield Sponsored by Norfield <i>Bingo</i> <i>Easter Luncheon</i> 	2 9:15am Tai Chi 10am Wii Bowling 10:30am Art Gottlieb "Titanic" 11am Strength & Fitness <i>No movie today</i>	3 9am Yoga 10:00am Canasta 10:30am Chair Yoga 10:30am Bridge
6 9:15am Commission mtg 10am Knitting 10am Tap Dancing 10am Feldenkrais 10am Medicare 11am Dancing 12:15pm Pickleball 1:00pm Art Class	7 9:30am Tai Chi 10am Flower Arranging Class with Carla – sign up required. 11am Strength & Fitness 12 Poker W/Richard 12:30pm Movie Series <i>Sleepless In Seattle</i>	8 10am Yoga 10am Art Lecture Explore the Work of Degas 12 Lunch at Norfield Hosted by St. Francis <i>Bob Mel</i>	9 9:15am Tai Chi 10am Wii Bowling 10am Lecture on EFT Emotional Freedom Techniques 11am Strength & Fitness 12:30pm Movie <i>Interstellar</i>	10 9am Yoga 10:00am Canasta 10:30am Chair Yoga 10:30am Bridge
13 Senior Center Closed	14 Senior Center Closed	15 Senior Center Closed	16 Senior Center Closed	17 Senior Center Closed
20 10am Knitting 10am Feldenkrais 10am Tap Dancing 10am Medicare 11am Dancing 11am Current Events 12:15pm Pickleball 1:00pm Art Class	21 9:30am Tai Chi 10am Beading w/Carla 11 Strength & Fitness 11:30am Community Lunch – sign up by 4/20 12pm Poker W/Richard 12:30pm Movie Series <i>When Harry Met Sally</i>	22 10am Yoga 12pm Lunch at Norfield Hosted by Newcomers and Neighbors <i>Serendipity Choral</i>	23 9:15am Tai Chi 10am Wii Bowling 11am Strength & Fitness 11:30am Brain Games 12:30pm Movie <i>Wild</i>	24 9am Yoga 10:00am Canasta 10:30am Chair Yoga 10:30am Bridge
27 10am Knitting 10am Feldenkrais 10am Tap Dancing 11am Dancing 12:15pm Pickleball 1:00pm Art Class	28 9am AARP Safe Driving Course 9:30am Tai Chi 10am Cards w/Carla 11 Strength & Fitness 12pm Poker W/Richard No movie today	29 10am Home Safety Assess- ments w/ Monica Wheeler 10am Yoga 12pm Lunch at Norfield Hosted Women's League <i>Mariachi Tapatio</i> <b>Cinco De Mayo</b> <b>Bring a Friend to Lunch!</b> <b>See details page 2.</b>	30 9:15am Tai Chi 10am Wii Bowling 11am Strength & Fitness 11:30am Appetizer Pot- luck Party 12:30pm Movie <i>ST. Vincent</i> 	

## Some Medicare D Issues

### My meds cost more now in 2015 than last year in 2014! WHY?

Your plan may now have a deductible amount that must be paid before plan coverage begins.

Your plan may have raised the co-pay of the drug tiers.

Your plan may now have flat-rate co-payment for drug tiers.

The retail price of a drug(s) may have increased.

Your plan may have changed its formulary tier structure.

Your plan may have moved the drug(s) to a higher tier.

Your 2014 drug has been dropped from the 2015 formulary and you must pay full retail price.

You purchase your meds at a pharmacy that is non-preferred or an out-of-network pharmacy.

### Do all Medicare D plans place each med in the same drug tiers?

**NO.** Plans can have different drug tier definitions and different tier numbers. Meds are not always placed in similar tiers plan to plan,

### I did not enroll in a Medicare D plan when eligible, how will my lifetime late-enrollment premium penalty be calculated?

Medicare will calculate this fee and contact you by letter. There is a fee for every month that you have not been covered by Part D. For example, if you never enrolled in Part D in 2006 and did in 2015 you would pay monthly 1% of the yearly annual base Part D premium which is \$33.13 x 103 months (from 6/2006). The penalty is \$33.80 per month. Fees will fluctuate yearly based on average Part D premium. . (To avoid paying this **lifetime penalty** you need a letter stating you had creditable coverage from the VA/employer/ or other source.)

Want to discuss Medicare issues? Half hour appointments are available from 10:00 – 12:00 twice a month on the first and third Mondays of the month. **MAKE AN APPOINTMENT BY THE PREVIOUS THURSDAY AT THE WESTON SENIOR CENTER.** Dial (203) 222 - 2608. **NO WALK-INS.** Never a fee! See you at the center!

**Meta Schroeter**  
**CHOICES Counselor**

### IRS SCAMS! 'TIS THE SEASON! DON'T FALL FOR THEM!

The call starts "Hello, we have been trying to reach you. This call is official-ly a final notice from the IRS, Internal Revenue Service. The reason for this call is to inform you that the IRS is filing a lawsuit against you. Etc, etc etc." If you get one of these calls – hang up. Do not respond! This call and calls like these have been sweeping the nation. **The IRS only contacts people by the U.S. Mail - never by telephone or telegram.**

**Never wire money, send a prepaid money card or share credit card information on the phone in response to any type unsolicited call.**

**Commission Meetings 9:15am,** March 2nd and April 6th

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

## Weston Public Library Presents:

March 5	12PM	Lunch and Learn: "Appy Hour" with Alan Weaver.
March 12	10:30AM	Book Group: <i>Life After Life</i> by Atkinson
March 15	2PM	Miss Representation documentary screening hosted by Weston Library Board of Trustees, League of Women Voters, Friends of the Weston Library and Weston Youth Services
March 16	11AM	An Overview of Probate: Q&A with Judge Wexler
March 16	6PM	SCORE: Running a Restaurant
March 18	7:30PM	Book Group: <i>Man Called Ove</i> by Backman
March 19	6PM	SCORE: Is Your Business Prepared for a Disaster?
March 25	7PM	Movie Night: Foxcatcher (R)
April 9	10:30AM	Book Group: <i>The 40's: The New Yorker</i>
April 9	12PM	Lunch and Learn: Preventing Identity Theft with Michael Lentini from the CT Department of Banking
April 9	7PM	Documentary Screening, Sponsored by the Friends of the Weston Library and The Weston Historical Society
April 15	7:30PM	Book Group: <i>Everything I Never Told You</i> by Ng

### What Can The WWHD Do for YOU? Westport Weston Health District (203) 227-9571

**Wellness Clinics:** Regularly offered blood pressure, blood sugar, and cholesterol screening and monitoring; includes personalized lifestyle management counseling.

**Travel and Routine Immunizations Clinics:** Routine immunizations are available for adults and children by appointment. Medical counseling services, vaccinations and prescriptions recommended and/or required for travel are provided at regularly scheduled Travel Clinics.

**Skin Cancer Screening:** First Sunday of May, WWHD hosts local Dermatologists, who provide full-body screening at no charge.

**Homebound Health Check:** in-home visits by a registered nurse for homebound residents, usually once or twice per month. Our goal is to ensure that health needs of the homebound are met and that health status is maintained or improved through assessment and early intervention.

**Home Safety Assessments:** these may be performed by a registered nurse or in conjunction with a Fire Marshall, physical therapist, and/or social worker. Goal is to provide interventions to assure fall and injury prevention and fire safety.

**Health Promotion Programs:** Live Well Chronic Disease Self-Management, and Live Well with Diabetes (and pre-diabetes): interactive and facilitated six-week **free** workshops, help participants learn how to deal with symptoms and multi-faceted issues related to chronic disease. Caregivers are encouraged to attend. In addition, press releases, lectures and seminars are offered regularly to address various public health related issues (e.g. Lyme disease and other tick-borne illnesses, radon, lead poisoning prevention, emergency preparedness).

## Weston Walks

Weston Walks will conduct a series of four hikes -- the "Rites of Spring" -- at Devil's Den. Watch nature come alive from deep winter slumber to full vibrancy over the course of late winter to late spring. These hikes, at a slow pace and over easy terrain, start at 1 p.m. in the Devil's Den Pent Road parking lot.

Participants will return before 3 p.m.

Dr. Tom Failla will lead the "Rites of Spring" hikes. He has many years of experience in the outdoors, led hikes in Devil's Den for fifteen years and has been actively involved in Weston land use boards for 25 years. Tom is a business professor at Norwalk Community College and Pace University.

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.

Here is the Schedule with Rain Dates:

February 22; postponement date March 1

March 29; postponement date April 5

April 26; postponement date May 2

May 31; postponement date June 7.



## Art Lecture, Crafts, and Presentations At the Senior Center

### Monday, March 16th 11am—12pm: A Lecture and Demonstration by Ann Robertson

#### *How to make grocery store flowers look gorgeous!*

Learn all the insider tips on how to arrange those mixed bunches of flowers look like a professional. You will be taught what colors work well together and how to best keep flowers living for a long time. Ann Robertson is the owner and Creative force behind dirt, an innovated flower shop in Cos Cob, CT. We will raffle off several arrangements at the end of class!

Cost is \$2.00. Sign up required (203) 222-2608.



### Tuesday, March 24th 10am-12pm: Craft Class with Carla

#### *A Rabbit Door Hanger—In Memory of Dix Hecht*

Come and make a beautiful Rabbit Door Hanger in time for Easter. This class was paid for and sponsored by one of our seniors in memory of Dix Hecht therefore this is no charge for this class. Sign up is required, space is limited to 12.



### Tuesday, April 7th 10am-12pm: Flower Arranging Class with Carla

#### *A Spring Flower Arrangement Class*

Space is limited to 12 people. The cost of the class is \$10.00, which is due at the time of sign up.



### Wednesday, April 8th 10am-11:30am: Art Lecture Presented by Lisa Arnold.

#### *Come Explore the Work of Edward Degas 1834-1917.*

Known primarily as a painter of dancers, let's not forget the power of composition and design that were also included in his paintings. This class is free, sign up required.



## Let's Do Lunch



### Tuesday, March 17th and Tuesday, April 21st at 11:30am—Community Lunch (Third Tuesday of the month)

For Community Lunch, we will be ordering sandwiches, soups, salad and fruit from the school lunch service. Lunch will be \$4.00 due at the time of signing up. LUNCH MUST BE ORDERED 24 HOURS AHEAD, so please sign up with Pam on 3/9 and 4/20 if interested. We have had great reviews of their food, come and try it for yourself!

### Tuesday, March 31st Lunch and Shopping & Hobby Lobby and Bertucci's

Lunch is \$15.00 and includes: Salad, rolls, sandwich or personal pizza, soft drink, tax and tip. Please pre-pay for lunch at time of sign up. Sign up required with Carla, space is limited. (203) 222-2608 Bus Departs Norfield at 9:30am

### Thursday, April 30th at 11:30am—Pot Luck Appetizer Party

End of April, we should be ready for a party! Everyone bring an appetizer to share. Sign up with Pam or Carla, let them know what you plan to bring.

Weston Senior Activities  
P.O. Box 1007  
56 Norfield Road  
Weston, CT 06883  
203-222-2608  
www.westonct.gov/

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U.S. POSTAGE  
PAID  
Permit No. 2  
WESTPORT, CT 06880



### **Brain Games and Lunch**

Sponsored by Wilton Meadows, every third Thursday of the month from 11:30am-1pm—Weston Senior Center. Sign up required (203) 222-2608.

### **Computer Workshops**

**Taught by High School Students  
Saturdays this spring!**

All four workshops will be held at the Weston Library on Saturdays from 10am-11:30am. Classes are free!

March 7th— iPhone and iPad 101

March 21st— Navigating the Internet

April 4th—"What is a Tweet?" and other Modern Technology Terms.

April 18th— The Basics of Microsoft Word

### **Brown Bag Medication Check Up with Russ Levine**

On March 25<sup>th</sup> from 10:00 – 11:30 a.m. bring your medications to the Senior Center for your personal "brown bag" check-up! A brown-bag check-up is when you gather all of your current medications and over-the-counter products into a "brown-bag" and show them to your doctor or pharmacist so he/she can look for any potential problems.

During the "check-up", pharmacist **Russ Levine**, Rph, of Colonial Druggists of Westport (and a Weston Resident), will review all of the medications and products you are currently taking. As a pharmacist, he can also screen the medications and products for potential duplication of therapy or side effects. This is why it is important to include non-prescription products in the bag.

### *Poetry* **Connecticut Poetry Society's Poetry Reading and Open Mic** *Poetry*

Monday, March 9th at 12:30-2:00 at the Weston Senior Center.

Chapter poets will read selections from their poetry. Attendees will be invited to read their poems in an open mic session immediately afterwards. This is brought to you by Ray Rauth, Coordinator of the Wilton Chapter of the Poetry Society and The Friends of the WSAC.

Refreshments will be served.

Sign up required (203) 222-2608.