

Guide to Town Senior Services

Senior Activities Center

Wendy Petty
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

Arts and Crafts 10-12
Zumba 11:15
Scrabble 12:30

Tuesday

Beads 10-12
Walking Club 10-11
Strength & Fitness 11-12 (N)
Poker 12:30 -2

Wednesday

Yoga 10-11

Thursday

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

**WESTON SENIOR
ACTIVITIES
CENTER**

September & October 2011



To our seniors:

I just wanted to take a moment to introduce myself. While I have met and come to know many of you over the past few years as a town resident and employee, I am sure I am a new face to many. Let me start by saying thank you for being so kind and welcoming.

While I have only been in my role as interim Director of the Senior Center for a short time, I have enjoyed myself tremendously. I feel fortunate to be part of the Weston Senior Center. The dog days of August, when the summer is beginning to wind down, is a slow time at the center; therefore, for those of you who I have not met, please feel free to stop by and introduce yourselves and share your thoughts with me. As we move into the fall season, we would love your ideas regarding the Center and it's programs. I also want to introduce you to Pam Wilson, who will be here on a permanent basis beginning in September. Pam and I have had numerous conversations and she has shared with me both her excitement and enthusiasm regarding her position at the center.

I hope this note finds you all well and I look forward to meeting you.

Wendy Petty

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!

The Weston Senior Center
Walking Club
is back up and going!

Introduction with Ray Rauth
starting Tuesday, September 20th
Tuesdays & Thursdays
From 10-11 am



Meet at the
Center
This is a free
activity!

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

~Zumba! with Sandy~

Mondays @ 11:15 am

\$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.
For first-time attendees please come a few
minutes early to introduce yourself to the
instructor.



Current Events Mondays

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.

10am-12pm

@ the Weston Senior Activities Center

If it's in the newspaper, the magazines or on televi-
sion, **we'll be talking about it.** So, whether you're a
conservative, a liberal or somewhere in-between,
bring your views and join us for a lively conversa-
tion. *Besides, it's much more fun than yelling
at the television, and much more satisfying.*
Tell your friends! The more, the merrier!

Let's go...

Out to Lunch!

Jimnies of Savin Rock

in West Haven

Tuesday, September 20 at 12 noon

Bring \$20+ for lunch

Paradise Bar and Grille

in Stamford on the water!

Tuesday, October 18 at 12 noon

Bring \$20 for lunch

RSVP to reserve your spot!
Meet at the Norfield Church
at 10:30 am.



Thursday Afternoon At the Movies!



Join us Thursdays at 12:30 pm at the Senior Activities Center for an afternoon of movie fun! Popcorn is included!

September 1 *Some Like It Hot (1959)*

Hilarious comedy about 1920s musicians (Lemmon and Curtis) who witness the 1928 St. Valentine's Day Massacre in Chicago, then join all-female band and evade killers. They flee the state in an all female band disguised as women, but further complications set in. They both become enamored of "Sugar Kane" (Marilyn Monroe) and struggle for her affection while maintaining their disguises.

September 8 *The King's Speech (2010)*

Britain's King George VI (Colin Firth) struggles with an embarrassing stutter for years until he seeks help from unorthodox Australian speech therapist Lionel Logue (Geoffrey Rush) in this biographical drama that chalked up multiple Academy Awards, including Best Picture. R

September 15 *Knight and Day (2010)*

June Havens (Cameron Diaz) finds her everyday life tangled with that of a secret agent (Tom Cruise) who has realized he isn't supposed to survive his latest mission. As their campaign to stay alive stretches across the globe, they soon learn that all they can count on is each other. PG-13

September 22 *The Tourist (2010)*

Elise (Angelina Jolie) sits next to an American tourist, Frank (Johnny Depp), on a train going to Venice. She has chosen him as a decoy, making believe that he is her lover who is wanted by police. Not only will they need to evade the police, but also the mobster whose money her lover stole. The film earned Golden Globe nods for Depp and Jolie. PG-13

October 6 *The Sun Also Rises (1957)*

An awe-inspiring lineup of Hollywood icons — including Tyron Power, Ava Gardner, Errol Flynn, Mel Ferrer and Eddie Albert—starts in this powerful screen portrait of Hemingway's novel. In 1920s Paris, a group of disillusioned expatriates pursues a life of debauchery, each living as though they were about to die.

October 13 *Jane Eyre (2011)*

A mousy governess who softens the heart of her employer soon discovers that he's hiding a terrible secret. PG-13

October 20 *The Conspirator (2010)*

Mary Surratt is the lone female charged as a co-conspirator in the assassination trial of Abraham Lincoln. As the whole nation turns against her, she is forced to rely on her reluctant lawyer to uncover the truth and save her life. PG-13

October 27 *Water for Elephants (2011)*

After his parents' death, Jacob Jankoski (Robert Pattinson) joins the circus as their vet. The violent tendencies of their boss, August, give everyone reason to be cautious around him, including his wife Marlena (Reese Witherspoon), whom August is very possessive of and who Jacob finds himself soon falling in love with. PG-13



Are you looking for an opportunity to play tennis?

Join tennis professional Glen Englander for his

SENIOR TENNIS WORKSHOPS

Sunday afternoons at the
Weston High School Courts

Sept. 11, 18, 25, Oct. 2, 9

1:30-2:30 pm

Fee: \$60 per 5 week session,
Max: 8 participants per time period
All levels welcome!

**All participants will receive a
complimentary tennis racquet!**

To reserve your space or for more information
please

contact the Senior Center at (203) 222-2608

Or send a check payable to:

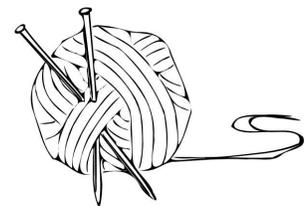
"The Weston Senior Center"

PO Box 1007

Weston, CT 06883

Join us Monday mornings for...

Arts, Crafts, and Conversation



Come knit,
quilt, crochet,
bead, cross-stitch and embroider
greeting cards with us!

*On October 24th, we will be making
flower arrangements, decorating pump-
kins, and many other frighteningly fun
Halloween crafts!*

September 2011

Mon	Tue	Wed	Thu	Fri
		August 31 12pm Lunch at "The Greens" in Wilton with Bingo	1 10am Wii Bowling 11am Strength & Fitness (N) 12:30pm Movie: "Some Like It Hot"	2 9am Yoga (N)
5 Labor Day <i>Senior Center Closed</i>	6 11am Strength & Fitness (N) 12pm Poker	7 10am Yoga 12pm Lunch at Norfield	8 10am Wii Bowling 11am Strength & Fitness (N) 12:30pm Movie: "The King's Speech"	9 9am Yoga (N)
12 9:15am Commission on Aging Meeting 10am Current Events Discussion 10am Arts & Crafts 11:15am Zumba	13 11am Strength & Fitness (N) 12pm Poker	14 10am Yoga 12pm Lunch at Norfield	15 10am Wii Bowling 11am Strength & Fitness (N) 12:30pm Movie "Knight and Day"	16 9am Yoga (N)
19 10am Arts & Crafts 11:15am Zumba 12-3pm Medicare enrollment (appointments necessary)	20 10am Walking Club 11am Strength & Fitness (N) 12pm Poker 12pm Out to Lunch: Jimmies of Savin Rock	21 10am Yoga 12pm Lunch at Norfield	22 10am Walking Club 10am Wii Bowling 11am Strength & Fitness (N) 12:30pm Movie: "The Tourist"	23 9am Yoga (N)
26 10am Arts & Crafts 11:15am Zumba	27 10am Walking Club 11am Strength & Fitness (N) 12pm Poker	28 10am Yoga 12pm Lunch at Norfield	29 Rosh Hashanah <i>Senior Center Closed</i>	30 9am Yoga (N)

October 2011

Mon	Tue	Wed	Thu	Fri
3 9:15am Commis- sion on Aging Meeting 10am Arts & Crafts 11:15am Zumba	4 10am Walking Club 11am Strength & Fitness (N) 12pm Poker	5 10am Yoga 12pm Lunch at Norfield	6 10am Walking Club 10am Wii Bowling 11am Strength & Fitness (N) 12:30pm Movie: "The Sun Also Rises"	7 9am Yoga (N)
10 Columbus Day <i>Senior Center Closed</i>	11 10am Walking Club 11am Strength & Fitness (N) 12pm Poker	12 10am Yoga 12pm Lunch at Norfield	13 10am Walking Club 10am Wii Bowling 11am Strength & Fitness (N) 12:30pm Movie: "Jane Eyre"	14 9am Yoga (N)
17 10am Current Events Discussion 10am Arts & Crafts 11:15am Zumba 12-3pm Medicare enrollment (appointments necessary)	18 10am Walking Club 11am Strength & Fitness (N) 12pm Poker 12pm Out to Lunch: Paradise	19 10am Yoga 12pm Lunch at Norfield	20 10am Walking Club 10am Wii Bowling 11am Strength & Fitness (N) 12:30pm Movie: "The Conspirator"	21 9am Yoga (N)
24 10am Arts & Crafts 11:15am Zumba 12-3pm Medicare enrollment (appointments necessary)	25 10am Walking Club 11am Strength & Fitness (N) 12pm Poker	26 10am Yoga 12pm Halloween Lunch at Norfield!	27 10am Walking Club 10am Wii Bowling 10am Book Club 11am Strength & Fitness (N) 12:30pm Movie: "Water for Elephants"	28 9am Yoga (N)
31 10am Arts & Crafts 11:15am Zumba 12-3pm Medicare enrollment (appointments necessary)				

Join our book club!

Rescheduled:
Thursday, October 27th at 10am

The book will be *Water for Elephants*

by Sara Gruen
about an impetuous veterinary
student during the Depression
who runs away to join the
circus... and falls in love.

The book discussion will be followed
by lunch (\$3) and the movie of the
novel.

We will have copies of the book to lend,
please call 203-222-2608 to reserve a copy
or pick one up at Wednesday lunch!

*Food and drink
and witch's brew,
the only thing we need is you!*

Beware! It's time for the annual
Halloween Luncheon



Wednesday, October 26th
12 noon at the
Norfield Congregational Church

COSTUMES STRONGLY ENCOURAGED!

"Friends of the Library"
drop in events:

Thursday, Sept. 8th
Book Group at 10:30 AM
Town Like Alice by Nevil Shute

Thursday, Sept. 8th
Lunch and Learn at 12:00 PM
with Jeff Benedict, author of *Poisoned: The
True Story of the Deadly E. Coli Outbreak
That Changed the Way Americans Eat*

Wednesday, Sept. 14th
Lunch and Learn at 12:00 PM
with Richard Frisch, *Apple's Post PC Era
Explained*

Wednesday, Sept. 21st
Book Group at 7:30 PM
Major Pettigrew's Last Stand by Helen Si-
monson

Thursday, Oct. 13th
Book Group at 10:30 AM
Brooklyn by Colm Toibin.

Sunday, Oct. 16th
Artist talk at 4:00 PM
With Frances Palmer: Weston based pot-
ter known both for her Pearl
Collection and her hand made pots.

Wednesday, Oct. 19th
Book Group at 7:30 PM
In The Sanctuary of Outcasts by Neil White

All held at the Weston Library

Upcoming Commission on Aging Meetings:

9:15 am Monday September 12
9:15 am Monday October 3
In Activities Room of Weston Senior Activities Center
Open to the public
Seniors are encouraged to attend!

Note: you can go the town's web site to check the
status of programs. The address is:
www.westonct.gov
and from there look under Adult Programs/Senior
Services.

Medicare Annual Enrollment Period is Moving UP!!

IMPORTANT DATE CHANGES!

Starting this year, the new annual enrollment period for Medicare Part D and Medicare Advantage Plans begins **October 15, 2011 and ends December 7, 2011**. You no longer have until December 31st to make a change in coverage for 2012.

In addition to the new dates for enrollment there will be significant changes to 2012 Medicare Part D which include new insurance plans, changed formularies and increased premiums. Every senior is urged to review their Medicare Part D plan with a CHOICES counselor. 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 will be reviewed on the Medicare website and the 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 12:00 – 3:00 on each of the following dates: Monday, October 17, Monday, October 24, Monday, October 31, November 7, Monday, November 14, Monday, November 28 and Monday, December 5. **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.

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

Join us for lunch in Wilton at

The
Greens
AT CANNONDALE

With

BINGO

Wednesday, August 31st
12 noon

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/

Presort Standard
U.S. POSTAGE
PAID
Permit No. 2
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
- Susan Moore

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

www.westonct.gov