



21 Imperial Avenue | Westport, CT 06880-4302 | 203-341-5099 | 203-341-1187 fax

January – February - March 2010

PLEASE READ THIS BEFORE REGISTERING FOR CLASSES

We understand that advanced registration for twelve week sessions may be difficult for some, but it will allow us to determine when a class has sufficient participation to cover the instructors' fees, and it will relieve the instructors from collecting class fees as they have done in the past. In cases where people may not choose or be available to sign up for three months, we will do our best to allow sign up for shorter periods. Our policy will be to first accommodate people who wish to register for the full 12 week session and then accept as many "part-timers" as space allows. Please note: Westport residents will receive priority in all classes that have space limitations. Refunds will be granted for up to two weeks prior to the start of any program. A full refund will be granted should the Center need to cancel a program. A credit will be issued should a medical or other extenuating circumstance arise. Scholarships for Westport residents are available by contacting either Susan Pfister at 341-5098 or Maybeth Wirz at 341-1072. All requests will be kept confidential. **Registration for all classes will begin on Monday, December 14, 2009 at 8:30 a.m. Numbers will be distributed to assure a fair and orderly registration process. Please complete the registration form on the back page to help expedite the registration process.**

Municipal Agent to Visit Center
Maybeth Wirz, from the Department of Human Services, will visit the Center on Tuesday, January 12, Thursday, February 11, and Thursday, March 11 to discuss prescription drug assistance, tax relief, housing issues, home care, transportation and any other issue you may be dealing with. All visits will start at 11:00 a.m. Individual appointments can be made ahead of time by calling Maybeth at 341-1072 or by emailing her at: mwirz@westportct.gov.

Center's Phone Directory
Main Number 341-5099 (with answering machine after-hours)
Susan Pfister, Director
341-5098
Joan Upchurch, Senior Nutrition Program Coordinator
341-5097
Lisa Marriott, Program Specialist
341-5096
Janet Suchsland, Secretary
341-5095
Benjamin Palmer, Receptionist
341-5099

Help us to Go Green and Save Paper! Please email jsuchsland@westportct.gov to have your name added to our weekly list reminding you of upcoming events at the Center. You may also access the Center's quarterly calendar and monthly menu on the Town's web site at: www.westportct.gov.

<u>Center's Hours:</u>	
Monday	8:30 – 4:30 p.m.
Tuesday	8:30 – 4:30 p.m.
Wednesday	8:30 – 4:30 p.m.
Thursday	8:30 – 8:00 p.m.
Friday	8:30 – 4:30 p.m.
Saturday	8:30 – 12:30 p.m.

Creative Arts/Crafts/Socials

January, February, March 2010

Beading, Jewelry or Stained Glass Instruction

Learn how to make beautiful necklaces, bracelets, pins and decorative items. Learn about the different types of glass, how to cut, copper foil, solder, frame and grind so that you will create a beautiful finished product.

Instructor: Kyra Avalotis

Friday, Jan. 8 – March 26

12 Classes = \$36.00

Time: 10:00 – Noon

Drawing & Watercolor

College professor Tom Scippa will teach the art of drawing and watercolor techniques.

Beginners: Monday, Jan. 4 – March 29 (no class 1/18, 2/15)

11 classes = \$33.00

Time: 10:00 – Noon

Intermediate:

Tuesday, Jan. 5 – March 30

13 classes = \$39.00

Time: 10:00 – Noon

Beyond One-Stroke Painting

You'll be using techniques to paint, on items we provide, for enjoying your everyday life.

Hand-painted designs will include glass, wood, fabric, metal and canvas. Additional services are allowed at the teacher's discretion. Supplies will be provided.

Instructor: Darraugh Cianfichi

Thursday, Jan. 7 – March 25

12 classes = \$48.00

Time: 4:30 – 6:30 p.m.

Open Portrait Sketching & Painting Workshop

This is a relaxed and fun workshop where we create, learn and support each other as we sketch and paint.

Facilitator: Vicki Forest

Wednesday, Jan. 6 – March 31

Cost: \$5.00 /class

Time: 9:00 – Noon

Joy of Painting I

Learning techniques: watercolor, botanicals, acrylic, pastel, pencil and charcoal.

Beginners are welcome.

Instructor: Barbara Lawless

Thursday, Jan. 7 – March 25

12 classes = \$36.00

Time: 10:00 – Noon

Joy of Painting II

Learning skills: perspective, composition, negative/positive space, color and values.

Instructor: Barbara Lawless

Thursday, Jan. 7 – March 25

12 classes = \$36.00

Time: 1:00 – 3:00 p.m.



Sculpture Instruction

For beginners & experienced. You'll work in clay exploring techniques and developing individual expression. Clay pieces will be fired in kiln and either painted or glazed.

Instructor: Tom Scippa

Tuesday, Jan. 5 – March 30

13 classes = \$39.00

Time: 1:00 – 3:00 p.m.

Drawing, Sketching, Painting for Everyone

Explore and experience different techniques and approaches to drawing. You will learn quick sketches, detailed renderings, drawings that are fantastical and imaginary, as well as realistic representations. Fun, freedom and fundamentals will be reviewed in every class.

Instructor: Mercedes Arensberg

Thursday, Jan. 7 – March 25

12 classes = \$36.00

Time: 5:30 – 7:30 p.m.

Painting Today

The goal of this class is to help each student develop enough skill and ability to passionately create a finished painting. The course will cover an ample variety of subject matter and approaches, ranging from abstract expressionism to realism.

Instructor: Mercedes Arensberg

Friday, Jan. 8 – March 26

12 classes = \$36.00

Time: 1:00 – 3:00 p.m.

Open Craft Workshop

Jean Handy and company will help you complete any craft or art project you just haven't been able to finish. Free!

Date: Every Wednesday

Time: 1:00 – 3:00 p.m.



Creative Arts/Crafts/Socials

January, February, March 2010

Drama

Join this fun class directed by Jill Jaysen. Come and read plays and show off your talent! No experience necessary. Everyone is made to feel like a superstar!

Thursday, Jan. 7 – March 25

12 classes = \$18.00

Time: 1:00 – 2:30 p.m.

Drumming Circle

This interactive program uses drums, percussion instruments and world rhythms to build community, lift spirits and create a rhythmical experience.

This event is being co-sponsored by the Friends of the Westport Center for Senior Activities.

Instructor: Randy Brody

Date: Tuesday, February 2

Time: 2:00 – 3:00 p.m.

Cost: Free!

Landscape Painting and Drawing

Creativity and expression are emphasized in this class. Students choose their own subject matter and media and are guided to a finished product.

Focus will be on the capture of light and atmosphere to unlock your hidden talents and reach your goals. Please bring a sketch book, pencils and gum erasers along with photos of subject matter to first class.

Instructor: Valerie Cecire

Date: Monday, Jan. 4 – March 29 (no class 1/18, 2/15)

11 classes = \$33.00

Time: 1:00 – 3:00 p.m.

Art History: Modernism through Post-Modernism

This four week lecture series will attempt to cover the art historical transformation that visual art has gone through over the last 120 years, from the academicism and traditional format and outlook of the 19th century through its radical transformation in the hands of the first modernists.

Instructor: Mercedes M. Arensberg

Date: Friday, March 5, 12, 19, 26

Time: 10:00 – Noon

Cost: Free!

Registration Required!

Saturday Socials

- January 23– Come enjoy fresh pizza, Caesar salad and dessert followed by the movie “Hairspray”. Lunch will be served at 12:30 p.m. Movie starts at 1:15 p.m. Cost: \$6.00 per person.
- February 27– Mardi Gras Theme. Lunch featuring Jambalaya will be served at 12:30 p.m. followed by the Staples Jazz Band. Lunch will be served at 12:30 p.m. Cost: \$6.00 per person.
- March 27- Lunch followed by “Timeless Musical Treasures” with Bill McGaughey. A spring lunch will be

served at 12:30 p.m.

Pre-registration and payment are required for all socials.

Cost: \$6.00 per person.

Thursday Evening Socials at the Movies with Supper

These movies will be shown on the Center’s large screen in the media room. Nutritious sandwiches, dessert and beverages will be offered for supper at 5:15 p.m. The movie will start at 6:00 p.m.

- January 28 - “Duplicity”
- February 18 - “State of Play”
- March 18 – “Julie & Julia”

Cost: \$6.00 per person

Pre-registration and payment required!

Inclement Weather

If the schools are closed due to inclement weather, the Center will be closed too. If the schools are delayed, the Center will be open on a regular schedule. Tune into 1350 (AM), 1400 (AM), 96.7 (FM), 108 (FM), News 12, Channel 13, www.westportct.gov, or www.westportnow.com. You may also call the Center at 341-5099 to get the latest update.

Culinary

January, February, March 2010

Culinary Classes

Chef Bob LaBrusciano:

- Saturday, January 9th
Pork Dishes from Thailand
- Saturday, February 13th
Mediterranean Meatloaf
- Saturday, March 13th
Mexican Chicken and Sausage Fajitas

Registration is limited to the first 9 persons. Cost: \$6.00/class.

Time: 10:00 – Noon

Blue Lemon Chef to Visit

Chef Bryan Malcarney will conduct a cooking demonstration in the kitchen featuring au gratin of shrimp, followed by a roasted pork chop with a tarragon mustard sauce and an apple cake for dessert. The Blue Lemon restaurant received a Very Good from the NY Times!

Date: Thurs., Jan. 14th

Time: 5:00 – 7:00 p.m.

Cost: \$25.00/person

Limit: 9 persons

Nutrition Education

Nancy Feriello, M.S., R.D., CD-N from the Senior Nutrition Program of Catholic Charities will present the following educational program at the Center:

- Save Money and Have a Healthy Life: Learn how to rehab your pantry, restore

food as a source of nourishment and obtain practical tips to support your new approach to food while reducing your food and health care costs.

Date: Friday, January 8th

Time: 10:45 – 11:15 a.m.

Cost: Free!

- Eating for a Healthy Heart: Learn how lifestyle choices can restore good health and reduce your heart attack risk by improving your cholesterol.

Date: Friday, March 12th

Time: 10:45 – 11:15 a.m.

Cost: Free!

Michele's Pies Demo



Join Pastry Chef, Michele Albano as she demonstrates the art of pie making. Michele's Pies is a unique bakery where all pies are made by hand and with love! You will have the opportunity to see how she prepares a pie from scratch and then you'll join in for coffee and a "tasting" of her award winning pies. In April of 2007, Michele competed in the National Pie Championships in Orlando, Florida, and won first place in the

commercial nut category for her chocolate pecan bourbon pie.

Date: Friday, February 5th

Time: 2:00 – 4:00 p.m.

Cost: \$3.00/person.

Registration required!

Chef Jeanne Licurse Returns!

Holistic health expert Jeanne Licurse returns thanks to support from the Friends of the Westport Center for Senior Activities, Jeanne will conduct a winter cooking series that promises to keep you warm while celebrating some of our favorite holidays.

- Thursday, January 7th –
New Year's resolution menu that features tasty and healthy fare.
- Thursday, February 11th –
A meal made with love for Valentine's Day.
- Thursday, March 4th –
Traditional Irish food dishes with optimal health benefits.

Time: 3:30 – 5:30 p.m.

Cost: \$3.00/class

Pre-registration required as space is limited.

Did You Know...

That the Center participates in the Senior Nutrition Program and offers a delicious lunch Monday – Friday for a suggested donation of \$4-6? The meal includes a home-made soup, salad, entrée, veggie, starch, dessert, beverage and meets 1/3 RDA guidelines.

Foreign Languages and Games

January, February, March 2010

LANGUAGES

Beginner's Spanish

This course provides solid syntax, grammar and vocabulary foundations. No previous experience or recent exposure to the language required. Emphasis will be on developing functional and useful conversational skills.

Instructor: Monica Sosa

Monday, Jan. 4 – March 29 (no class 1/18, 2/15)

11 classes = \$33.00

Time: 11:30 – 12:30 p.m.

Intermediate Spanish

Building on Spanish for beginners, this course goes into more advanced grammar, speech, conversational and writing skills.

Instructor: Monica Sosa

Monday, Jan. 4 – March 29

(no class 1/18, 2/15)

11 classes = \$33.00

Time: 10:00 – 11:30 a.m.

Beg./Inter. French with Nell Mednick

We will send you on a make-believe trip to France and you will learn to hold a conversation in French from the airport to your hotel, from taking a metro to getting your rental car. We'll discuss the names of French dishes and how to order them. You'll learn how to ask for directions to the cinema and museums.

Wednesday, Jan. 6 – March 31

13 classes = \$39.00

Time: 1:00 – 2:30 p.m.

Conversational French

You'll speak French from the moment you walk into class to the moment you leave. You'll improve your speaking and listening skills.

Instructor: Nell Mednick

Wednesday, Jan. 6 – March 31

13 classes = \$39.00

Time: 10:30 – Noon

Conversational German –Instructor

Nell Mednick will be providing you with current German newspapers that you will read and discuss. A good knowledge of German is required for this class.

Tuesday, Jan. 5 – March 30

13 classes = \$39.00

Time: 10:00 – 11:30 a.m.

NEW!

GAMES

Recreational Bridge

Date: Every Monday

Time: 10:00 – 11:30

a.m. and from 1:15 – 4:15 p.m.

Cost: Free!

Come and make up your own foursome in the café.

Please note: No instruction is provided.

Bridge Instruction with Lenore

You'll learn the language of bidding, scoring, guidelines for play and hand valuation. Come improve upon your skills and improve your game.

Instructor: Lenore Ehrensaal



Monday, Jan. 4 – March 29 (no class 1/18, 2/15)

11 classes = \$33.00

Time: 10:00 – 11:45 a.m.

Poker

Come and enjoy the game of poker every Tuesday and Thursday from 9:30 – Noon in the game room.

You'll have loads of fun!

Bingo

Come and play different types of Bingo games called by the one and only Dana Johnson. You'll have fun and maybe even go home a winner!

Every Thursday from 1:15 – 2:30 p.m. Refreshments will be served.

Mah-Jongg

A game of Chinese origin usually played by four persons with tiles resembling dominoes and bearing various designs. Instructor, Annette Kirban will get you started.

Thursday, Jan. 21 – Feb. 18 or

Feb. 25 – March 25

5 Classes / Session= \$15.00

Time: 1:15 – 3:00 p.m.

Billiards Pool Table

The Center has a beautiful pool table in the game room available for free play on a pre-registered basis. Please call the

Center at 341-5099 for your time slot.



Table Tennis

Is set up every Tuesday from 1:30 – 3:00 p.m. on a first come first served basis. Additional times can be arranged as space permits.

Exercise/Dance

January, February, March 2010

Yoga for Total Health

Learn the basics of Kripalau-based Hatha Yoga in a gentle, warm environment.

Instructors: D. O'Hearn, E. Harris.
Monday, Wednesday and Friday
Time: 8:45 – 9:45 a.m.

Monday, Jan. 4 – March 29 (no class 1/18, 2/15)

11 classes = \$33.00

Wednesday, Jan. 6 – March 31

13 classes = \$39.00

Friday, Jan. 8 – March 26

12 classes = \$36.00

Self-Awakening Yoga

Learn the Yoga postures integrating breathing and meditation techniques to increase vitality and focus, giving a sense of peace, balance and well-being.

Instructor: Melanie J. VanVliet
Saturday, Jan. 2 – March 27

Time: 8:45 – 9:45 a.m.

13 classes = \$52.00

Very Gentle Yoga

This healing restorative class will include a floor series of basic supported Yoga postures, breathing techniques and guided meditation to rejuvenate and renew mind, body and spirit.

Instructor: Melanie J. VanVliet
Saturday, Jan. 2 – March 27

Time: 11:15 a.m. – 12:15 p.m.

13 classes = \$52.00

Yogalates

A fusion of Yoga and Pilates.

Learn Yoga principles to improve range of motion integrated with the core strengthening techniques of

Pilates, ending with a restorative guided meditation and relaxation.

Instructor: Melanie J. VanVliet
Saturday, Jan. 2 – March 27

Time: 10:00 – 11:00 a.m.

13 classes = \$52.00

Beginner's Qigong

Beginner level medical Qigong utilizing mindful stretching movement with breathing and visualization. Energy exercises for strengthening and detoxification healing. Sounds and movements are performed to help purge negative emotions such as anger, fear, grief, worry and anxiety.

Instructor: Elieth Harris

Tuesday, Jan. 5 – March 30

Time: 8:40 – 9:40 a.m.

13 classes = \$52.00

Pilates

An exercise system focused on improving flexibility and strength for the total body; a series of controlled movements engaging your body and mind.

Instructor: Charlene Erwin

Tuesday, Jan. 5 – March 30

Time: 9:00 – 10:00 a.m.

13 classes = \$52.00

Wednesday, (Beginners)

Jan. 6 – March 31

Time: 9:30 – 10:30 a.m.

13 classes = \$52.00

Thursday, Jan. 7 – March 25

Time: 11:00 - Noon

12 Classes = \$48.00

Thurs. (Inter.) Jan. 7 – March 25

Time: 5:00 – 6:00 p.m.

12 classes = \$48.00

Strength Training

Emphasis on hand weights and exercises to stretch and tone muscles and bones.

Instructor: Sandy Adamczyk.

Monday, Jan. 4 – March 29 (no class 1/18, 2/15)

Time: 1:00 – 2:00 p.m.

11 classes = \$33.00

Ballroom & Latin Dance Aerobics

Learn to dance with your peers, build confidence and increase your coordination while developing an understanding of rhythm and timing. No partners required!

Instructor: Nicole Stavola

Tuesday, Jan. 5 – March 30

Time: 1:00 – 2:00 p.m.

13 classes \$39.00

Aerobic Chair

An exercise routine that develops strength for legs and upper body while providing an aerobic workout. It's fun, too!

Instructor: Ruth Sherman.

Tuesday, Jan. 5 – March 30

Time: 9:45 – 10:30 a.m.

13 classes = \$19.50

Thursday, Jan. 7 – March 25

Time: 9:45 – 10:30 a.m.

12 classes = \$18.00

Dance & Stretch

Instructor, Sandy Adamczyk will teach you smooth moves while you stretch your muscles and swing your hips all to the sound of soothing music.

Wednesday, Jan. 6 – March 31

Time: 1:00 – 2:00 p.m.

13 classes = \$39.00

Beyond the Basics

This class is a continuation of Beginning Strength Training. Each participant will receive a personalized exercise program using machines, free weights, bars and balls, to improve strength and endurance, protect joints, increase bone density and reduce body fat. This class is recommended twice a week.

Prerequisite: Must have completed at least one semester-long fitness class in the fitness center.

Instructor: Ilene Boyar, CFT, EMT, AFAA.

Monday, Jan. 4 – March 29

(no class 1/18, 2/15)

Time: 2:00 – 3:00

11 classes = \$44.00

Tuesday, Jan. 5 – March 30

Time: 2:00 – 3:00 p.m.

13 classes = \$52.00

Wednesday, Jan. 6 – March 31

Time: 2:00 – 3:00 or 3:30 – 4:30

13 classes = \$52.00

Thursday, Jan. 7 – March 25

Time: 2:00 – 3:00 or 5:00 – 6:00

12 classes = \$48.00

Saturday, Jan. 2 – March 27

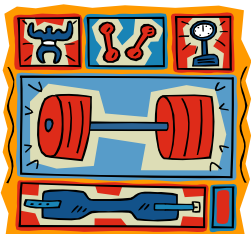
Time: 8:30 – 9:30 or 10:30 – 11:30

13 classes = \$52.00

Fitness Center

A fully equipped work-out room in a warm and friendly environment. Certified trainers are ready to assist and guide you during all scheduled classes. To enroll in this program, you must come in and complete the appropriate paperwork as well as an introductory class.

Schedules of classes as well as open gym times are available at the front desk.



Introduction to Exercise

Designed for people with Arthritis, Osteoporosis or who have undergone joint replacement surgery. The fundamentals of exercise including stretching, cardiovascular and strength training will be covered. The class is self paced and is for the beginner level participant.

Instructor: Ilene Boyar

Friday, Jan. 8 – March 26

Time: 11:30 – 12:30 p.m.

12 classes = \$48.00

Advanced Core Strength

This class is a continuation of Core Strength. Prerequisite – Must have completed at least one semester-long Core or Beyond the Basics Strength Training class.

Instructor: Ilene Boyar

Tuesday/Thursday 3:00 – 3:30

Date: Jan. 5 – March 30

25 classes = \$50.00

Beginner Strength Training

Class format includes a cardiovascular warm-up, stretching and a personalized strength training program using exercise equipment, free weights, bars and balls. It is recommended this class be taken twice a week.

Instructor: Ilene Boyar.

Monday, Jan. 4 – March 29

(no class 1/18, 2/15)

Time: 3:30 – 4:30 p.m.

11 classes = \$44.00

Thursday, Jan. 7 – March 25

Time: 4:00 – 5:00 p.m.

12 classes = \$48.00

Saturday, Jan. 2 – March 27

Time: 9:30 – 10:30 a.m.

13 classes = \$52.00

Balance Class

This class is designed to help participants improve their balance and stability in order to decrease

their risk of falls and injury.

Instructor: Ilene Boyar.

Tuesday and Thursday

Time: 3:30 – 4:00 p.m.

Date: Jan. 5 – March 30

25 classes = \$50.00

Parkinson's Fitness Class

Specifically designed for the Parkinson's Support Group participants. The fitness class will meet every Wednesday from 10:00 – 10:45 a.m. with the exception of the 4th Wednesday of the month when the Parkinson's Support Group will meet with Paul Green. Instructor Ruth Sherman will lead the exercise class through balance, stretch and weight-bearing exercises. This class is offered free of charge, thanks to a grant received from the State of CT.

Tai Chi

Mari Lewis teaches the Yang method of Tai Chi, a pleasurable and beautiful form of exercise that builds strength, balance and peace of mind.

Wednesday, Jan. 6 – March 31

13 classes = \$39.00

Time: Beg. 10:30 – 11:30 a.m.

Inter. 11:00 - Noon

Beginner Core Strength

You'll focus on strengthening the muscles of your core: abdominal, lower back, hips and pelvis. Increased core strength can improve posture and balance and decrease the risk of lower back pain and muscle injury.

Instructor: Ilene Boyar

Monday/Wednesday

Date: Jan. 4 – March 31

(no class 1/18, 2/15)

Time: 3:00 – 3:30 p.m.

24 classes = \$48.00

Lectures/Wellness

January, February, March 2010

Channe Fodeman, MSW

- Monday, January 4:
Recreate Yourself in the New Year
- Monday, February 1:
Is it the Blues or is it Depression?
- Monday, March 1:
No One Can Ever Steal Your Rainbow!

Lectures are offered free of charge with interactive participation and discussion encouraged. All are welcome!
Time: 1:15 – 2:30 p.m.

Let's Talk - Free!

Lauren Smith, MFT from Jewish Family Services will facilitate a discussion group of any subject matter that may be on your mind. Come and express your issues and concerns in a safe and supportive environment. Free!
Tuesday, Jan. 5 – March 30
Time: 1:00 – 2:00 p.m.

Westport Public Library Update: What's New?

A reference librarian from the Westport Public Library will visit and share the "happenings" at the library. New calendars and schedules from the library will be distributed.
Tuesday, January 5, February 2 and March 2.
Time: 10:30 a.m.

Parkinson's Support

Facilitated by Paul Green, this group will share challenges, techniques, support and

knowledge. Family and caregivers are welcome. Cost: Free!
Wednesday, January 27, February 24, March 24.
Time: 10:00 – Noon

Blood Pressure Screening

Nursing & Home Care will offer a free blood pressure screening on the 4th Tuesday and 2nd Friday of the month from 9:30 – 11:30 a.m.
Tuesday, January 26, February 23, March 23.
Friday, January 8, February 12, March 12.

Smiling Seniors Group

Come enjoy a fun bunch of single seniors! The group will meet on the last Thursday of the month.
Date: Thursday, January 28, February 25, March 25.
Time: 6:30 – 8:00 p.m.
Facilitator: Stacy Enyeart

Westport Police Department's Detective John Rocke to Visit

Detective Rocke will visit on Friday, January 15, February 19 and March 19 from 10:00 – 11:00 a.m. to informally chat about police matters, ID theft, scams and to answer any questions or concerns you may have.

Current Events – Free!

Facilitator Al Balas leads a dynamic, interactive discussion every Tuesday from 10:30 – 11:45 a.m. on issues throughout the world and on happenings right here

in Westport. Feel free to express your opinion in a safe and respected atmosphere.

Safe Driver's Class

This eight-hour course will review trends and safety tips pertinent to older drivers. An officer from the Westport Police Department will make a guest appearance. Please note: You must attend both classes to receive your certificate.

Date: Monday, January 4 & 11

Time: 12:30 – 4:30 p.m.

Cost: \$12.00 AARP member
\$14.00 non-AARP member

Pre-registration and payment with checks made payable to AARP required.

Just for Men

An informal safe haven for men 60+ years of age to discuss issues related to family, retirement, job loss/change, children, grandchildren and other unlimited topics. Share your feelings and concerns with other men in an atmosphere of respect and confidentiality.

Date: 2nd and 4th Thursday:

Jan. 14, 28, Feb. 11, 25, March 11, 25

Time: 7:00 – 8:15 p.m.

Cost: Free! Registration required.

Just for Women

This women's group will be an open forum for discussion. Guest speakers will be invited, and on occasion a film relevant to women will be shown.

Facilitator: Mildred Bunche, LPC
Thursday, January 7 – March 25

Time: 3:30 – 4:30 p.m.

Cost: Free!

Registration required.

“Magical Moments”

- Saturday, January 16

The Wild, Wild West: Scenes from movies that take place in the West or have a western theme featuring John Wayne, Judy Garland, Mickey Rooney, Betty Grable, Doris Day and others.

- Saturday, February 13

That Old Time Religion: Scenes that Hollywood wanted us to believe were religious will be aired. You’ll enjoy Mario Lanza, Julie Andrews, Hedy Lamarr and Ingrid Bergman

- Saturday March 13

They Lost the Oscar or Weren’t Nominated: Be astounded as you hear some terrific songs that didn’t win the Oscar as best song of the year, much less not even being nominated. Come listen to Ava Gardener, Fred and Ginger, Jeanne Crain and others.

Mr. Byron Matthews, a lecturer from the Lifetime Learners Institute, maintains an extensive, ever-growing library of films and has an impressive knowledge of the movie industry.

Time: 10:30 – Noon Free!

American History Lectures

- Saturday, January 30 –

Photography, the First 100 Years

- Saturday, February 20 –

With Love & Honor, Post Cards that Celebrated February

- Saturday, March 20 –

The Landscapes of George N. Barnard, Connecticut’s Civil War Photographer

Facilitator: Bob Berthelson

Time: 10:30 – Noon

Free! Pre- registration required.

The Best of Times is Now....

Meditation as Medication

Through lecture, discussion, sharing, group support, learning mind-body skills of meditation, relaxation, stress reduction and attitudinal healing perspectives... the class will focus on learning to live life in the present moment... finding joy, peace, happiness and serenity in the midst of daily life’s inevitable ups and downs.

Instructor: Paul Epstein, ND

Dates: Thursday, February 11 – March 25

Time: 11:00 – Noon

Cost: Free!

The “Art” of Weather Global Warming

Meteorologist Art Horn will discuss and update us on Global Warming: What the News Media and Your Government Won’t Tell You. This is a comprehensive program about why humans don’t cause climate change. Art will also discuss in detail the many special interest groups who want you to believe human activity will cause global warming.

Date: Friday, January 22

Time: 10:30 – Noon

Cost: Free!

“Current Financial Crisis & Financial Investment”

Join Professor John Gerlach as he answers questions like: How did we get into this financial crisis? What has been done to remedy the situation? What needs to be done in the near future, and what are some of the longer term problems that need to be addressed? Professor Gerlach is an Associate Professor in the Department of Economics and Finance at the John F. Welch College of Business at Sacred Heart University.

Date: Wednesday, February 3, 10,

17, 24, March 3, 10

Time: 1:30 – 2:30 p.m.

Cost: Free!

Pre-registration required.

Attorneys Lisa Levy and Amy Day Discuss: Planning for Incapacity and a Brief Tax Update

Planning for Incapacity –We will discuss the use of a Power of Attorney, Living Will and Advanced Health Care Directive and Authorization for the Release of Information.

A Brief Tax Update—We will discuss recent changes to the Connecticut Estate Tax and how those changes may affect your estate plan.

Date: Friday, February 5

Time: 10:30 – Noon

Cost: Free!

Pre-registration required.

“Be Your Own Advocate: Tips for Every Patient”

Dr. Frank Schifo will discuss the importance of being your own health care advocate. You need to be prepared for your primary care physician meetings, know your meds and medical history, be pro-active instead of re-active. Dr. Scifo was a primary care physician in private practice for 23 years and is now Director of Primary Care Development at St. Vincent’s Medical Center. He conducts a weekly radio show on WICC, Chair’s the Swim Across the Sound Program, and is the Medical Director for a 260 bed nursing home.

Date: Friday, February 26

Time: 10:00 – 11:00 a.m.

Cost: Free!

Brown Bag Prescription Drug Day!

Join Pharmacist Russ Levine from Colonial Druggist and Loren Pace, RN from the Westport Weston Public Health Department as they discuss generic drugs versus name brands, drug interactions, herbal and over-the-counter drugs, expiration dates, how to properly dispose of old or no longer needed prescription drugs and ordering from Canada. Please clean out your medicine cabinet and bring in your drugs for their review.

Date: Friday, March 5

Time: 10:30 – Noon

Cost: Free!

Pre-registration required.

Dr. Robert Levine – Shock Therapy, For the American Health Care System

Shock Therapy offers a remarkably clear-eyed look at what's wrong with the way we administer and pay for health care and what can be done to fix it. Areas in the current system where huge savings could be realized are identified, to provide health insurance for every American that is both achievable and affordable. Dr. Levine is a neurologist in private practice.

Date: Friday, March 19

Time: 1:00 – 2:30 p.m.

Cost: Free!

Great Courses on Tape: The Great Debate: Advocates and Opponents of the American Constitution

Presented by Professor Thomas L. Pangle from the University of Texas. The goal of this course is to illuminate the original foundations of our American civic

culture by reenacting the Great Debate, from 1787 to 1788, over ratification of the proposed constitution.

Date: Monday, January 25, February 1, 8, 22, March 1.

Time: 3:00 – 4:30 p.m.

Cost: Free!

Pre-registration required.

Introduction to Angel Flight

Angel Flight Northeast is a 501(C)3 non-profit organization honored to serve the courageous men, women, children and their families who have an incredible will to live. The volunteer pilots fly free of charge to those who turn to the agency for help in getting to hospitals to receive much needed medical care. Since May 1996 they have flown over 38,000 missions and have flown over 8 million miles, all with a mission to serve those in need. Join Dick Sundell and pilot Todd Freeman from Westport as they share their experiences and very touching stories with you.

Date: Friday, January 29

Time: 10:00 – 11:00 a.m.

Cost: Free!

Mindfulness Meditation

A Practical Way to Improve Your Physical and Emotional Health.

Come learn a practical form of meditation that can be practiced in any setting and at any time.

Mindfulness is a nonjudgmental supportive way of being that keep one's awareness in the present moment, as well as an excellent educational tool to minimize stress, sleep disturbances, headaches, anxiety and high blood pressure.

Instructor: Mildred D. Bunche, LPC

Dates: Wednesday, February 3 – March 31

Time: 1:00 – 2:00 p.m.

Cost: Free!

Pre-registration required.

Sleep Smart!

This seminar will discuss the importance of quantity and quality of sleep as we age. You'll learn how research has linked sleep problems to serious medical health issues including heart disease, diabetes and depression. You'll test your *Sleep Smart IQ* then listen to a short presentation on the sleep cycle, causes, complications and treatment of sleep disorders, including sleep apnea. You'll also learn simple steps toward achieving a good night's rest. Instructor: Elaine Abrams, RNMPH, Community Health Coordinator at Nursing & Home Care.

Date: Wednesday, March 3

Time: 10:30 – Noon

Cost: Free!

Pre-registration required.

Jin Shin Do Acupressure

Debra Farrington will share her tips with anyone who suffers arthritis of the hands. There are specific points that can be taught to help relieve the aches associated with arthritis in the hands. Debra is Certified as a Jin Shin Do Acupressure and Healing Touch practitioner.

Date: Wednesday, March 31

Time: 1:00 - 2:00 p.m.

Cost: Free!

Pre-registration required

It's Never Too Late to Build Muscle and Bone Density

Dr. Stu Steinman will present a very informative lecture on the importance of exercise. Strength training is the major key to preventing osteoporosis and frailty as we age. You can take all of the calcium supplements in the world, but if you're not regularly loading your bones with some type of



resistance, you will still be vulnerable to fractures and degenerative disease as you age. Dr. Steinman is a sports medicine specialist, serves on the CT medical Society Committee for Sports and Exercise, and is an Adjunct professor at Sacred Heart University.

Date: Thursday, February 4
Time: 10:30 – Noon
Cost: Free!

Westport Green Village Initiative

Green Village Initiative is a new grass roots organization established to support people and organizations passionate about creating local environmental and community change. We provide resources, funding, support, staff – and often a feeling of home – to these wonderful people who inspire us. Our initial projects revolve around food, energy and conservation. We've supported the Westport Farmer's Market, The Sherwood Island Nature Center, Staples High School Edible Garden and Earthplace.

Date: Friday February 12
Time: 10:30 – 11:30 a.m.
Cost: Free!

Painless Move – Thinking About Housing Options?

Come listen to a panel of experts as they discuss the steps and process as you investigate your housing options as you look into the future. The panel will consist of an elder law attorney, a geriatric care social worker, a senior's moving specialist and a mortgage specialist. The information shared is to help you make an educated decision about your future. No solicitation of business or pressure will be imposed on you.

Facilitator: Cliff Juleson, RECS
Date: Wednesday January 27
Time: 1:00 – 3:00 p.m.
Cost: Free!
Pre-registration required.

Income Tax Assistance

AARP Tax-Aide was established to help older persons with middle to low-incomes complete their tax returns – a process that can be daunting and costly. Trained volunteers can assist you with both your Federal and State 2009 returns. Counselors will be available every Wednesday from February 3 – April 14 **by appointment only**. Please call 341-5099 to make an appointment. It is important to bring all of your income/expense documents as well as a copy of last year's return with you.

CT Money School (CMS), Your Money, Your Life



This United Way sponsored program provides free financial educators to adults of all ages.
Thursday, February 25th - Retirement Seminar: How to protect your nest egg; generating income on your portfolio; retirement options; how much will I need to retire?
Thursday, March 4th – Preservation of Capital: What happened in 2008? What happened in 2009? Did you experience a large loss in your portfolio? Recommendations and strategies of how to protect yourself in the future.
Thursday, March 11th – Open Round Table: Given the current economic conditions and topics covered, seminar attendees may

have many questions and concerns. This will be an opportunity to answer any questions and to allow for open discussion on the topics discussed in the previous seminars.

Time: 5:00 – 6:30 p.m.
Cost: Free!

Pre-registration is required!

Stay Tuned...



Congressman Jim Himes is excited to present the highlights and facts of the final health insurance reform bill once it is passed. Please stay tuned as were hoping to set up a forum so that your concerns, questions and comments can be voiced and heard by Congressman Himes.

Senior Spotlight



Each quarter we will be “spotlighting” a participant of WCSA. We would like to get to know you better and have you share your life experience with other members of the Center. A display board will be created and placed in the foyer highlighting you! A brief biography about your life, your interests and anything else you would like to share will be included. If you are interested in being in the “spotlight”, please see Lisa Marriott or Janet Suchsland at the Center. As a thank you, those “spotlighted” will receive a certificate for a lunch in the café.

Enjoying Your Computer

Westport Center for Senior Activities
January, February, March 2010

Computers 101

For those of you who are intimidated by the word “technology,” this is *your* class! Follow up on your near year’s resolution! Learn how to turn it on, use the mouse, and keyboard basics. Other skills learned include email, word processing, and web surfing.

Dates: 1/11, 1/13 1 – 4 pm
1/15 1 – 3 pm

Cost: \$45.00

Internet/Web Classes:

Internet Basics

Don’t know the difference between Facebook and Twitter? This 3-session course will introduce you to the joys and possibilities of the Internet in the 21st century. You’ll learn how to reach the Internet, followed by visiting popular sites like Mapquest, Weather, YouTube and Google.

Date: 1/25, 2/1, 2/8 10 - noon
Cost: \$45.00

Intermediate Internet: Search and Research Techniques

This 2-session course picks up from the Internet Basics Course and zeroes in on techniques and websites to help you find almost anything on the Internet – from trivial to serious research. You’ll also learn how to go to informational sites like Wikipedia, Dictionary, and Answers to help you get immediate information.

Date: 3/1, 3/8 10 - noon
Cost: \$25.00

Discover Google

Google is more than searching! Discover its many features including shopping, maps, personal calendars, and local services. Have a basic knowledge of the keyboard and Internet.

Date: 1/19 9 – noon
Cost: \$25.00

Intro to eBay

This class is a demonstration on how eBay allows us to work as both sellers and buyers. The instructor will show you how to seek out merchandise, determine seller’s reputation and bid successfully. Users will learn how to establish accounts so that you can buy or sell.

Date: 3/3 9 – noon
Cost: \$25.00



Brain Aerobics!

Keeping your brain sharp helps physical and mental health. Although we no longer possess the bloom of youth, we can improve our intellectual skills!

Date: 2/9 10 - noon
Cost: \$20.00

Laptop/Netbook Basics

This class is a perfect follow-up for the computers 101 class if you happen to own a laptop or netbook! This single session will help you to become familiar with it. In addition to the applications it comes with; learn a few basics in hooking up to a wireless connection, charging, storage, etc. Bring

your laptop and power cord to class!

This class is designed for those with PCs. The instructor is not familiar with Apples.

Dates: 1/19 1 - 4 pm
Cost: \$25.00

Social & Business Online Networking

Discover websites that can help your personal and business life. The sites discussed in this session are more than just for youngsters. This class will discuss the following websites: MySpace, Facebook, LinkedIn, and YouTube. All of these sites are free. Ascertain which sites you’ll find useful.

Date: 3/5 10 – 1 pm
Cost: \$25.00



In this fun-filled class, discover YouTube. Do research, be entertained, be informed, and learn how to share videos from your camera or videos made on your PC.

Date: 3/9 10 – noon
Cost: \$20.00

Shopping and Banking Safely Online

For those of you who are skeptical, the internet is safer than paper when banking and shopping when using safe procedures. Learn many useful tips to keep your identity safe. Learn about paying bills, shopping, or reviewing accounts. If you wish to set up bill payments,

bring your checkbook, credit card and bank statements as well as any bills you may want to pay on line.
Date: 1/22 10 – 1 pm
Cost: \$25.00

Productivity:

Greeting Card Design with Microsoft Publisher

Publisher does more than just greeting cards! Learn the basics of making unique



cards that Hallmark cannot duplicate! Learn other functions in this fun to use program.
Date: 3/10 10 – 1 pm
Cost: \$25.00

Word – Introduction

Word is the word processing package that allows you to write about anything! Create flyers or posters. Experience with mouse and keyboard is necessary.
Dates: 2/8, 2/10 1 – 4 pm
Cost: \$45.00

Word – Part 2

This class is for those who completed the Word - Introduction class or who are experienced with this program. Learn advanced functions including columns, “desktop publishing”, creating styles, tables of contents, etc. *Bring question/ projects to class!*
Dates: 2/24, 2/26 9 – noon
Cost: \$45.00

Email



With Yahoo, learn the basics including attachments and address books. Stay in touch!
Date: 2/22 1 – 3 pm
Cost: \$20.00

Excel

allows you to do budgeting, create lists, and perform calculations. Learn how to chart information and other useful functions. Keep your finances organized!
Dates: 2/17, 2/19 10 – 1 pm
Cost: \$45.00

Excel - Part 2

Additional functions to develop your proficiency will be taught.
Dates: 3/2, 3/4 9 - noon
Cost: \$45.00

Mail Merge

Need to do some mailings including letters, envelopes or labels? Be familiar with Word basics, keyboard, & mouse.
Date: 3/17 10 – 1 pm
Cost: \$25.00

PowerPoint

Learn presentation basics. Work with graphics, templates to make invitations or flyers.
Date: 2/24 1 – 4 pm
Cost: \$25.00

Introduction to Digital Photography



This class is for those of you who already have a digital camera. Each camera’s features will be discussed generically. Instructor will work individually with you to demonstrate the basic functions on your camera. Learn basic retouching and cropping techniques on PC. Bring:

- Camera with fully charged batteries
- Cables belonging to the camera
- Storage media (memory card)

Dates: 3/1, 3/3 1 – 4 pm
Cost: \$45.00

Working with Scanners

Scan a picture and convert it digitally so that it can be retouched, emailed or stored. Learn how scans can be used in presentations. You can edit the photos at home or in Elements. Bring 12-15 photos to class.
Date: 3/12 10 – 1 pm
Cost: \$25.00

Photo Restoration with Photoshop Elements

If you have photos that you wish to improve by cropping, improving color, removing red-eye, etc., this course is for you! You’ll learn how to fix damaged photos that may have been sitting in the dresser. Experience with the mouse is necessary. Optional: bring a flash drive to class if you wish to take your work home.
Dates: 3/11, 3/16, 3/18 9 – noon
Cost: \$65.00

Computer Clinic – FREE!

Why can’t I download that file? This weekly drop in class will assist you with computer dilemmas. Instructor: Andree Brooks
Every Friday from 3:00 – 4:00 pm.

Fridays with Frank!

Make an appointment with Frank to have personalized training on almost any PC topic Limit: 2 times per month, Westport residents only.
Call 341-5099 to schedule.
Price: \$3/appointment

Saturdays with Russ! (9 – noon)

Make an appointment with Russ to have personalized training on almost any PC topic. Call 341-5099 to schedule a one hour appointment. Price: \$3.00/appointment

The Westport Center for Senior Activities

Registration Worksheet

1st Quarter 2010

Registration Starts Monday, December 14th at 8:30 a.m.

In a joint effort to expedite the registration process for both senior registrants and The Center's staff, we ask that you please complete this form prior to approaching the front desk to register. Classes will be filled on a first come first served basis.

The line and waiting time for registration at the start of a new quarter has grown longer, as both our class offerings and number of registrants increase each semester. Completion of this worksheet will result in less waiting time for you and your fellow seniors and a smoother process for all. Should you require clarification about any registration issues, please feel free to call us prior to the start of open registration at 341-5099.

Registration fees will be accepted via cash or check. If you are registering for more than one class and paying by check, one check may be written for the sum of the registration fees. Checks written in advance may be made payable to WCSA or they may be stamped at the front desk.

<u>Class</u>	<u>Day(s)</u>	<u>Time(s)</u>	<u>Instructor</u> (if available)	<u>Fee</u>
				\$
TOTAL PAYMENT DUE.....				\$

Name: _____ Phone #: _____

Email address: _____ Westport Resident? ___Yes ___No

Not receiving our weekly upcoming events via email? Check here if you would like to be added to the list.

Thank You for your assistance in expediting the registration process!
We wish you all an enjoyable and fulfilling semester of classes, lectures and workshops.