

## April – May - June 2009

### 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, March 16, 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.**

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#### Municipal Agent to Visit Center

Maybeth Wirz, from the Department of Human Services, will visit the Center on Thursday April 9, Tuesday May 5 and Friday June 5 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](mailto:mwirz@westportct.gov).

#### Center's Phone Directory

Main Number 341-5099 (with answering machine after-hours)

Susan Pfister, Director

341-5098

Joan Upchurch, Meal Program

Coordinator

341-5097

Joan Joyce, Program Assistant

341-5096

Maureen Seirup, Secretary

341-5095

Benjamin Palmer, Receptionist

341-5099

#### Help us to Go Green!

We'd be happy to add your name to our weekly list reminding you of upcoming events at the Center. Kindly email [mseirup@westportct.gov](mailto:mseirup@westportct.gov)



to have your email address added. You may also access the Center's quarterly calendar and monthly menu on the Town's web site at: [www.westportct.gov](http://www.westportct.gov).

#### Center's Hours:

<b>Monday</b>	<b>8:30 – 4:30 p.m.</b>
<b>Tuesday</b>	<b>8:30 – 4:30 p.m.</b>
<b>Wednesday</b>	<b>8:30 – 4:30 p.m.</b>
<b>Thursday</b>	<b>8:30 – 8:30 p.m.</b>
<b>Friday</b>	<b>8:30 – 4:30 p.m.</b>
<b>Saturday</b>	<b>8:30 – 12:30 p.m.</b>

# *Creative Arts/Crafts*

*April, May, June 2009*

## **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 April 3 – June 26  
13 Classes = \$39.00  
Time: 10:00 – Noon

## **Drawing & Watercolor**

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

Beginners: Monday April 6 – June 29 (no class 5/25)  
12 classes = \$36.00  
Time: 10:00 – Noon  
Intermediate: Tuesday April 7 – June 30 13 classes = \$39.00  
Time: 10:00 – Noon

## **One-Stroke Painting**

This stress-free decorative painting technique has gained a strong following due to its simple, methodical approach.

Supplies will be provided.  
Instructor: Darraugh Cianfichi  
Thursday April 2 – June 11 (no class 4/16) 10 classes = \$40.00  
Time: 4:30 – 6:30 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 April 7 – June 30  
13 classes = \$39.00  
Time: 1:00 – 3:00 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 April 1 – June 24  
Cost: \$5.00 /class  
Time: 9:00 – Noon

## **Multi-Media Painting I**

Introduction to techniques of watercolor, pencil, pastel, acrylics and combinations of collage and monoprinting. You'll learn from the masters and have the joy of choosing your own style and media.

Instructor: Barbara Lawless  
Thursday April 2 – June 25  
13 classes = \$39.00  
Time: 10:00 – Noon

## **Multi-Media Painting II**

Learn more advanced techniques such as tone, composition and perspective.

Instructor: Barbara Lawless  
Thursday April 2 – June 25  
13 classes = \$39.00  
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.

## **Care to Create**

Don't miss this opportunity to indulge your creative talents, learn some new crafts, and extend care to those in need in the community.

Instructor: Mercedes Arensberg  
Tuesdays from 1:00 – 2:30 p.m.  
Cost: Free!

## **Drawing & Sketching 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 April 2 – June 25  
13 classes = \$39.00  
Time: 10:00 – Noon

## **Acrylic Painting**

Learn the basics of acrylic painting as well as explore and experience the more advanced techniques. Acrylic paints dry fast making the work dynamic and focused. Skill and creativity will be taught and presented during each class.

Instructor: Mercedes Arensberg  
Friday April 3 – June 26  
13 classes = \$39.00  
Time: 1:00 – 3:00 p.m.

Mercedes Arensberg is an enthusiastic, talented artist and art instructor who earned her BFA at Columbia University. Mercedes currently teaches at Norwalk Community College.

# Foreign Languages & Games

April, May, June 2009

## 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 April 6 – June 29 (no class 5/25)

12 classes = \$36.00

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 April 6 – June 29 (no class 5/25)

12 classes = \$36.00

Time: 10:00 – 11:00 a.m.

### Beginner's 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 April 1 – June 24

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 April 1 – June 24

13 classes = \$39.00

Time: 10:00 – Noon

## GAMES

### Recreational Bridge - FREE

Every Monday from 10:00 – 11:30 a.m. and from 1:15 – 4:15 p.m.

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 April 6 – June 29 (no class 5/25)

12 classes = \$36.00

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!

**Please Note...** Scrabble, cards, puzzles, chess, crossword puzzles and the pool table are always available in the Game Room for your enjoyment. Feel free to use them!

### 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. Mah-Jongg is offered every Thursday from 1:00 – 3:00 p.m.

Cost: Free

### Saturday Game Days

Come play Scrabble, poker, Sudoku, bridge, Mah-Jongg, Bunco, Monopoly, do a puzzle or just sit back and work quietly on a crossword puzzle. Grandchildren are encouraged to come and play too!

Date: Every Saturday

Time: 10:00 – 12:30 p.m.

Cost: Free!

### 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.

# Lectures/Wellness

## April, May, June 2009

### Channe Fodeman, MSW

- Monday April 6:  
Accepting Imperfectly Perfect
- Monday May 4:  
Lessons Learned...  
Chicken Soup for the Soul
- Monday June 1:  
Planning for Successful Psychological Aging

Lectures are offered free of charge with interactive participation and discussion encouraged.

Time: 1:15 – 2:30 p.m.

### Let's Talk

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 April 7 – June 30

Time: 1:00 – 2:00 p.m.

### Drumming Circle

This interactive program uses drums, percussion instruments and world rhythms to build community, lift spirits and create a rhythmical experience (sponsored by the Friends).

Instructor: Randy Brody

Tuesday April 7, June 2

Time: 2:00 – 3:00 p.m.

Cost: Free!

### 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 April 14, May 12, June 9

Time: 10:30 a.m.

### Parkinson's Support Group

Facilitated by Paul Green, this group will share challenges, techniques, support and knowledge. Family and caregivers are welcome.

Wednesday April 22, May, 27,

June 24

Time: 10:00 – Noon

Cost: Free!

### Blood Pressure

#### Screening

Nursing & Home Care will offer a free blood pressure

screening on the 4<sup>th</sup> Tuesday and 2<sup>nd</sup> Friday of the month from 9:30 – 11:00 a.m.

Tuesday April 28, May 26, June 23

Friday April 10, May 8, June 12



### Smiling Seniors Group

Come enjoy a fun bunch of single seniors ! The group meets on the last Thursday of the month.

Dates: April 30, May 28, June 25.

Time: 6:30 – 8:00 p.m.

Facilitator: Stacy Enyeart.

### Drama

Join this fun class under the direction of Jill Jaysen. Come and read plays and show off your talent! No experience necessary.

Thursday April 2 – June 25.

13 classes Cost: \$19.50

Time: 1:00 – 2:30 p.m.

### Westport Police Department's Detective John Roche to Visit

Detective Roche will visit on Friday April 17, May 15, June 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. Come and get to know who helps to make Westport such an enjoyable and safe community to live in.

### Current Events

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. Cost: Free! Registration is required.

### Safe Driver's Class

Instructor Harold Egan will walk you through this eight-hour course reviewing 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: Friday April 3 & April 10

Time: 1:00 – 5:00 p.m.

Cost: \$12.00 AARP member

\$14.00 non-AARP member

Pre-registration is required.



***Come Grow with Us!***

## **“Magical Moments at the Movies” – Byron Matthews**

Saturday April 18 – Hooray for Hollywood!

Saturday May 23 – Richard Rodgers with Lorenz Hart and Oscar Hammerstein

Saturday June 13 – East is East and West is West

Mr. Matthews, a lecturer from the Lifetime Learners Institute at Norwalk Community college, maintains an extensive, ever-growing library of films and has an impressive knowledge of the movie industry. Cost: Free!  
Time: 10:30 – Noon  
Reservations requested.

## **Great Courses by the Teaching Company**

This series will continue featuring “Classics of British Literature.”

These educational classes will run on DVDs on the 1<sup>st</sup> and 4<sup>th</sup> Thursday of each month from 3:00 – 4:30 p.m. Makeup sessions will take place on Saturday mornings from 10:00 – 11:30 a.m. on April 11, May 9 and June 27.

An informative brochure is available in the lobby at the Center. Lecture notes will be provided. Cost: Free!  
Registration is required.

## **Attitude Matters...Choosing Happiness!**

Practice cultivating qualities of acceptance, compassion, courage and wisdom. Develop an attitude towards life and our difficulties just like “Tuesdays with Morrie.” You are in charge and you can change your attitude... you have choices! Instructor, Dr. Paul Epstein is a naturopathic physician, mind-body therapist

and mindfulness meditation teacher.  
Dates: Thursday April 2 – May 21  
Time: 11:00 – Noon  
Cost: Free!  
Registration is required.

## **Attorney’s Lisa Levy & Amy Day Present: Titling of Assets and Demystifying Probate Court Procedures**

Local attorneys Lisa Levy and Amy Day will continue their series on legal issues of importance to seniors.

Date: Friday April 3  
Time: 10:30- Noon  
Cost: Free!

## **Al’s Angels to Visit**

Al DiGuido of Al’s Angels will present an informative discussion session on Al’s Angels, their mission, their outreach and volunteerism. Presentation will be co-hosted with the Smiling Seniors, with an upbeat theme of “The Role of Angels in Our World Today.”

Date: Thursday May 28  
Time: 6:30 p.m.  
Cost: Free!

## **American History Lectures**

- Saturday April 4 – Things are Looking Up:  
Weathervanes, Shop Signs and Other Overhead Wonders
- Saturday May 2 – Connecticut’s Role in the Civil War
- Saturday June 6 – Nostalgia Through the Mail, The Story of the Picture Postcard

Facilitator Bob Berthelson  
Time: 10:30 – Noon  
Cost: Free!

## **Aging with Laughter and Other Coping Techniques**

Learn how to enjoy the aging process through various stress-reduction techniques including using humor and laughter as coping techniques.

Facilitator: Stu Losen, Ph.D

Tuesday April 7, 14, 21, 28, May 5, 12

Time: 2:30 – 3:30 p.m.

Cost: Free!

## **“Helping Seniors Remain in Their Homes”**

Lea Mintz from Family and Children’s Agency will inform you of the numerous resources available to you in an attempt to have you remain in your home for as long as possible with a sense of safety and security. Free installation of Lifeline with 2 months of free service will be available.

Date: Wednesday April 8

Time: 1:00- 2:30 p.m.

Cost: Free!

## **Westport-Weston AARP Chapter #1588**

Meetings will be held at the Center on Wednesday April 15, May 20 and June 17 from 1:00 – 2:00 p.m. Each meeting features a keynote speaker addressing an issue related to aging.  
Facilitator: Barbara Stemmer

## **Dr. Adam Propper Presents:**

- Thursday April 16 – New Solutions to Digestive Problems
- Thursday May 14 – 5 Secrets to Permanent Weight Loss
- Thursday June 18 – New Solutions to Eliminate Pain

Dr. Propper is a graduate of New York Chiropractic College and founding member of the CT Chiropractic Council. Free!  
Time: 10:30 – Noon

## Westport Police Dept. K-9 Unit to Visit

The Westport Police Department's K-9 Officers Ryan Paulsson and Marc Heinmiller, will introduce the K-9 Unit which includes Lola, a German shepherd and Ellie, a Bloodhound. You will be taught how the canines are trained and how they're used to help solve cases in Westport.  
Date: Thurs. April 23  
Time: 10:30 – 11:30 a.m.  
Cost: Free!



Officer Heinmiller and Lola

## Safe Steps for Persons with Parkinson's

Falls and "freezing of gait" are two phenomena common to Parkinson's. Join us for an educational program, Safe Steps: Hands on Ways to Reduce Falls and Create a Safer Home Environment. Tips for maintaining balance will also be discussed and simple exercises will be demonstrated.  
Presenter: Elaine Abrams, RN, MPH, Health Education Specialist at Nursing & Home Care.  
Date: Wed. April 22  
Time: 10 - Noon

## Aesthetic Realism Foundation Presents: "Every Person Can Tell You Something about Yourself"

You'll achieve a fresh, true understanding of one self and other people as the speakers talk

of what Aesthetic Realism is all about - the philosophy founded by the great American poet and critic Eli Siegel.

Facilitators: Anne Fielding and Jeffrey Carduner  
Date: Monday April 27  
Time: 10:30 – Noon  
Cost: Free!

## Nursing & Home Care to Present Workshops:

Nursing and Home Care is a community-based, non-profit agency that provides professional and compassionate home health and hospice care.

- Wed. April 8 – Coping with Stress – Learn about the contributors to stress reactivity and techniques to relax and achieve balance through life's ups and downs. Time: 10:30 – Noon
- Thurs. April 16 – Coordinating Care for Parents – Caregiving presents rewards and challenges. Learn about risks, challenges, health-preserving strategies and resources and share your experience and questions. Time: 6:00 – 8:00 p.m.
- Wed. May 13 – First Aid for Your Soul – Self-care and self-nurturance is often neglected in our daily life. When lost, challenged or wounded, we need the gift of solitude and heart to find again the strands of our true essence as humans. Time: 10:30 – Noon.
- Wed. June 17 – Who Am I After Loss? Explore the values and goals that may be hidden after loss and help you transition to wholeness and purpose. Time: 10:30 – Noon

Facilitator: Nanette Greene, MA, LPC

Cost: Free!

## Westport/Weston Health District to Provide Educational Seminars



- What happened to Humpty Dumpty? He lost his balance!!! How's **your** balance? Join the WWHD for an interactive assessment program to check your balance and learn ways to maintain and improve it.

Date: Wednesday April 15

Time: 10:30 – 11:30 a.m.

Cost: Free!

- It's Tick Time in Westport! The WWHD will provide an update on Lyme disease and other tick-borne illnesses. Come and learn about one simple step to help prevent them (and it's not staying indoors!)

Date: Friday April 17

Time: 10:30 – 11:30 a.m.

Cost: Free!

- Ask your health department: an informal conversation with WWHD staff to ask questions about services, your health concerns, and take advantage of an on-site immunization clinic for tetanus (\$35) or pneumonia (no charge if you have Medicare Part B)

Facilitator: Monica Wheeler, MSN, RN

Date: Friday May 15

Time: 10:30 - Noon

## **From Spitballs to Steroids: The History of Ethics in Baseball**

This presentation will take a historical look at the story of ethics in baseball and how it has affected the game from gambling scandals, spitballs, corked bats, owner collusion and steroids. Alex Rodriguez will be a part of the discussion!

Facilitator: Rich Marazzi

Date: Thursday May 7

Time: 6:30 – 8:00 p.m.

Cost: Free!

## **The Yankee Years**



by Tom Verducci and Joe Torre

This presentation raises ethical questions about such a book. As a rules consultant for the New York Yankees, I will offer my insights gained from personal experience with the Yankees' front office. A segment of Torre's guest appearance on the Jan. 30<sup>th</sup> Larry King show will also be shown.

Facilitator: Rich Marazzi

Date: Thursday May 14

Time: 6:30 – 8:00 p.m.

Cost: Free!

## **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. This is a nice opportunity to develop lasting and deep friendships with other men in the community.

Date: 2<sup>nd</sup> and 4<sup>th</sup> Thursday:

April 9, 23, May 14, 28, June 11, 25.

Time: 7:00 – 8:30 p.m.

Cost: Free!

Registration is required.

## **Coleytown Middle School to Perform for Seniors: “Camerata Sing-Out”**



Date: Thurs. April 9

Time: Noon – 12:45 p.m.

Come dine with us at Noon while being entertained by the “Camerata” choral group from Coleytown Middle School.

Reservations are required. The suggested donation for lunch is \$3-5.00.

## **“I Have Everything I’ve Dreamed Of. Why Am I Not Happy?”**

Many people do not feel happy or fulfilled even though they have all of the material things that they want. They sometimes experience feelings of discontent or regret about some choices they have made and don't know what to do.

Mildred Bunche, LPC and Hypnotherapist will conduct a workshop explaining where these feelings come from and give participants several methods for dealing with them.

Date: Friday May 29

Time: 1:15 – 2:45 p.m.

Cost: Free!

## **Writing for Children and Teenagers**

Do you have a dream of writing for children? Children's author Barbara Stretton will offer a six-week course this summer on writing for children and teenagers. Not sure if you want to commit to

a course? Come to this free interactive presentation on June to see what it is all about.

Date: Wednesday June 24

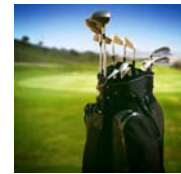
Time: 1:15 – 2:30 p.m.

## **Upcoming Happenings...**

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## **Stay Tuned...Golf Tournament Coming!**

The Center will host its annual Friendship through Fitness intergenerational tournament in April at Longshore Club & Park. Seniors will be paired up with members of both the boys and girls golf teams from Staples High School. Proceeds benefit the maintenance and operation of the Center's fitness room. For further information or to register, kindly contact Dana Johnson at 227-4733



## **Please participate!**

The Center's Policy & Planning Board will be initiating a phone survey to members of the community who are eligible to participate at the Center or who are fast approaching eligibility. The purpose of the survey is to measure how well the Center is doing with its publicity, marketing, program planning, etc. If you receive a call from a board member within the next couple of months, please don't hang up! Your opinion, suggestions and ideas are important and valued. The Center wants to continue to grow and meet the needs of this ever-growing population. We can't do it without your input!

# Exercise/Dance/Culinary/Socials

April, May, June 2009

## 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 from 8:45 – 9:45 a.m.

Monday April 6 – June 29 (no class 5/25)

12 classes = \$36.00

Wednesday April 1 – June 24

13 classes = \$39.00

Friday April 3 – June 26

13 classes = \$39.00

## 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 April 4 – June 27

13 classes = \$52.00

Time: 8:45 – 9:45 a.m.



## 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 April 4 – June 27

13 classes = \$52.00

Time: 11:15 – 12:15 p.m.

## Yogalates

An invigorating fusion of Yoga and Pilates. Learn Yogic 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 April 4 – June 27

13 classes = \$52.00

Time: 10:00 – 11:00 a.m.

## 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

Time: 8:40 – 9:40 a.m.

Tuesday April 7 – June 30

13 classes = \$52.00

## Qigong - Intermediate

This class is for anyone interested in using medical Qigong therapy to prevent and help manage illness. It involves Qigong walking therapy and special, more powerful healing sounds. Strength, vitality and longevity can be achieved through the practice of medical Qigong.

Instructor: Elieth Harris

Time: 1:00 – 2:00 p.m.

Wednesday April 1 – June 24

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 9:00 – 10:00 a.m.

April 7 – June 30

13 classes = \$52.00

Wednesday (Beginners)

9:30 – 10:30 a.m.

April 1 – June 24

13 classes = \$52.00

Thursday 11:00 – Noon

April 2 – June 25

13 Classes = \$52.00

Thurs. (Inter.) 5:00 – 6:00 p.m.

13 classes = \$52.00

## Strength Training

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

Instructor: Sandy Adamczyk.

Monday 1:00 – 2:00 p.m.

April 6 – June 29 (no class 5/25)

12 classes = \$36.00

## 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: Ian Stavola

Tuesday 1:00 – 2:00 p.m.

April 7 – June 30

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.

Time: 9:45– 10:30 a.m.

Tuesday April 7 – June 30

(no class 4/28, 5/5, 6/9)

10 classes = \$15.00

Thursday April 2 – June 25

(no class 4/23, 4/30, 5/7, 6/11)

9 classes = \$13.50

## **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 1:00 – 2:00 p.m.

April 1 – June 24

13 classes = \$39.00

## **Beyond the Basics (Intermediate Strength Training)**

This class is a continuation of Beginning Strength Training.

Participants will use machines, free weights, balls, bars and bands to improve strength and stamina, develop strong bones, protect joints and control body fat.

Participants are encouraged to take this class 2x per week, non-consecutive days.

Prerequisite: Must have completed at least one semester-long fitness class. Instructor: Ilene Boyar, CFT, EMT, AFAA.

Monday April 6 – June 29

(no class 5/25)

Time: 2:00 – 3:00

12 classes = \$48.00

Tuesday April 7 – June 30

Time: 2:00 – 3:00 p.m.

13 classes = \$52.00

Wednesday April 1 – June 24

Time: 2:00 – 3:00 or 3:30 – 4:30

13 classes = \$52.00

Thursday April 2 – June 25

Time: 2:00 – 3:00 or 5:00 – 6:00

13 classes = \$52.00

Saturday April 4 – June 27

10:30 – 11:30 a.m.

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.

## **\*New – New – New\***

### **Introduction to Exercise!!!**

This class is 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. Benefits from this class can include improved range of motion, increased support and protection of joints and increased muscle strength and bone density for people with the above conditions. The class is self paced and is for the participant who is at a beginner level.

Instructor: Ilene Boyar

Time: 11:30 – 12:30 p.m.

Friday April 3 – June 26

(no class 4/24, 5/22)

11 classes = \$44.00

## **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: April 2 – June 30

26 classes = \$52.00



## **Open Gym**

Open to those persons who have completed a minimum of 6 classes in the fitness center. Please see schedule at Center for scheduled open gym times. Professional supervision is always provided. Cost: \$3.00/session.

## **Beginning Strength Training**

This class is designed for people who need to complete their introductory fitness classes or want a semester-long class. Take this class to improve muscle strength and stamina, improve balance and posture and help to prevent injuries and osteoporosis. Class format includes a cardiovascular warm-up, stretching and instruction on strength equipment and weights.

Instructor: Ilene Boyar.

Monday 3:30 – 4:30 p.m.

Date: April 6 – June 29

(no class 5/25)

12 classes = \$48.00

Thursday 4:00 – 5:00 p.m.

Date: April 2 – June 25

13 classes = \$52.00

Saturday 9:30 – 10:30 a.m.

Date: April 4 – June 27

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 falling and to increase lower extremity (leg) muscle strength. Instructor: Ilene Boyar. Tuesday/Thurs. 3:30 – 4:00 p.m. Date: April 2 – June 30 26 classes = \$52.00

## 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 April 1 – June 24

13 classes = \$39.00

Time: 11:00 – Noon

## Feldenkrais: “Awareness through Movement”

Feldenkrais creates an environment for learning non-habitual patterns of movement. It quiets the nervous system so we can pay attention to how we move.

Instructor: Leigh Scott

Thursday April 2 – June 25

Time: 8:30 – 9:30 a.m.

13 classes = \$52.00

## Core Strength

This class will 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 (no class 5/25)

Time: 3:00 – 3:30 p.m.

25 classes = \$50.00

## Culinary Classes

### Chef Bob LaBrusciano:

Regional Cuisine of the U.S.:

- Homemade Soups  
Saturday April 18
- Northeastern Seafood  
Saturday May 23
- Southwestern Cuisine  
Saturday June 13

Registration is limited to the first 10 persons. Cost: \$6.00/class.

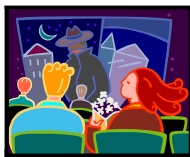
Time: 10:00 – Noon

## Saturday Socials

- April 25 – The Music of Jazz Pianist, Chris Coogan: A Request Hour from 1:30 – 2:30 p.m. Lunch will be served at 12:30 p.m.
- May 16 – Ballroom Dance – A Lesson and Social by the Ballroom Dancesport of Westport from 12:30 – 1:45 p.m. Fruit, cheese & crackers, cookies and beverages to follow.
- June 20 – A Sing-a-Long of Favorite Songs with the Humble Bees from 1:30 – 2:30 p.m. Lunch will be served at 12:30 p.m.

Each social is \$6.00/person. Pre-registration and payment are required!

## Thursday Evening at the Movies with Supper



Terrific movies will be shown on the Center’s large screen in the media room. Wraps, salads, dessert and beverage will be offered for dinner at 6:00 p.m. The movie will start at 6:30 p.m.

- April 16 – Edith Piaf: A Passionate Life
- May 21 – The Secret Life of Bees
- June 18 – Nights in Rodanthe

Cost: \$6.00.

Pre-registration and payment required!

## Cookout with Chef Bob!

Come enjoy hot-dogs, burgers and chicken on the grill cooked by Chef Bob. You’ll be entertained by Gene Pino on the guitar featuring songs from the Great American Songbook, including sing-a-longs.

Date: Thursday June 4

Time: 5:00 – 7:00 p.m.

Cost: \$6.00 per person

Reservations and pre-payment required!

## Daily Café Luncheon Program

The Center participates in the daily senior nutrition program sponsored by Catholic Charities. The menu is prepared by a registered dietician to meet 1/3 RDA and is a delicious well-balanced meal. Come and enjoy a friendly atmosphere in a cordial environment. The meals are served promptly at Noon Monday – Friday and a reservation of at least 24 hours must be made. To make a reservation, kindly contact Ben at 341-5099. The suggested donation per meal is \$3-5.00.

## Nutrition Education Class

Nancy Feriello, M.S., R.D., CD-N from the senior nutrition program will present the following educational program: “Food as Medicine: Common Foods May Have Extraordinary Benefits”.

Nancy will also be available for any nutrition related questions you may have. Cost: Free!

Date: Friday May 1

Time: 11:00 - Noon

# Enjoying Your Computer

Westport Center for Senior Activities

April, May, June 2009

## Computers 101

For those of you who are intimidated by the word “technology,” this is *your* class! Obtain an overview of computers, operating systems, and internet. Then you’ll learn how to turn it on, use the mouse, and keyboard basics. Other skills learned include email (instructor can assist in account set up), word processing, and web surfing.

Dates: 4/6, 4/8 Time: 1 – 4 pm  
4/9 Time: 2 – 4 pm  
Cost: \$40.00

## Internet/Web Classes

*These courses provide many helpful tips and shortcuts!*

### Introduction to the Internet

Learn the basics visiting websites ranging from shopping, finances, and genealogy to health issues.

Date: 5/4, 5/11, 5/18

Time: 10 - Noon

Cost: \$40.00

### Seek and Ye Shall Find:

#### Searching the Internet

Learn how to get the most out of the internet learning about key websites, shortcuts, favorites, etc.

Date: 6/1, 6/8 Time: 10 - Noon

Cost: \$20.00

### Travel on the Internet

Learn how to save considerable \$\$ on travel. Discover bargains and research information on your destination. Learn procedures and online safety with the myriad of websites. Find comfortable seats on any plane!

Date: 4/16 Time: 9 - Noon

Cost: \$20.00

## 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 bid or sell items.

Date: 6/17 Time: 10-1 pm

Cost: \$20.00



## Maintain Your Brain!

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: 4/28 Time: 10 - noon

Cost: \$20.00

## Obtaining Medical Information from the Internet

Typing “arthritis” in Google provides 40,000,000 websites! Narrow the search and find accurate sites with useful information.

Date: 5/5 Time: 9 – Noon

Cost: \$20.00

## 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: 6/2 Time: 9 – Noon

Cost: \$20.00

## 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: 6/11 Time: 10 – 1 pm

Cost: \$20.00

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: 5/14 Time: 10 – Noon

Cost: \$15.00

Our affordable classes have skilled, patient instructors. Learning experience is pleasurable. Some classes have prerequisites. Handouts are included with each class.

Questions? Call 341-5099

## Productivity

*Whether you’re writing your memoirs, an active volunteer, or still working, you’ll find these courses helpful to maintain critical marketplace skills.*

## Greeting Card Design with Microsoft Publisher

Publisher does many things from creating newsletters to websites to greeting cards! Learn the basics of making unique cards that Hallmark cannot duplicate!

Date: 6/23 Time: 1 – 4 pm

Cost: \$20.00

## 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: 4/20, 4/22 Time: 1 – 4 pm  
Cost: \$40.00

## Word – Part 2

This class is for those who completed last week's class or who are experienced with this program. Learn advanced functions including columns, "desktop publishing", creating styles, tables of contents, etc.  
*Bring questions to class!*  
Dates: 4/29, 5/1 Time: 9 – Noon  
Cost: \$40.00

## Email

With Yahoo, learn the basics including attachments and address books. Stay in touch!  
Date: 5/19 Time: 10 - Noon  
Cost: \$15.00

## 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: 5/18, 5/20 Time: 1 – 4 pm  
Cost: \$40.00

## Mail Merge

Need to do some mailings including letters, envelopes or labels? Be familiar with Word basics, keyboard, & mouse.  
Date: 6/4 Time: 1 – 4 pm  
Cost: \$20.00

## PowerPoint

Learn presentation basics. Work with graphics, templates to make invitations or flyers.  
Date: 5/4, 5/6 Time: 1 - 4 pm  
Cost: \$40.00

## Computers – beyond the basics Evening Sessions

These classes are designed for those with busy daytime schedules. Students must have basic PC skills. Organize files or photos, improve existing skills in Word and Excel. Learn basics on retouching photographs. Bring a few photographs to class to be scanned! *Bring a light snack for break.*  
Date: 5/28, 6/4 Time: 5 – 8 pm  
Cost: \$40.00

## 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 some 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: 5/11, 5/13 Time: 1 – 4 pm  
Cost: \$40.00



## Mac or PC?

The skills taught in our classes (on Dell computers) can be used on a Mac?

## 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 our *advanced* Elements classes. Bring 12-15 photos to class.  
Date: 5/27 Time: 10 – 1 pm  
Cost: \$20.00

## 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! In addition, 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. (3 sessions)  
Dates: 5/26, 5/28, 6/2 1 – 4 pm  
Cost: \$40.00

## Photo Restoration ongoing workshops

This class is for those familiar with this program and wish to improve their skills. Choose *any* or *all* dates! Each three hour session starts with a one hour session reviewing additional functions. Students **must** have prior experience with Elements. Instructor will work individually with students on their own photographs. Bring at least 2-3 of your images on memory stick to each session.  
Dates: 4/9 5 – 8 pm  
or 6/16 10 – 1 pm  
Price: \$20.00 *per session*

## Computer Clinic – FREE!

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

## Mondays with Donna or Fridays with Frank!

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

# The Westport Center for Senior Activities

## Registration Worksheet

2nd Quarter 2009

**Please complete and bring with you when you come to register**

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.

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

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Thank You for your assistance in expediting the registration process!

We wish you all an enjoyable and fulfilling semester of classes, lectures, and workshops.

*The Staff of The Westport Center for Senior Activities*