

January, February, March 2017

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 WCSA Director, Susan Pfister at 203-341-5098. All requests will be kept confidential. Registration for Westport residents will begin on **Monday, December 5, 2016 at 7:30 a.m.** You will only be able to register for yourself or one household member. Numbers will be given out at 7:30 a.m. by the WCSA staff to assure a fair and orderly registration. Please do not come early. Please complete the registration form on the back page in advance to help expedite the registration process. Out of town registration will begin on Monday, December 12, 2016 at 7:30 a.m.

Please note: A \$10.00 late fee will be added for anyone registering after December 29th for any class that runs the entire semester, i.e. yoga, aerobic chair, sculpture, fitness, bridge lessons, Pilates, dance and stretch, etc.

Go Green and Save Paper!

Please email dpuskas@westportct.gov to have your name added to our weekly newsletter 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/seniorcenter

Center Hours:

| | |
|------------------|-------------------------|
| Monday | 7:30 – 4:30 p.m. |
| Tuesday | 7:30 – 4:30 p.m. |
| Wednesday | 7:30 – 4:30 p.m. |
| Thursday | 7:30 – 8:00 p.m. |
| Friday | 7:30 – 4:30 p.m. |
| Saturday | 8:30 – 3:00 p.m. |

Center's Phone Directory:

Main Number 203-341-5099
(with answering machine after-hours)
Susan Pfister, MSW, Director
203-341-5098
Holly Betts, RD Program Manager
203-341-5096
Yoshi Mori, DTR Nutrition Program Coord.
203-341-5097
Denise Puskas, Admin. Asst.
203-341-5095
Benjamin Palmer, Receptionist
203-341-5099

facebook

*Search us on Facebook by typing in
Westport Senior Center.*

Center Email:

seniorcenter@westportct.gov

Creative Arts/Crafts

Jan., Feb., Mar. 2017

Addressing Artist Block

Do you have a painting that is not finished? Artist and designer Linn Cassetta will offer guidance and instruction on how to layout and/ or refine your painting. This could be oil, acrylic, water color or gouache. Linn is a graduate of RISD and was the first American to receive an MA from the Royal College of Art in London. She has worked as a designer for shoe manufacturer Andrew Geller, Deruta of Italy and Martha Stewart to name a few. Please bring your paints, brushes and art work to the class.

Date: Mon., Jan. 9 – Feb. 13

Time: 1:00 – 3:00 pm.

5 Classes = \$20.00

Beading, Jewelry or Stained Glass Instruction

Create beautiful neck pieces, bracelets and earrings using old findings and purchased beads. You can also make beads with colorful polymer clay. If you prefer, you can sign up to learn the art of Tiffany stained glass and coming. You will complete a beautiful piece of stained glass.

Please sign up for stained glass or beading.

Instructor: Kyra Avalotis

Date: Fri., Jan. 13 – Mar. 31

Time: 10:00 – Noon

12 Classes = \$48.00

Drawing & Watercolor

Tom Scippa, Adjunct Professor of Art at Housatonic Community College, will instruct the art of

drawing and watercolor. This class is open to all skill levels.

Date: Tue., Jan. 3 – Mar. 28

Time: 10:00 – Noon

13 classes = \$52.00



Joy of Painting

Both beginner and advanced students will learn how to draw and paint from life and reference photos. Learn fundamentals needed to create original art.

Instructor: Eddie Nino

Date: Thur., Jan. 5 – Mar. 30

Time: 1:00 – 3:00 pm.

13 classes = \$52.00

Knit One – Nibble One

Come knit a healing shawl for women diagnosed with cancer. These cozy shawls provide a “hug” to women battling this disease. A tote bag with yarn, needles, directions and a gift of Nelle’s Nibbles is included. This is a perfect all knit 1st project. Patterns are available for experienced knitters. Experienced crocheters are welcome to bring size 13 (N) hook. If you are interested in making a shawl for cancer you may contact Ellen Lane.



Instructor: Ellen Lane

Date: Tue., Jan. 3 – Mar. 28

Time: 1:00 – 3:00 pm.

\$25.00 for kit paid to instructor on the first class.

Limit: 20 Persons

Oil Colors

This course is appropriate for the beginner as well as the experienced painter. Subjects will range from still life, landscape, portrait as well as abstraction. Each artist will receive one-on-one instruction.

Instructor: Gus Moran

Date: Mon., Jan. 9 – Mar. 27

Time: 10:00 – Noon

10 classes = \$40.00

Open Craft Workshop

Come and complete any craft project you just haven’t been able to finish on your own. Bring your project and chat with old and new friends.

Instructor: Jean Handy

Every Wed., Jan. 4 – Mar. 29

Time: 1:00 – 3:00 pm.

Cost: No charge.

Sculpture Class

For the beginner and experienced. You’ll work in clay exploring techniques and developing individual expression with the other students in the class. Materials fee includes one firing per month.

Instructor: Marshall Robinson

Date: Tue., Jan. 3 – Mar. 28

Time: 1:00 – 3:00 pm.

13 classes = \$52.00

Materials fee: \$12.00

The Art of Still Life

This course offers beginners interested in establishing their drawing or painting skills in a relaxed atmosphere in which to

Creative Arts/Crafts

Jan., Feb., Mar. 2017

grow. It will also encourage someone looking to sharpen existing skills. Basic media and techniques will be explored with a variety of still life set ups. Instructor, Chris Goldbach is from the Silvermine Arts Guild, You may work in pencil, oil, acrylics or watercolors.

Date: Thur., Jan. 5 – Mar. 16

No class Mar. 23, Mar. 30

Time: 4:30 – 6:30 pm.

11 classes = \$44.00

The Drawing and Painting School

Have you ever wanted to learn how to draw or paint? This course is designed for both beginners and advanced students seeking a structured plan that will dramatically improve their drawing and painting skills. A monthly subject will help students devote as much time as needed to fully understand the portrait, the landscape, the still life, and even drawing from imagination. A weekly lecture or demonstration will help the student assimilate and apply the methods to the aim of creating expressive and personal artwork. Class limited to 12 students.

Instructor: Eddie Nino

Date: Wed., Jan. 4 – Mar. 29

Time: 9:00 – 11:30 am.

13 classes = \$52.00

Mastering the Medium Of Your Choice

Instructor Peter Konsterlie is an artist and adjunct Professor at the

University of Bridgeport. He will guide you in mastering the medium of your choice – pencil drawing, pastels, oils or acrylics. Every class will include a demonstration of basic and advanced techniques. Beginners and advanced artists are welcome.

Date: Fri., Jan. 6 – Mar. 31

Time: 1:00 – 3:00 pm.

13 Classes = \$52.00

The Richness of Colored Pencil and /or Pastels

When you work in colored pencil, you strive to create a rich and defined vibrancy– with layering, feathering and even blending.

When you work in pastels, you create rich and full softness with your materials with both hard and soft pastel. Combine both and you get the best of both– pastel highlights over a watercolor piece look terrific! Demos will be given by the instructor– combine both, or work in one medium while we work from still life set-ups.

Instructor: Lisa Arnold

Date: Mon., Feb. 27 – Mar. 27

Time: 1:00 – 3:00 pm.

5 classes = \$20.00

Open Art Studio

This is a relaxed and fun environment where you can create learn and support each other as you work on your own

creation. There is no instruction. Pre-registration required.

Thurs., Jan. 5 – Mar. 30

Time: 10:00 – Noon

Sat., Jan. 7 – Mar. 25

Time: 8:30 – 2:00 pm.

Cost: No charge.

Pre-registration required.

Open Workshop with Nor

Nor Smitobol is offering to share his wealth of talent and skill with you on any art or craft project that you may need assistance with. Bring your project and Nor will assist you and teach you in the process. Nor can help you fix a broken lamp and teach you calligraphy and much more.

Date: Thur., Mar. 2 – Mar. 30

Time: 10:00 – Noon

Cost: No charge.

Zen Doodling

As we grow older, we put aside our crayons and colored pencils in favor of more respectable writing utensils like pens and highlighters. Zen doodling is creative design with a fine point pen. This class will focus on making greeting cards, but you can make larger designs if you wish. This practice generates wellness, quietness and also stimulates brain areas related to motor skills, the senses and creativity. Pens will be provided.

Instructor: Joyce Olson

Dates: Mon., Jan. 23 – Feb. 27

Time: 10:30 – Noon

Cost: \$5.00 materials fee



Culinary/Entertainment

Jan., Feb. Mar. 2017

The University of New Haven Dietetic Interns

The Westport Center for Senior Activities is partnering with the University of New Haven and their Nutrition and Dietetics Department.



University of
New Haven

The Center will be hosting dietetic interns throughout the school year. These interns are here to do their practical work in order to become licensed, registered dietitians. As part of their curriculum they are required to research and give nutrition talks and culinary demonstrations.

Nutrition Talks:

Look for the nutrition talks by our dietetic interns. Their topics will be posted in our weekly email newsletters and in the flyers rack.

Date: Mon., Mar. 6

Time: 1:00 – 1:30pm.

Cost: No charge.

Dietetic Intern Culinary Demonstration:

Look for more information about the interns culinary demos in the weekly newsletter and in the flyers rack.

Date: Thurs., Mar. 9

Time: 3:00 – 4:00 pm.

Limit: 10 persons

Pre-registration is required.

National Nutrition Month Talk:

Re-Thinking America's Consumption of Corn

March is National Nutrition Month. Registered Dietitian, Holly Betts will discuss why corn is such a productive and versatile crop, yet has been implicated in having a negative impact on the general health of Americans. Corn is consumed by animals and humans, used to make bio-fuel and can be used in place of plastic to make bio-degradable containers. The talk will start with the Modern Marvels documentary on corn.



Date: Sat., Mar. 18

Time: 1:00 – 2:30pm.

Cost: No charge.

Culinary Classes

Pre-registration and payment required for all culinary classes.

Eggs for Lunch or Dinner

Eggs are the perfect protein and perfect for breakfast, lunch or dinner. Nutrition Coordinator, Kristen Malagise will demonstrate how to make a frittata. A frittata is inexpensive, quick-cooking, and a great way to use leftovers. She will also make

a roasted fruit salad for the perfect light supper.

Date: Thurs., Jan. 26

Time: 3:00 – 4:30 pm.

Limit: 8 persons

Cost: \$6.00/person

Cultural Cuisine:

Ireland - See Date Change Below

Professional Chef Mia Costanza will show you how to make Irish Soda Bread. Irish Soda Bread was introduced to Ireland in the 1840's. Before baking, a cross was cut on the top with a knife, to ward off the devil and protect the household. Mia will also demonstrate how to make homemade butter; a fun project to do with children and adults alike!

Date: Sat., Mar. 18

Time: 10:30 – Noon

Limit: 8 persons

Cost: \$6.00/person

St. Patrick's Day Lunch in Sue' Cafe

Chef Ivin will be preparing a traditional Irish dinner to celebrate St. Patrick's Day. Lunch will be served at noon.

Entertainment will be provided by the Hoot Owls. Please make a reservation 24 hours in advance by calling the Center at 203-341-5099. Donation: \$5.00 – \$7.00.

Date: Fri., Mar. 17

Time: Noon - 1:00 pm.



Culinary/Entertainment

Jan., Feb. Mar. 2017

Celebrate National Chocolate Month Events

Americans love chocolate! In fact, collectively Americans eat 2.8 billion pounds of chocolate a year! February is National Chocolate Lover's month. To celebrate, we have planned several events dedicated to the history, nutritional benefits and wonderful flavor of chocolate.



Thursday Afternoon Movie: *Chocolat*

In the award winning movie *Chocolat*, chocolate becomes the key weapon in a battle of sensual pleasure versus disciplined self-denial in this comedy. In 1959, a mysterious woman named Vianne (Juliette Binoche) moves with her young daughter into a small French village, where much of the community's activities are dominated by the local Catholic Church. A few days after settling into town, Vianne opens up a confectionery shop across the street from the house of worship shortly after the beginning of Lent. Rated PG-13 (120 min.)

Date: Thurs., Feb. 2

Time: 3:15 – 5:15pm.

Cost: No charge

How to Make Chocolate Truffles

Professional Chef Mia Costanza will show you how to make chocolate truffles. Mia will also demonstrate how to make homemade butter; a fun project to do with children and adults alike!

Date: Sat., Feb. 11

Time: 10:30 – Noon

Limit: 8 persons

Cost: \$6.00/person

Pre-registration required.

The Health Benefits of Chocolate

The cocoa plant is naturally high in two compounds: flavonoids and flavenols. These compounds are classified as antioxidants which have many health benefits. Our nutrition staff will be showing a documentary on how chocolate is produced and then discuss the health benefits of dark chocolate.

Date: Sat., Feb. 11

Time: 1:00 – 2:30 pm.

Cost: No charge.

History of Chocolate Lecture

Registered Dietitian, Holly Betts will be speaking on the history of chocolate, a food that has been around since 1900 BC.

Following the lecture will be a Tasting of Russian Hot Chocolate.

Date: Thurs., Feb. 16

Time: 6:30 – 7:30 pm.

Pre-registration is required.

Limit: 20 people

Culinary Demonstration: Chocolate Mousse

Nutrition coordinator, Kristin Malagise will demonstrate a healthy chocolate mousse. This recipe comes from the Food Network's Giada De Laurentiis Spa Day Cuisine.

Date: Thurs., Feb. 23

Time: 3:00 – 4:00 pm.

Limit: 10 persons

Cost: \$6.00

Pre-registration is required.

Saturday Socials

Pre-registration and pre-payment required for all socials.

Come Cheer On the UCONN Huskies!

Join us on Saturday, January 28th as the UConn Women's Huskies take on Houston at Noon. The Huskies are 11 time Women's NCAA Division I National Champions and are sure to give

us a good afternoon of fun and excitement. The menu will include buffet style food including soup and sandwiches, chips and dip, game day style snacks. The game will be streamed live in the Media Bay.

Date: Sat., Jan. 28

Time: Noon – 3:00 pm.

Cost: \$8.00 per person.



Culinary/Entertainment

Jan., Feb. Mar. 2017

Guitarist Daniel Corrs to Perform at Saturday Afternoon Coffee House

A Seattle native, Daniel performs throughout North America on modern and 19th Century Romantic guitars. Recent appearances include solo performances with the American Classical Orchestra in NY, at Benaroya Hall with the Seattle Creative Orchestra, and with the Auburn (WA) Symphony under conductor Stewart Kershaw. Coffee, tea and dessert will be served.

Date: Sat., Feb. 25

Time: 1:00 – 2:30 pm.

Cost: \$5.00 per person

Pre-registration required.

Welcome Spring Luncheon

Chef Ivin will be preparing a delicious lunch featuring Roast Chicken with Herb Sauce served with roasted vegetables and a mixed berry parfait for dessert. After lunch Richard “Cookie” Thomas will entertain. Richard is a versatile vocalist who began his career in Philadelphia in 1960 when he opened for B.B. King at the age of 14! His voice is suited to well-known classic standards and he draws inspiration from the likes of Nat King Cole, Frank Sinatra and Johnny Hartman.

Date: Sat., March 11

Lunch: 12:30 pm. – 1:30 pm.

Entertainment: 1:30 – 2:30 pm.

Cost: \$8.00 per person.

Pre-registration required.

Saturday Afternoon Video Concerts

Come take a break and enjoy a music video concert. Please see the flyer rack and the weekly newsletter for upcoming titles and more information.

Dates: Sat. Jan. 14, Feb. 18, Mar. 25.

Time: 1:00 – 2:30 pm.

Cost: No charge.

Thursday Afternoon Mini Series: Eleanor & Franklin

Come see the Emmy award winning mini-series Eleanor and Franklin on the Center’s large screen in the media room. Told from the perspective of Eleanor Roosevelt after her husband’s death, this film chronicles the life and times of FDR and his wife from childhood until his election to the White House. The film provides a behind-the-scenes look at one of the nation’s most famous couples. We will also be showing the sequel “The White House Years.”

Dates: Thurs., Jan. 5th & 12th :

Eleanor & Franklin from 3:15 to 4:45 pm.

Thurs., Jan. 19: The White House Years will be shown from 3:15 to 5:45pm.

Cost: No charge

Wreckers in Tune Performance

Staples High School singing group Wreckers in Tune will be performing at the Center on Thursday, March 9th from 5:30 to 6:30pm. Staples High School prides itself in its variety of after school activities. The club is centered around the idea of gathering the musically gifted students and applying that talent by performing to give back to the local community.

Cost: No charge

Note: This event is open to all ages.

Thursday Afternoon Movie & Dinner: “Sully”

Sully is the story of the “Miracle on the Hudson” when Chesley Sullenberger landed his A320 Airbus in the Hudson River after losing both engines from a bird strike on take-off. The movie will be shown at 3:15pm. Supper will consist of Jersey Mike’s Subs, soup, beverage and dessert. Cost: \$6.00 per person. Movie only is \$3.00. Rated PG-13 (96 minutes).

Date: Thurs., Mar. 2

Time: Movie: 3:15 – 4:45 pm.

Supper is served at 4:45 pm.

Pre-registration is required.

Culinary/Entertainment

Jan., Feb. Mar. 2017

Saturday Afternoon Movie *Harry & the Snowman*

The Snowman of Ron Davis' documentary "*Harry & Snowman*" is a horse that melts the heart. Purchased in the 1950s for \$80 off a truck bound for the slaughterhouse, Snowman became a champion show jumper. And that was only one surprise in the long friendship that began when this scruffy white gelding locked eyes with trainer Harry De Leyer. This film received the NY Times Critic Choice designation and won best documentary in 10 film festivals. (84 minutes)

Date: Sat., Mar. 4

Time: 1:00 – 2:30 pm.

Cost: No charge

First Night Westport 2017

First Night Westport/Weston is a community-wide celebration of New Year's Eve, through the arts. Over thirty events featuring performances for children, teens and adults are presented throughout downtown Westport.

On New Year's Eve, the Center will be hosting the "Survivors Swing Band" from 3:00-4:30 pm.

Remember when you listened, sang and danced to the great old tunes of the 1920's through 1940's? Has it been awhile? Let the Survivors Swing Band revive those memories for you and get your toes a-tappin' and fingers snappin' in the process!

Survivors Swing Band



Buttons are required to attend this event. Buttons cost \$15 each but will be available at \$10 a button from December 1 through December 14 at the Center. (Scholarship buttons are available to those who qualify.)

Buttons may be purchased at the following locations in Westport (and one in Weston):

- Town Hall, First Selectmen's Office, 110 Myrtle Avenue 203-341-1111
- Westport Public Library, 20 Jesup Rd., 203-227-8411
- Weston Hardware, 190 Weston Rd., Weston, 203-227-7995
- Westport Center for Senior Activities, 21 Imperial Ave., 203-341-5099
- Trader Joe's, 400 Post Road East, 203-226-8966



Sue's Café Congregate Luncheon Program



Over the years, the staff has worked extremely hard to offer you a well-balanced, healthy meal with three entrée options through the Senior Nutrition Program of Catholic Charities. We're fortunate to have a chef on-site who prepares these meals daily with your best nutritional needs in mind. These meals are subsidized through the Older Americans Act and Catholic Charities. Unfortunately, as we all know, the cost of fresh foods has risen while at the same time, the funding subsidies have stayed flat since 2008. On top of all this, there are more people who are participating in the congregated meal sites throughout Fairfield County, including Westport so the equation doesn't add up any longer. As a result, as of January 1, 2017 the suggested donation for each meal will increase from \$4.00 – 6.00 to \$5.00 – 7.00. This suggested donation is anonymous so if you can't afford it, we understand. If you can afford it, we appreciate your generosity. All monies received go right back into the program so that we can continue to feed our neighbors and serve you, a delicious meal. A special thank you to Chef Ivin for all his hard food prep and for his commitment to this program.

Exercise/Dance*

Jan., Feb., Mar. 2017

**Please note: All exercise classes require a signed waiver before you can start taking any exercise class.*

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

Dates: Tue., Jan. 3 – Mar. 28

Time: 9:45 – 10:30 am.

13 classes = \$26.00

Thurs., Jan. 5 – Mar. 30

Time: 9:45 – 10:30 am.

13 classes = \$26.00

Advanced Core Strength

A continuation of Core Strength, you must have completed at least one semester-long Beginner Core or Beyond the Basics.

Instructor: Ilene Boyar

Date: Tue./Thurs., Jan.3 – Mar. 30

Time 3:00 – 3:30 pm.

26 classes = \$52.00

Ballroom & Latin Dance

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

Date: Tue., Jan. 3 – Mar. 28

No class Feb. 21

Time: 1:00 – 2:00 pm.

12 classes = \$48.00



Balance, Stretch & Strengthen

This ½ hour class focuses on improving your balance and stability to decrease your risk of falling and injury. Traditional balance exercises combined with stretching and light strengthening exercises will be performed in a small group format.

Dates: Tue., Jan. 3 – Mar. 28

No class Feb. 21

Time: 2:00 – 2:30 pm.

12 classes = \$24.00

Instructor: Nicole Stavola **OR**

Thurs., Jan. 5 – Mar. 30

Time: 3:30 – 4:00 pm.

13 classes = \$26.00

Instructor: Ilene Boyar

Beginner Core Strength

Focus on strengthening the muscles that make up your core: abdominal, lower back, hips and pelvis. Strengthening your core can help improve stability and balance, posture, improve performance in sports such as golf, tennis and paddle ball and reduce the risk of lower back pain and injuries. Exercises are performed both standing and lying down and can be adjusted to a person's individual ability level. Instructor: Ilene Boyar

Date: Mon./Wed., Jan. 4 – Mar. 29

Time 3:00 – 3:30 pm.

23 classes = \$46.00

Dance and Stretch

A dance inspired cardio fitness program that is great for men and women. Learn the basic steps of Merengue, Mambo, Cha Cha,

Foxtrot, Waltz and Tango. No partners required.

Instructor: Sandy Adamczyk

Date: Wed., Jan. 4 – Mar. 29

No class Feb. 22

Time: 1:00 – 2:00 pm.

12 classes = \$48.00

Essentrics with Dyan

Essentrics is a no-impact fitness program that combines stretching and strengthen in a flowing dynamic workout. This unique work rebalances the body, increases mobility and keeps joints healthy and pain free while improving posture.

Instructor: Dyan Castro

Date: Thurs., Jan. 5 – Mar. 30

Time: 9:00 – 10:00 am.

13 classes = \$52.00

Guided Meditation & Physical Practice of Qigong

Discover what the gentle, balancing, healing attributes of this ancient art form can bring you.

Instructor: Deby Goldenberg

Date: Mon., Jan. 9 – Mar. 27

Time: 2:10 – 3:10 pm.

10 classes = \$40.00

Fitness Center

Classes are for individuals who are able to function independently and are not a substitute for formal physical therapy. Our fitness classes concentrate on muscular strength, endurance, core strength, pelvic stability, balance, flexibility, and coordination. Classes are held in a fully equipped work-out room in a warm and friendly environment. Our certified trainers

Exercise/Dance*

Jan., Feb., Mar. 2017

will assist and guide you during these scheduled classes.

Instructor: Brenda Waldron

Dates: Mon., Jan. 9 - Mar. 27

Time: 9:30 – 10:30 am. **OR**

Time: 10:30 – 11:30 am.

10 classes = \$40.00

Tue., Jan. 3 – Mar. 28

Time: 9:30 – 10:30 am. **OR**

Time: 10:30 – 11:30 am.

13 classes = \$52.00

Wed., Jan. 4 – Mar. 29

Time: 9:30 – 10:30 am. **OR**

Time: 10:30 – 11:30 am.

13 classes = \$52.00

Thurs., Jan. 5 – Mar. 30

Time: 9:30 – 10:30 am. **OR**

Time: 10:30 – 11:30 am.

13 classes = \$52.00

Fri., Jan. 6 – Mar. 31

Time: 9:30 – 10:30 am. **OR**

Time: 10:30 – 11:30 am.

13 classes = \$52.00

Open Gym

You must complete at least six weeks of training with a certified trainer in our Fitness Center program. Offered Mon. through Fri. from 7:30 – 9:30 am. Purchase tickets at the front desk. The cost is \$4.00/class or buy 4 tickets and get one free!

Mind and Muscle Hour

Patty Kondub will lead a class that includes brain building, memory games, singing, seated physical activity, and balance & posture exercises. Enjoy physical and mental exercise while having fun and laughs!

Date: Wed., Jan. 4 – Mar. 8

Time: 1:00 – 1:45 pm.

10 classes = \$40.00

Mindful Movement

An interdisciplinary approach to a gentle yoga flow while maintaining comfort, ease and steadiness. Breath awareness is emphasized with a final relaxation period. This practice will be offered on a floor mat or in a chair.

Instructor: Paula Schooler, R.N.

Date: Tue., Jan. 3 – Mar. 28

Time: 7:45 – 8:45 am.

13 classes = \$52.00

Parkinson's Fitness Class

Class will meet every Wed. from 10:15 – 11:00 am. with the exception of the 4th Wed. 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. Offered free of charge, thanks to a grant received from a concerned, caring individual.

No class: Jan. 25, Feb. 22, Mar. 22.

Fight Parkinson's Boxing Program*

The WCSA, Nevah Surrendah, Rehabilitation Associates and Lander Sport & Health Sciences, LLC have partnered to offer a cutting edge program designed to help people who have been diagnosed with Parkinson's Disease. Research demonstrates that repetitive movement patterning along with stimulation of repetitive balance and coordination reactions can positively influence how patients



manage their disease. Seniors who have been diagnosed with mild to moderate and progressive Parkinson's disease will shadow box, do mitt work, work with medicine balls, and various activities to promote balance and dexterity. Instructor: Brenda Waldron is a Certified Rock Steady Boxing Trainer for Parkinson's. **All registrants must attend the first class at 12:15 to be evaluated.**

Participants may be required to bring a spotter with them. Hand wraps may be purchased for \$3.00 each.

Date: Thurs., Jan. 5 – Mar. 30

Time: 1:00 – 2:30 pm.

13 classes = \$52.00

Pilates

An exercise system focused on improving flexibility and strength for the total body with a series of controlled movements engaging your body and mind. **Students must bring their own mat and be able to get up and down from the floor without help.**

Date: Mon., Jan. 9 – Mar. 27

Time: 3:15 – 4:15 pm.

10 classes = \$40.00

Tue., Jan. 3 – Mar. 28

Time: 9:00 – 10:00 am.

13 classes = \$52.00

Thurs., Jan. 5 – Mar. 30

Time: 10:45 – 11:45 am.

13 classes = \$52.00

Thurs., Jan. 5 – Mar. 30

Time: 5:00 – 6:00 pm.

13 classes = \$52.00

Instructor: Charlene Erwin

Exercise/Dance*

Jan., Feb., Mar. 2017

Small Group Personal Training Beginner Level

Each person will receive a personalized strength training program that will focus on the individual's needs and goals. The program includes a cardiovascular warm-up, a stretching routine and strength training using the Fitness Center's equipment. Exercises, weights and progress will be tracked on charts for the participant's use. It is recommended that this class be taken 2x/week to help build strength, bone density, improve balance and reduce risk of injury.

Dates: Mon., Jan. 9 – Mar. 27

Time: 3:30 – 4:30 pm.

10 classes = \$40.00

Tue., Jan. 3 – Mar. 28

Time: 3:30 – 4:30 pm.

13 classes = \$52.00

Thurs., Jan. 5 – Mar. 30

Time: 4:00 – 5:00 pm.

13 classes = \$52.00

Sat., Jan. 7 – Mar. 25

Time: 9:30 – 10:30 am.

9 classes = \$36.00 **OR**

No class: Sat. Jan. 28, Feb. 18,

Mar. 18

Instructor: Ilene Boyar

Small Group Personal Training: Beyond the Basics

This class is a continuation of Small Group Personal Training – Beginner Level.

Each person will continue with their personalized strength training program with new exercises



added for increased variety and challenge. It is recommended that this class be taken 2x/week to help build strength, bone density, increase metabolism, endurance and reduce risk of injury. **Prerequisite:** Must have completed Small Group Personal Training – Beginner Level or a comparable class using exercise machines and free weights.

Dates: Mon., Jan. 9 – Mar. 27

Time: 2:00 – 3:00 pm.

10 classes = \$40.00

Instructor: Ilene Boyar

Dates: Tue., Jan. 3 – Mar. 28

Time: 1:00 – 2:00 pm.

13 classes = \$52.00 **OR**

Time: 2:00 – 3:00 pm.

13 classes = \$52.00

Date: Wed., Jan. 4 – Mar. 29

Time: 2:00 – 3:00 pm.

13 classes = \$52.00 **OR**

Time: 3:30 – 4:30 pm.

13 classes = \$52.00

Instructor: Ilene Boyar

Thurs., Jan. 5 – Mar. 30

Time: 2:00 – 3:00 pm.

13 classes = \$52.00 **OR**

Time: 5:00 – 6:00 pm.

13 classes = \$52.00

Sat., Jan. 7 – Mar. 25

Time: 8:30 – 9:30 am.

9 classes = \$36.00 **OR**

Time: 10:30 – 11:30 am.

9 classes = \$36.00

No class Sat. Jan. 28, Feb. 18 and

Mar. 18

Instructor: Ilene Boyar

Strength Training

This class emphasizes flexibility and balance with hand weights and exercises to stretch and strengthen all muscle groups.

Instructor: Sandy Adamczyk

Date: Mon., Jan. 9 – Mar. 27

Time: 1:00 – 2:00 pm.

10 classes = \$40.00 **OR**

Date: Fri., Jan. 6 – Mar. 31

No class Feb. 24

Time: 10:30 – 11:30 am.

12 classes = \$48.00

Tai Chi

Mari Lewis teaches the traditional Yang Style Tai Chi Chuan, a gentle



form of exercise that builds strength, balance, coordination and focus.

Date: Wed., Jan. 4 – Mar. 29

Time: Beginner: 10:30 – 11:30 am.

Intermediate: 11:30 – 12:30 pm.

13 classes = \$52.00

Reinforcement Tai Chi

A reinforcement class open to all beginner and intermediate students who wish to receive corrections and extra practice.

Instructor: Mari Lewis

Date: Mon., Jan. 9 – Mar. 27

Time: 11:00 – Noon

10 classes = \$40.00

Yoga for Total Health

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

Instructor: Denise O'Hearn

Date: Mon., Jan. 9 – Mar. 27

Time: 8:45 – 9:45 am.

10 classes = \$40.00

Date: Wed., Jan. 4 – Mar. 29

Time: 8:45 – 9:45 am.

13 classes = \$52.00

Exercise/Dance*

Jan., Feb., Mar. 2017

Date: Fri., Jan. 6 – Mar. 31

Time: 8:45 – 9:45 am.

13 classes = \$52.00

Yoga for Wellness

Mindful exploration of breath and movement in a gentle-moderate class, thoughtfully sequenced to increase self-awareness, relieve aches and pains, restore flexibility and strength and experience deep relaxation through guided meditation.

Instructor: Paula Schooler, R.N.

Date: Sat., Jan. 7 – Mar. 25

Time: 8:45 – 9:45 am.

12 classes = \$48.00

Yoga for Wellness Core Strengthening

This class uses posture and breath to focus on building awareness and strength in the deep core to improve posture, develop ease of movement and create an enhanced sense of stability and well being, ending with deep relaxation.

Instructor: Maria Wippick

Date: Sat., Jan. 7 – Mar. 25

Time: 10:00 – 11:00 am.

12 classes = \$48.00

Yoga – Very Gentle

This very gentle class respects all physical limitations, using modified forms of basic yoga poses and guided meditation to promote vitality and rejuvenation and create a sense of overall well being.

Instructor: Maria Wippick

Date: Sat., Jan. 7 – Mar. 25

Time: 11:15 – 12:15 pm.

12 classes = \$48.00

Restorative Yoga

Relax, renew, unplug, a restorative yoga class of calming, quieting meditative poses helping to relieve chronic stress.

A reminder that learning to relax is at the heart of living well.

This practice will be offered on a floor mat or in a chair.

Instructor: Paula Schooler, R.N.

Date: Wed., Jan. 4 – Mar. 29

Time: 2:30 – 3:30 pm.

13 classes = \$52.00

Yoga to Relieve Stress



In this class you will learn strategies to relax and reduce stress. These sessions will help identify common stressors and how to respond when faced with stressful situations. This class is recommended for caregivers.

Instructor: Paula Schooler, R.N.

Date: Sat., Jan. 14 and Mar. 4

Time: 12:30 – 1:30 pm.

2 classes = \$8.00

Therapeutic Yoga



This class includes yoga poses and techniques to help alleviate specific problems such as arthritis, joint discomfort and chronic pain. Learn to be guided through Meditation techniques to help build a foundation for personal practice.

Instructor: Paula Schooler, R.N.

Date: Thurs. Feb. 23 – Mar. 30

Time: 7:45 to 8:45 a.m.

6 classes = \$24.00

Holiday Closing Schedule

Christmas Holiday

Friday, December 23 through
December 26.

New Year's Holiday

Friday, December
30 through Monday, January 2.

Martin Luther King Day

Monday, January 16.

President's Day

Monday, February 20.

Winter Weather Policy

If the Westport Public Schools are closed, the Center will be closed. If the Westport Schools have a delayed opening, the Center will open on a regular schedule. Tune into 96.7 (FM), WEBE 108 (FM), News 12, WFSB Channel 3 or go to www.westportnow.com. You may also call the Center at 203-341-5099.

Foreign Languages and Games

January, February, March 2017

LANGUAGES

Beg./Inter. French

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 and ordering lunch. You'll learn how to ask for directions, etc. **Some basic knowledge of**

French needed.

Instructor: Nell Mednick
Date: Wed., Jan. 4 – Mar. 29
Time: 1:00 – 2:30 pm.
13 classes = \$52.00

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
Date: Wed., Jan. 4 – Mar. 29
Time: 10:30 – Noon
13 classes = \$52.00

Conversational German

You'll speak German from the moment you walk into class to the moment you leave. You'll improve your speaking and listening skills by discussing the headlines in the news and other topics.

Instructor: Nell Mednick
Date: Wed., Jan. 4 – Mar. 29
Time: 2:30 – 4:00 pm.
13 classes = \$52.00

GAMES

Bingo

Join our host Dana Johnson and play different types of Bingo games with your friends.

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

Recreational Bridge

Come and make up your own foursome in the café. Please note: There is no instruction.

Date: Every Monday
Time: 10:00 – 11:30 am. And from 1:15 – 4:15 pm.
Cost: No charge

Bridge Instruction

Learn the language of bidding, scoring, guidelines for play and hand valuation. Come improve your skills and improve your game. This is not a beginner's class.

Instructor: Lenore Ehrensall
Date: Mon., Jan. 9 – Mar. 27
Time: 10:00 – 11:45 am. **OR**
1:00 – 3:00 pm.
10 classes = \$40.00



Beginner's Canasta

Canasta Spanish for "basket" is a card game of the rummy family of games believed to be a variant of 500 Rum. Limit 8 people.

Instructor: Jennifer Barron
Date: Tues. Jan. 3 – Jan. 31
Time: 1:15 – 2:15 pm. **OR**
Date: Wed. Jan 4 – Feb. 1
Time: 10:30 - Noon
5 classes each = \$20.00

Intermediate Mah-Jongg

Mah-Jongg is a game of Chinese origin played by four persons with tiles resembling dominoes and bearing various designs.

~~Instructor: Annette Kirban will get you started.~~ **CANCELED**

~~Dates: Thurs., Jan. 12 – Feb. 9~~
~~Time: 1:15 – 3:00 pm.~~
~~Cost: 5 classes = \$20.00~~

Poker

Come and enjoy the game of poker every Tuesday and Thursday from 9:30 – Noon and from 1:00 – 2:30 pm. in the game room.



Poker Instruction

Nicole Straight has been playing Texas Hold 'em for over 15 years. She plays annually in Las Vegas, as well as in weekly local poker games. She has taught countless people how to play and love the game over the years. She holds a Master's Degree in Education as well as a degree in psychology, both of which are helpful in reading "tells"! She makes learning the game fun and social.

Limit 8 people.
Instructor: Nicole Straight
Date: Wed., Jan. 11 – Feb. 15
Time: 10:30 – Noon
6 classes = \$24.00

Table Tennis

Is set up every Tuesday from 2:00 – 4:00 pm. on a first come first served basis. Additional times can be arranged as space permits. Please call 203.341.5099 to check on availability.

Lectures/Wellness

Jan. Feb. Mar. 2017

AARP Smart Driver Course

This four hour course will review trends and safety tips pertinent to older drivers.



Dates: Fri.,
Jan. 20, Feb.
17, Mar. 24

Time: 9:00 – 1:00 pm.

Cost: \$15.00 AARP member

\$20.00 non-AARP member

Pre-registration and payment with checks made payable to AARP required. Upon successful completion you will receive a certificate which entitles you to a discount on your car insurance.

Art Gottlieb, LCSW, CSA Lectures

Art Gottlieb is a historian and former Flotilla Commander for the U.S Coast Guard Auxiliary, who will share his knowledge on the following subjects each month:

Architecture Series

The Cloisters

The Cloisters were excavated from French monasteries in the 1930's and reconstructed on their present site in the Washington Heights section of upper Manhattan. This Romanesque and Gothic style landmark is part of the Metropolitan Museum of Art, and now serves as a museum of European architecture and sculpture.

Date: Fri., Jan. 27

Time: 10:30 – Noon

Cost: No charge.

Empire State Building

Although no longer the world's tallest building, The Empire State still holds title as New York City's essential skyscraper.

Taking less than a year to build, and opening its doors in the heart of the great depression, the Empire State Building remains a cultural icon and one of New York's most popular tourist destinations.

Date: Fri., Feb. 24

Time: 10:30 – Noon

Cost: No charge.

Golden Gate Bridge

Considered by many to be one of the most beautiful man-made structures ever built, San Francisco's Golden Gate Bridge opened for traffic in 1937 and remained the longest suspension span in the world until 1964.

Date: Fri., Mar. 31

Time: 10:30 – Noon

Cost: No Charge.

Military History Series

Battle of the River Plate

In the early days of World War II, the German warship Graf Spee was cornered in the South Atlantic by three Royal Navy cruisers and, after a running battle, fled into the neutral port of Montevideo. Believing to be outnumbered and unable to escape, Graf Spee's captain ordered his own ship destroyed

rather than surrender to the British.

Date: Fri., Jan. 6

Time: 10:30 – Noon

Cost: No charge.

Women at War: 20th Century

This program will review the history of women's roles during times of conflict during the 20th century. Whether in battle, in the factory farm or home front, women have been an essential element in warfare for every nation. An examination of the different cultural influences and traditions of different nations will be examined.

Date: Fri., Feb. 3

Time: 10:30 – Noon

Cost: No charge.

The Tonkin Gulf Incident: August 1964

In this controversial incident that launched "official" American involvement in Vietnam, two US Navy Destroyers were said to have been attacked by North Vietnamese Torpedo Boats in the Tonkin Gulf. Three days later the "Gulf of Tonkin Resolution" was passed by Congress giving President Johnson unprecedented authority to order military operations against North Vietnam.

Date: Fri., Mar. 3

Time: 10:30 – Noon

Cost: No charge.

Lectures/Wellness

Jan. Feb. Mar. 2017

Ask the Nurse

A registered nurse from Visiting Nurse & Hospice of Fairfield County will be here at the Center on the 2nd and 4th Tuesday of every month from 9:30 – 11:30 a.m. for blood pressure and depression screenings, medication management and any other questions you may have.
Dates: Tues., Jan. 10, Jan. 24, Feb. 14, Feb. 28, Mar. 14, Mar. 28.

~~Bob Berthelson Civil War Series~~

~~Join historian Bob Berthelson for his series on the Civil War. Bob has produced over 50 illustrated lectures including historical documentaries on Connecticut, the American Revolution, Stamp Collecting and much more!~~

~~Sat., Jan. 21: Connecticut's Role in the Civil War, A Summary of the States Activities~~

~~Sat., Feb. 25: From Antietam to Appomattox with the 14th Connecticut Volunteer Infantry~~

~~Sat., Mar. 25: Connecticut's Bohemian Brigade, Journalist's and Artists of the Civil War.
Time: 10:30 – Noon
Cost: No charge.~~

**THIS SERIES
CANCELED**

Byron Matthews Speaks About the Movies

Byron Matthews, a lecturer from the Lifetime Learners Institute, will talk about films and Hollywood.

Sat., Jan. 14 –

Betty Hutton

Cost: No charge

Sat., Feb. 18–Robert Osborne, Host of Turner Classic Movies is interviewed by Alec Baldwin.

Cost: No charge

Sat., Mar. 18 –

Angela Landsbury

Time: 10:30 – Noon

Cost: No charge.



Caregiver Support Group

Managing the care of a loved one can present many challenges in one's life. Art Gottlieb, a Licensed Clinical Social Worker and Certified Senior Advisor will lead this support group to help you cope with this difficult time. This support group is for adult children who may be caregivers for their parents, as well as parents who may be caring for a child with a special need and spouses in the care giving role for their husband or wife.

Information, personal stories and discussion within the support group will remain strictly confidential. Cost: No charge.

Dates: Thurs., Jan. 5, Jan. 19, Feb. 2, Feb 16, Mar. 2,

Time: 5:00 – 6:00 pm. **AND**

Thurs. March 16, 6:00 – 7:00 pm.

Pre-registration is required.

CHOICES Volunteer

CHOICES help Connecticut's older adults and other people with Medicare understand their Medicare and health care options. CHOICES volunteer Jerry Demner will provide information (free of charge) on Medicare, Medigap, Medicare Managed Care, Medicaid, Long Term Care Insurance and other related State & Federal programs.

Date: Fri., Jan. 6, Jan. 20, Feb. 3.,Feb. 24. Mar. 3, Mar. 17

Time: 10:00 – 12:15 pm.

Please call 203-341-5099 to schedule an appointment.

Cross Country Travel

Lecture

Staples Senior, Charlotte Rossi spent her summer vacation



traveling cross country by bicycle. Her trip started in Charleston, South Carolina with a ceremonial dip of her front tire in the Atlantic ocean and 3,200 miles and six weeks later her group arrived in Santa Monica California for another ceremonial dip in the Pacific!

Date: Sat., Feb. 11

Time: 10:30 – 11:30 am.

Cost: No charge

Lectures/Wellness

Jan. Feb. Mar. 2017

Current Events

Facilitator, Jon Fox leads a dynamic, interactive discussion every Tue. from 10:30 – 11:45 am.

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: No charge.

Pre-registration is required.

Documentaries

A documentary film will be shown every Wed. at 2:15 pm. A schedule of titles is located in the activity rack by the café. If you have a documentary that is less than 90 minutes that you would like to share with the Center, please see Holly Betts, RD., Program Manager or place in the suggestion box.

Every Wednesday.

Time: 2:15 – 4:00 pm.

Cost: No charge.

Dr. Propper: Philosophy, Science and the Art of Chiropractic Medicine

Local chiropractor, Dr. Adam Propper will discuss three topics:

Tues., Jan. 17 - Philosophy - The Logics of healing: The 33 Principles From Dr. BJ Palmer, D.C. Laws of Life

Tues., Feb. 14 - The Science of Healing: Applying

Tues., Mar. 14 - The Art of Healing -The Art of Finding and Reducing the Effect of the "X"

Factor (Subluxation) to Turn On Life In the Body.

Time: 12:45 – 1:45 pm.

Cost: No charge.

“Focus on Contemporary Issues”

This course facilitated by Art Gottlieb will feature an in-depth discussion centered solely on one issue in the current news cycle.

The featured topic will be examined from every relevant viewpoint and will include active input from the audience. Subject matter will be chosen near the actual presentation date. Those wishing to make suggestions of topics for discussion or wanting to know in advance the week’s selection are invited to contact Mr. Gottlieb at agott@optonline.net

Dates: Sat., Jan. 7, Feb. 4, Mar. 4

Time: 10:30 – 11:30 am.

Cost: No charge.

Hearing Screenings: David & Lisa Ogilvy

AA Hearing Aid Center will be here to provide free hearing screenings and hearing aid care once a month at the Center.

David Ogilvy, BC-HIS is board certified in Hearing Instrument Sciences and his wife Lisa is a licensed hearing instrument specialist.

To make an appointment for any of these services, kindly call the Center at 203-341-5099.

Date: Wed., Jan. 11, Feb. 15

Time: 9:00 – 11:30 am.

Cost: No charge.

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 2015 returns. Counselors will be available by appointment only. It is important to bring all of your income expense documents as well as a copy of last year’s return with you. Wednesday February 1 through April 12 appointments run from 9:00 am. to 3:30 pm. Thursday February 2 through April 13 from 1:00 to 6:30 pm. **Please call 203-341-5099 to make an appointment.**

Just for Women

This women’s group will be an open forum for discussion. Guest speakers will be invited.

~~Occasionally, a film relevant to women will be shown.~~

Facilitator: Mildred Bunche, LPC

~~Dates: Thurs., Jan. 5, Jan. 19, Feb. 2, Feb. 16, Mar. 2, Mar. 16~~

~~Time: 3:30 – 4:30 pm.~~

~~Cost: No charge. **CANCELED**~~

~~Pre-registration is required.~~

Learn to Relax with Self Hypnosis

This is not the entertainment hypnosis. Sonia Katz teaches focused concentration that allows

Lectures/Wellness

Jan. Feb. Mar. 2017

one to relax and relieve stress. Self hypnosis is very similar to the relaxed state that occurs right before you go off to sleep. Sonia has been practicing self-hypnosis for 40 years and received certification from Omni Hypnosis. Limit: 12 people.

Dates: Tue., Jan. 10, 17, 24

Time: 2:15 – 3:15 pm.

Cost: No charge.

Pre-registration is required.

Learning Disability Workshop for Grandparents

This workshop is designed for seniors who have a school age family member with a learning disability. This workshop will begin with the F.A.T. City Video “Understanding Learning Disabilities: How Difficult Can This Be?” followed by a discussion on helpful suggestions and hints to help your young student learn and reduce frustration, anxiety and tension. This workshop will be led by Eva Clements, M.Ed. Eva worked as an administrator in private schools in New York City and Connecticut working to establish programs for students with learning differences and attention difficulties.

Date: Sat., Mar. 11

Time: 10:00 – Noon.

Cost: No charge.

Pre-registration is required.

Limit: 20 persons

Leonard Bernstein

Music Lecture

Leonard Bernstein would be 99 years old in 2017. Drew Auth, a Board Member of the Greater Bridgeport Symphony (GBS) will be speaking on the life of Leonard Bernstein. The (GBS) will be celebrating his music with “Bernstein at 99!” on Saturday, March 18 at the Klein Memorial Auditorium. The Connecticut Chamber Choir and the Fairfield County Children’s Choir will join GBS in presenting the music of Leonard Bernstein.

Date: Tues., Mar. 14.

Time: 11:00 – Noon

Cost: No charge.

Let’s Talk

A counselor from Jewish Family Services will facilitate a discussion on any subject matter that may be on your mind. Come and express your issues and concerns in a safe and supportive environment.

Dates: Tue., Jan. 3 – Mar. 28

Time: 1:00 – 2:00 pm.

Cost: No charge.

Pre-registration is required.

Lisa Arnold: Watercolorists

Lisa will present three lectures on watercolorists with their own distinctive styles. Lisa will explore the techniques of John Singer Sargent (yes, he loved this medium), as well as Winslow

Homer and Paul Klee. Lisa will talk about the medium, their palate choices and more.

Dates: Mon., Mar. 6, Mar. 13, Mar. 20

Time: 10:30 – Noon

Cost: No charge.

Live with Lisa

Please join Probate Judge Lisa Wexler as she discusses a



variety of matters heard in Probate Court and the legal requirements to appoint conservators. Judge Wexler will also address the Probate Court process in terms of the function of the court and its jurisdiction. Lisa Wexler has been a Westport resident since 1989.

Lisa serves the Westport/Weston district. Lisa has been a lawyer for 30 years, having graduated Johns Hopkins University with Honors and the New York University School of Law.

Date: Mon., Jan. 9, Tue. Feb. 14

Time: 11:00 – Noon

Cost: No charge.

Managing Your Cholesterol Workshop

Everyone age 20 and older should have his or her cholesterol measured at least once every five years. A blood test called a lipoprotein panel can help show whether you're at risk for coronary heart disease by looking at substances in your blood that carry cholesterol. Cholesterol is both our friend and foe at normal levels, it is an essential substance

Lectures/Wellness

Jan. Feb. Mar. 2017

for the body's normal functioning, but if levels in the blood get too high, it becomes a silent danger that puts us at risk of a heart attack. Participants will be asked to come for a fasting cholesterol screening. This will be followed by a three session lecture and food demonstration on how to manage your blood cholesterol. Instructors: Monica Wheeler, RN., Loren Pace, RN. and Holly Betts, RD. *The screening will take place on March 7th from 8:30am. to 9:30am. Please call the Center and make an appointment.* Workshop Times: Tues., Mar. 14, Mar. 21 and Mar. 28

Time: 1:00 – 2:30 pm.

Cost: \$25 for the Fasting Blood Screening.

Limit: 15 persons

Please pay by cash or check made out to the WWHD.

Pre-registration is required.

Note: Participants are signing up for all 3 sessions as well as the Cholesterol screening. Please call the Center at 203-341-5099 to make an appointment for your screening.

Mindfulness Meditation

~~“A practical way to improve your physical and emotional health.” Mindfulness is a nonjudgmental, supportive way of being, that keeps one’s awareness in the present moment that can be practiced at any time and in any setting. It is an excellent educational tool that minimizes stress, sleep disturbances, headaches, anxiety and blood pressure. Attend this seminar and open up a new and beneficial way~~

~~of being. Facilitator, Mildred Bunche, LPC **CANCELED**~~

~~Date: Tue., Jan. 3 – Mar. 28~~

~~Time: 2:00 – 3:00 pm.~~

~~13 classes = \$52.00~~

~~Pre-registration is required.~~

Mind as Healer Mind as Slayer: Mindful Healing and Contemplative Medicine with Dr. Paul Epstein

A practical, informative and experiential course on leading a happy and healthy life and staying and growing young as you age.

Dr. Epstein will teach, guide, coach and empower you on how to take better care of yourself to be well and stay well regardless of issue and age. Dr. Epstein is a naturopathic physician practicing in Westport. Workshop topics include:

Thurs., Jan. 12: Clues to Slowing Aging, A New Path to Longevity To Add Years to Your Life and Add Life to Your Years

Thurs., Jan. 19: Face the Music and Dance: Reflection, Relationship & Resilience ... From Age-ing to Sage-ing

Thurs., Jan. 26: Train Your Mind, Change Your Brain. You Can Teach an Old Dog New Tricks From Hardwired Brain to a Rewired Brain: Mindfulness & Neuroplasticity

Thurs., Feb. 9: Body, Mind, Spirit Resilience: Facing and Relating to Stress, Pain and Illness as Teacher and Opportunity.

Thurs., Feb. 16: The Best of Times Is NOW. The Healing Power Of Living in the Present Moment

Thurs., Feb. 23: Awakening Joy: Choose Happiness Now. Time: 10:45 – 11:45am. Cost: No charge Pre-registration required.

Mona Garcia: Queen Victoria's Daughters

Please join us for a three-part series on the daughters of Queen Victoria.

Mon., Feb. 6: Victoria, the mother of Kaiser Wilhelm II.

Mon., Feb. 13: Alice: the mother of Empress Alexandra of Russia.

Mon., Feb. 27: Beatrice, who stayed with her mother until the end. Dr. Garcia taught European history at the college level and is on staff at the Fairfield Public Library.

Time: 10:30 – 11:30 am.
Cost: No charge.

Lectures/Wellness

Jan. Feb. Mar. 2017

Parkinson's Support

Facilitated by Paul Green and Robert Stokes, this group will share challenges, techniques, support and knowledge. Professional guest speakers are often invited to share their knowledge. Family and caregivers are welcome.
Date: Wed., Jan. 25, Feb. 22, Mar. 22
Time: 10:00 – Noon
Cost: No charge.
Pre-registration is required.

Pet Safety Talk:

Melissa Shapiro,



Veterinarian

Dr. Shapiro will be coming to speak at the center about her work as a house call veterinarian over the past 24 years. She will bring two of her rescued shelter dogs who will entertain and visit with the audience. Dr. Shapiro will discuss pet safety (household toxins, car safety, fencing etc.). Dr. Melissa Shapiro is a graduate of Purdue University, School of Veterinary Medicine. She did a rotating internship at the Animal Medical Center in NYC, and a residency in Small Animal Internal Medicine at the University of Pennsylvania Veterinary School.

New Date: Sat., Jan. 28

New Time: 9:30 – 10:30 am.

Cost: No charge.

Note: This lecture is open to all ages.

Sea Glass Secrets: Art with Sea Glass Lecture

Alyssa Shapiro will be here to tell of her hobby which became a business of creating art with seaglass. Alyssa started collecting sea glass some 25 years ago while walking the beaches of Barbados. After collecting almost 200 pounds of sea glass, from near and far, Alyssa decided to turn the glass into art. She photographs her art and then makes greeting cards that she sells to local shops.
Date: Sat., Jan. 21
Time: 1:00 -2:00 pm.
Cost: No charge.

Time to Order Your Seeds!

Diana Ringelheim, UCONN master gardener will be here to answer your questions about placing your seed orders. Bring your seed catalogs!
Date: Tues., Feb. 28
Time: 11:00 – Noon
Cost: No charge.



Westport Reads

Book Discussion



The selection for Westport Reads for 2017 will be **Bettyville** by George Hodgeman. The book traces the life of the author

and his aging mom. The Westport Public Library and the Center will be sponsoring events during the month of January. We have been invited to join the Page Turners book group on Tuesday January 17th to discuss the book.

Date: Tues., Jan. 17

Time: 11:00 - Noon

Cost: No charge.

Note: This group meets at the Westport Public Library, 20 Jessup Road in the Sheffer Reading Room.

Books are available at the Center's front desk or at the Westport Public Library.

Cost: No charge.

Pre-registration is required by calling the Center at 203-341-5099.

Westport Historical Society Gallery Talk:

Historical Costumes

At the Historical Society, we have some very talented people who love to share their expertise with others. Currently, they have a terrific costume committee, working on fashion of the 19th century. Cheryl Bliss is a wonderful archivist and costume curator and she will present an engaging "show and tell" with artifacts from their costume collection.

Date: Tues., Feb. 21

Snow date: Tues., Feb. 28

Time: 1:30 – 2:30 pm.

Cost: No charge.

Pre-registration is required.

This lecture will meet at the Westport Historical Society.

Lectures/Wellness

Jan. Feb. Mar. 2017

What Are You Holding On To?

Take back your home from clutter and chaos! Join Westport resident Tracy Boyce for this 3 part step by step seminar using Feng Shui as a tool to regain control over your environment. The first session focuses on clutter: what is it why is it so hard to get rid of, and what you can do to conquer it. In the second session, you'll examine clutter and free space and how to be the "master of your domain". Explore how to make that space best suit your lifestyle. In the final session, Tracy will share tips and suggestions on bringing positive energy into your home to create a new and vital space. Each session is one hour. Questions, comments, and exchange of ideas are encouraged. Tracy is the founder of Tracy Boyce Feng Shui, globally recognized in expertise using Feng Shui as a tool for residential and commercial solutions for design, organizing, and staging problems. Tracy is a proud resident of Westport.

Date: Tues., Jan. 10, Jan. 17, Jan. 24

Time: 10:30 – 11:30 am.

Cost: No charge.

Pre-registration is required.

The Westport Library Update: What's New?

Come meet Jennifer Keller, Program Specialist from the Westport Public Library. Jennifer will share "happenings" at the library, new services and the

latest new books hitting the shelves. Calendars and schedules from the library will be distributed.

Dates: Wed., Jan. 18, Feb. 15, Mar. 15

Time: 2:15 pm.

Cost: No charge.

Westport Police Detective John Rocke to Visit

Detective Rocke will be in Sue's Café from 10:00 – 11:00 am. To informally chat about police matters, ID theft, scams and to answer any questions or concerns you may have. Come and have a chat with John.



Dates: Fri., Feb. 17, Mar. 17

Writer's Workshop

Now in its second year, The Writer's Workshop is designed to inspire and support the individual exploration and creative goals of each participant. We welcome both experienced writers and newcomers to the process. Through exercises, readings, prompts, informal instruction and guided discussion, we strive to foster personal growth and accomplishment. So if you have a work in progress, a story that's been stuck inside your head, moments you would like to commit to memory, or you're simply moved by words, this workshop is for you.

Instructor: Jan Bassin – Writing Coach and Consultant.

Dates: Wed., Jan. 11 – Mar. 29

No class Mar. 22

Limit: 8 people

Time: 10:30 – Noon.

11 Classes = \$44.00

Pre-registration & payment required.

From the Director, Sue Pfister...



Well, it has been another fabulous year at the Center with many new folks utilizing our beautiful facility and many "regulars" partaking in our daily programs. This has all led us to the point of needing to enhance, re-purpose and perhaps expand our wonderful Center. The Enhancement Committee appointed by First Selectman, Jim Marpe has been hard at work analyzing space, needs, demands, programs, improvements, parking, etc. I'm pleased to announce that A+R Architecture has been awarded the Request for Proposal (RFP) for the design and schematic segment of this project. Within a very short time, there will be exciting renderings for all of us to view and share in the excitement. In the meantime, if you every have any questions, comments or suggestions please share them with me via a call at 203.341.5098 or by email at spfister@westportct.gov

Enjoying Your Computer

Westport Center for Senior Activities

January, February, March, 2017

iPad Classes – Bring fully charged iPad to class with Apple IDs and Passwords

Advanced Word

This class is designed for those who have used Word for simple documents but want to learn more. We cover advanced editing such as setting tabs, move and copy, headers and footers. In addition, we cover special features chosen by the class such as columns, inserting pictures, and others.

Instructor: Joan Singer

Dates: Mon. Feb. 6 – Mar. 6

Time: 10:00 – Noon

Cost: \$48.00

Instructor: Joan Singer

Computers 101

Intimidated by the word “technology?” Learn the basics with the mouse and keyboard. Learn email, word processing, social networking, internet, and more. This class is useful for both Mac and PC users.

Instructor: Alan Weaver

Dates: Tues. Mar. 21 & Thurs. Mar. 23 from 10:00 to 1:00 pm. and Tues. Mar. 28 from 10:00 to Noon.

Cost: 3 classes = \$70.00

Intermediate iPhone/iPad

For those of you familiar with the basics, students will discover the



settings feature, organizing tips, more on apps, security, and increasing the pleasure and knowledge you get from it.

Instructor: Alan Weaver

Date: Thurs. Mar. 16

Time: 10:00 – 1:00 pm.

Cost: \$35.00

Internet/Web Classes

Introduction to the Internet

This is an overview of the most popular uses of the Internet. It covers how to get on the Internet, how to go directly to websites; search for information, email and a taste of popular websites including social networks.

Instructor: Joan Singer

Dates: Mon. Mar. 13, Mar. 20, Mar. 27

Time: 10:00 – Noon

Cost: 3 classes = \$60.00

Intro to eBay

eBay is a great source to sell and buy! This class demonstrates both. Instructor will show you how to seek out merchandise, list your item, methods to determine value.

As considerable information is presented, there is no hands-on.

Instructor: Alan Weaver

Date: Fri. Mar. 24

Time: 10:00 – 1:00 pm.

Cost: \$30.00

Introduction to the Mac

This class complements Computers 101. Discover the Mac, learning what the ports are for, customization, folders and files. Work with a flash drive (bring one

to class). Discover the apps that are included on it. Get online with Wi-Fi, learn how to download apps. Bring your own MacBook. If you wish to download free “apps” we will set up an iTunes account. Prerequisite: familiarity with the keyboard.

Instructor: Alan Weaver

Date: Tues. Mar. 7

Time: 1:00 – 4:00 pm.

Cost: \$35.00

Introduction to the iPad

(Designed for those with iPad2 and higher.)

~~This is a hands-on class for those with little or no iPad experience. This class covers: external buttons and switches, finger movements, typing and organizing the screen, taking pictures with the camera, accessing the internet, sending and receiving emails and learn about other Apps and how to acquire new ones.~~ **CANCELED**

~~Instructor: Joan Singer~~

~~Dates: Mon. Jan. 9, Jan. 23, Jan. 30~~

~~Time: 10:00 – Noon~~

~~Cost: 3 classes = \$60.00~~

Introduction to Windows 10

Bring in your fully charged Windows 10, laptop where you'll discover many of the new features. Have your power cord, and user identification and passwords so you can use all its features. Instructor will have a device that you can practice on.

Instructor: Alan Weaver

Date: Thurs. Mar. 16
Time: 1:00 – 4:00 pm.
Cost: \$35.00

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, 2:30 – 4:00 p.m.

Student Volunteers for Computer/Technology Device Help.

These student volunteers can assist you with your laptop, smart phone or tech device.

Ethan Lindenbaum, a Staples High School student, will be at the Center to assist you with any computer, website, iPad, iPhone or Android cell phone dilemmas you may have. This is a weekly drop in clinic and no appointment is necessary. Every Thursday from 3:00 to 4:30 p.m. No charge. Ethan will not be here: Jan. 12 & Feb. 16

Volunteer **Hannah Bolandian**, Staples High School student, will be here to offer you one-on-one assistance with your computer or smart phone. She can assist you in the iPhone, iPad, tablets, laptops, desktops, MAC and PC platforms. One hour appointments can be made at the front desk or by calling the Center at 203-341-5099.

Please specify what you need help with when you make the appointment.

Note: Hannah will not be available Jan. 14 and Feb. 18.

Time: 1:00 to 2:30pm.

Cost: \$4.00 per appointment

Did YOU Know...

- The Center currently has participants in the age range of 60 – 98.5 years of age?
- The congregate meal program served 11,593 meals fiscal year 2015-16?
- The Center averages 26 programs per day?
- The Center has its own FaceBook page?
- That Meal Program Coordinator, Yoshi Mori had a beautiful daughter, Naomi on October 15th?
- That Municipal Agent, Kristen Witt is available to meet with you privately either at the Department of Human Services, Town Hall or at the WCSA simply by calling her at 203.341.1050 for an appointment?
- If you are a Westport resident are eligible for any type of means tested program that you are eligible to have two classes scholarshiped per semester?

Inspiring Quotes...

"Your time is limited, so don't waste it living someone else's life. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition."

Steve Jobs

"I hope your dreams take you to the corners of your smiles, to the highest of your hopes, to the windows of your opportunities, and to the most special places your heart has ever known."

Anonymous

"The future belongs to those who believe in the beauty of their dreams"

Eleanor Roosevelt

"What lies behind us, and what lies before us are small matters compared to what lies within us."

Ralph Waldo Emerson



DAILY CALENDAR

Mondays: January 9 - March 27

(No Classes Jan. 16, Feb. 20)

- 7:30 - Open Gym
- 8:45 - Yoga for Total Health
- 8:30 - Open Gym
- 9:30 - Fitness Class
- 10:00 - Bridge Instruction with Lenore
- 10:00 - Recreational Bridge
- 10:00 - Oil Colors
- 10:00 - Advanced Word (2/6-3/6)
- ~~10:00 - Intro to the iPad (1/9,1/23,1/30)~~ **CANCELED**
- 10:00 - Intro to the Internet (3/13, 3/20, 3/27)
- 10:30 -Zen Doodling (1/23-2/27)
- 10:30 - Fitness Class
- 10:30 -Mona Garcia: Queen Victoria's Daughters (2/6, 2/13,2/27)
- 10:30 - Lisa Arnold: Watercolorists (3/6, 3/13, 3/20)
- 11:00 - Tai Chi: Reinforcement Class
- 11:00 - Live with Judge Lisa Wexler (1/9)
- Noon - Café Luncheon, Reservations Required
- 1:00 - Nutrition Talks (3/6)
- 1:00 - Bridge Instruction with Lenore
- 1:00- Addressing Artist Block (1/9 -2/13)
- 1:00- The Richness of Colored Pencils and/or Pastels (2/27-3/27)
- 1:00 - Strength Training with Sandy
- 1:15 - Recreational Bridge
- 2:00 - Small Group Personal Training-Beyond the Basics
- 2:10 - Guided Meditation & Physical Practice of Qigong
- 3:00 - Beginner Core Strength Training
- 3:15 - Pilates
- 3:30 - Small Group Personal Training: Beginner Level

Tuesdays: January 3 - March 28

- 7:30 - Open Gym
- 8:30 - Open Gym
- 7:45 - Mindful Movement
- 9:00 - Pilates
- 9:30 - Fitness Class
- 9:30 - Cards/Poker
- 9:30 - Ask the Nurse/Blood Pressure Screening
(1/10, 1/24, 2/14, 2/28, 3/14, 3/28)
- 8:30 - Fasting Cholesterol Screening (3/7) By appointment.
- 9:45 - Aerobic Chair Exercise
- 10:00 - Drawing & Watercolor
- 10:00 - Computers 101 (3/21, 3/28)
- 10:30 - Fitness Class
- 10:30 - Current Events with Jon Fox
- 10:30 - What Are You Holding Onto? (1/10, 1/17, 2/24)
- 11:00 - Westport Reads: Bettyville Discussion Group (Jan. 17)
Meets at the Library.
- 11:00 - Time to Order Your Seeds (2/28)
- 11:00 - Leonard Bernstein Music Lecture (3/14)
- 11:00 - Live with Judge Lisa Wexler (2/14)
- Noon - Café Luncheon, Reservations Required
- 12:45 - Dr. Adam Propper: Art of Chiropractic Medicine - (1/17, 2/14, 3/14)
- 1:00 - Cards/Poker
- 1:00 - Knit One - Nibble One
- 1:00 - Sculpture
- 1:00 - Ballroom & Latin Dance (No class 2/21)
- 1:00 - Let's Talk (1/3-3/28)
- 1:00 - Managing Your Cholesterol (3/14, 3/21, 3/28)
- 1:00 - Intro to the Mac (3/7)
- 1:00 - Small Group Personal Training: Beyond the Basics
- 1:15 - Beginner's Canasta (Jan. 3- Jan. 31)
- 1:30 - Westport Historical Society: Costumes 2/21 (Snow date 2/28)
Meets at the Historical Society
- ~~2:00 - Mindfulness Meditation~~ **CANCELED**
- 2:00 - Table Tennis, By Appointment
- 2:00 - Balance, Stretch and Strengthen Class (No class 2/21)
- 2:00 - Small Group Personal Training: Beyond the Basics
- 2:15 - Learn to Relax with Self Hypnosis (1/10, 1/17, 1/24)
- 3:00 - Advanced Core Strength Training
- 3:30 - Small Group Personal Training: Beginner Level

Wednesdays: January 4 - March 29

- 7:30 - Open Gym
- 8:30 - Open Gym
- 8:45 - Yoga for Total Health
- 9:00 - Hearings Screening (1/11, 2/15)
- 9:00 - The Drawing & Painting School
- 9:00 - Income Tax Assistance (2/1-4/12)
- 9:30 - Fitness Class
- 10:00 - Parkinson's Support Group (1/25, 2/22, 3/22)
- 10:15 - Parkinson's Fitness Class (No class 1/25, 2/22, 3/22)
- 10:30 - Fitness Class
- 10:30 - Beginner Canasta (1/4 - 2/1)
- 10:30 - Poker Instruction (1/11-2/15)
- 10:30 - Conversational French with Nell
- 10:30 - Tai Chi, Beginners
- 10:30 - Writer's Workshop (1/11-3/29) No class 3/22
- 11:30 - Tai Chi, Intermediate
- Noon - Café Luncheon, Reservations Required
- 1:00 - Beg./Inter. French Class with Nell
- 1:00 - Open Craft Workshop
- 1:00 - Dance & Stretch w/Sandy (No class 2/22)
- 12:45 - Mind & Muscle Hour: Patty Kondub (1/4-3/8)
- 2:00 - Small Group Personal Training: Beyond the Basics
- 2:15 - The Westport Library Update (1/18, 2/15, 3/15)
- 2:15 - Movie, Documentary - Weekly (See schedule in activity rack)
- 2:30 - Conversational German
- 2:30 - Restorative Yoga
- 3:00 - Beginner Core Strength Training
- 3:30 - Small Group Personal Training: Beyond the Basics

Thursdays: January 5 - Mar. 30

- 7:30 - Open Gym
- 7:45 - Therapeutic Yoga (2/23 - 3/30)
- ~~7:45 - Strength, Tone & Stretch~~ **CANCELED**
- 8:30 - Open Gym
- 9:00 - Essentrics
- 9:30 - Cards/Poker
- 9:30 - Fitness Class
- 9:45 - Aerobic Chair Exercise
- 10:00 - Open Art Studio
- 10:00 - Open Workshop with Nor (3/2-3/30)
- 10:00 - Intermediate iPad (3/16)

10:00 - Computers 101 (3/23)
 10:30 - Fitness Class
 10:45 - Dr. Paul Epstein: Mind as Healer (1/12, 1/19, 1/26, 2/9, 2/16, 2/23)
 10:45 - Pilates
 Noon - Café Luncheon, Reservations Required
 1:00 - Fight Parkinson's Boxing Program
 1:00 - Cards/Poker
 1:00 - Joy of Painting
 1:00 - Intro to Windows 10 (3/16)
 1:00 - Income Tax Assistance (2/2-4/13)
~~1:15 - Intermediate Mah Jongg (1/12-2/9)~~ **CANCELED**
 1:15 - Bingo with Dana
 2:00 - Small Group Personal Training: Beyond the Basics
 2:30 - Restorative Yoga
 3:00 - Computer Help with Ethan (No class 1/12, 2/16)
 3:00 - Advanced Core Strength Training
 3:00 - Culinary Class: Eggs for Lunch or Dinner (1/26)
 3:00 - Culinary Demo: Chocolate Mousse (2/23)
 3:00 - Culinary Demonstration: Dietetic Interns (3/9)
 3:15 - Eleanor & Franklin Mini Series (1/5, 1/12, 1/19)
 3:15 - Movie: Chocolat (2/2)
 3:15 - Dinner & Movie: Sully (3/2)
~~3:30 - Just for Women (1/5, 1/19, 2/2, 2/16, 3/2, 3/16)~~ **CANCELED**
 3:30 - Balance, Stretch and Strengthen Class
 4:00 - Small Group Personal Training: Beginner Level
 4:30 - Still Life (No class 3/23, 3/30)
 5:00 - Small Group Personal Training: Beyond the Basics
 5:00 - Pilates
 5:00 - Caregivers Support Group (1/5, 1/19, 2/2, 2/16, 3/2, 3/16)
 5:30 - Wreckers in Tune Singing Group Performance (3/9)
 6:30 - The History of Chocolate Lecture (2/16)

Fridays: January 6 - March 31

7:30 - Open Gym
 8:30 - Open Gym
 8:45 - Yoga for Total Health
 9:00 - AARP Smart Driver Course (1/20, 2/17, 3/24)
 9:30 - Fitness Class
 10:00 - CHOICES Counselor (1/6, 1/20, 2/3, 2/24, 3/3, 3/17)
 10:00 - Intro to eBay (3/24)
 10:00 - Beading, Jewelry & Stained Glass Instruction
 10:00 - Friendly Visit with Wspt. Police Det. Rocke (2/17, 3/17)
 10:30 - Fitness Class

10:30 - Strength Training with Sandy (No class 2/24)
 10:30 - Art Gottlieb: The Cloisters (1/27)
 10:30 - Art Gottlieb: Empire State Building (2/24)
 10:30 - Art Gottlieb: Golden Gate Bridge (3/31)
 10:30 - Art Gottlieb: Battle of the River Plate (1/6)
 10:30 - Art Gottlieb: Women at War (2/3)
 10:30 - Art Gottlieb: The Tonkin Gulf Incident (3/3)
 Noon - Café Luncheon, Reservations Required
 1:00 - Mastering the Medium of Your Choice
 2:30 - Computer Clinic with Andree Brooks

Saturdays: January 7 - March 25

8:30 - Small Group Personal Training: Beyond the Basics
 (No class 1/28, 2/18, 3/18)
 8:30 - Open Art Studio
 8:45 - Yoga for Wellness with Paula Schooler, RN
 9:30 - Small Group Personal Training: Beginner Level
 (No class 1/28, 2/18, 3/18)
 9:30 - Pet Safety: Melissa Shapiro DVM (1/28)
 10:00 - Core Strength Yoga
 10:00 - One-On-One Computer Training with Jared (No class 2/18, 2/25)
 10:00 - Learning Disability Workshop (3/11)
 10:30 - How to Make Chocolate Truffles (2/11)
 10:30 - Cultural Cuisine: Ireland (3/11)
~~10:30 - Bob Berthelson Civil War History Series (1/21, 2/25, 3/25) **CANCELED**~~
 10:30 - Byron Mathews Speaks About the Movies (1/14, 2/18, 3/18)
 10:30 - Focus on Contemporary Issues - Art Gottlieb (1/7, 2/4, 3/4)
 10:30 - Cross Country Travel Lecture (2/11)
 10:30 - Small Group Personal Training: Beyond the Basics
 (No class 1/28, 2/18, 3/18)
 11:15 - Very Gentle Yoga (No class 2/18, 3/18)
~~11:30 - Small Group Personal Training: Beginner Level **CANCELED**~~
 12:00 - Saturday Social - UCONN Huskies Woman's Basketball Game (1/28)
 1:00 - Sea Glass Art Lecture (1/21)
 1:00 - Saturday Coffee House with Daniel Corrs (2/25)
 1:00 - The Health Benefits of Chocolate (2/11)
 1:00 - Saturday Movie: Harry & the Snowman (3/4)
 12:30 - Yoga to Relieve Stress (1/14,3/4)
 12:30 - Saturday Social - Welcome Spring Lunch (3/11)
 1:00 - Re-Thinking America's Consumption of Corn (3/18)
 1:00 - Saturday Afternoon Music Video Concerts (1/14, 2/18, 3/25)
 1:00 - One-On-One Computer Assistance with Hannah (No class 1/14, 2/18)

~~~~~

# The Westport Center for Senior Activities

Registration Worksheet

1<sup>st</sup> Quarter 2017

Westport Residents: Registration Starts Monday, Dec. 5 at 7:30 a.m.  
Out-of-Town: Registration Starts Monday, Dec. 12 at 7:30 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, with Westport residents getting priority.**

**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 203-341-5099.**

**Registration fees will be accepted via cash, check or credit card (with a convenience fee of 2.45%.) 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> |
|---------------------------|---------------|----------------|----------------------------------|------------|
|                           |               |                |                                  | \$         |
|                           |               |                |                                  |            |
|                           |               |                |                                  |            |
|                           |               |                |                                  |            |
|                           |               |                |                                  |            |
| LATE FEE.....             |               |                |                                  |            |
| TOTAL PAYMENT<br>DUE..... |               |                |                                  | \$         |

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_  
 Westport Resident? \_\_\_\_ Yes \_\_\_\_ No      Date: \_\_\_\_\_

If you would like to receive an email of weekly upcoming Center events and YOU ARE NOT already on our list, please provide your email address below:

\_\_\_\_\_

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