Class Descriptions & Instructor Biographies

The Westport Center for Senior Activities (WCSA) is dedicated to enhancing the quality of life for adults aged 60 years or older by offering the opportunity to continue to learn and develop, maintain optimum physical, mental, and social well-being, and to enjoy recreation and companionship in a pleasant and safe environment. The WCSA offers programs in fitness, the arts, culinary, language studies, wellness, current events, and support groups. Below is a list of class descriptions followed by the instructor's biographies in alphabetical order.

PLEASE CHECK THE CURRENT SEMESTER'S CLASS LIST SINCE NOT ALL CLASSES LISTED HERE ARE OFFERED WITHIN THE SAME SEMESTER.
THIS IS A COMPREHENSIVE LIST OF CLASS DESCRIPTIONS.

Art, Writing, & Music Classes

*Please see the art supply list on the WCSA website.

3-D & Traditional Origami
Nor Smitobol will be teaching a class in 3-D and traditional origami. Learn to make the basic fold and then create 3-dimensional paper sculptures. Once you master the basic folds, he will assist you on more advanced projects.
Instructor: Nor Smitobol

Adventures in Abstract Art
Explore the exciting world of abstract art through paint, mixed media, color, collage, mark making and personal expression to communicate ideas and emotions visually. This class encourages creative risk-taking, intuitive decision-making, and expressive freedom. Suitable for all skill levels, working in any medium of your choice, this course provides a supportive environment for discovering new ways to express yourself!
Instructor: Penny Pearlman

Artist's Workshop
Join us on **ZOOM** for a lively, inclusive group session where you can paint, draw, and collage! Whether you prefer realistic styles or want to "get a little wild" with abstracts, Chris's encouraging teaching style makes everyone feel welcome. Towards the end of each class, we will discuss what's in store for the following week so you can prepare in advance if you choose (always optional!). **This is a Zoom class**.
Instructor: Chris Goldbach

Art, Writing, & Music Classes

Creepy Crawlies & Fluttering Friends
Discover the fascinating world of insects and other tiny creatures through colorful painting! In this creative art class, students will paint crawling or flying creatures, such as butterflies, dragonflies, ladybugs, bees, beetles, spiders, or caterpillars, and bring them to life using a painting technique of their choice. Please consider metallic colors. Participants will explore color mixing, composition, texture, and brushwork while experimenting with techniques such as watercolor, acrylic, or other painting styles of their choice. Along the way, they'll learn how to observe patterns, shapes, and vibrant colors found in nature while developing their own artistic expression. This class encourages creativity, imagination, and confidence, resulting in a unique masterpiece that celebrates the beauty and diversity of the natural world. Suitable for artists of all skill levels.
Instructor: Agata Tria

Design & Creativity (formerly Challenges of Art)
Tailored specifically for artists at various stages of their creative journeys, this course is designed to enhance participants' understanding of color, design and composition. Chris' unique approach emphasizes individualized support, allowing each artist to cultivate their skills while expanding their artistic vocabulary. Join this supportive group as we all paint together via zoom. All mediums are demonstrated and are welcome.
This is a Zoom class.
Instructor: Chris Goldbach

Exploring Collage
Experiment with collage by color, geometric shapes, or single subject compositions. Subjects will include seascapes, landscapes, still life, words and type, and multimedia. Students will learn to create pasted paper patterns and surfaces to be incorporated into their colleges. See the art supply list for required supplies.
Instructor: Diane Pollack

Explorations in Drawing
Come explore a variety of subjects using line and shading while having fun. This in-depth understanding of the fundamentals of drawing covers everything from composition to perspective.
This is a Zoom class.
Instructor: Chris Goldbach

Art, Writing, & Music Classes

Generative Writing
Each week we'll discuss writing skills, do writing exercises, and write in response to one or several prompts. Skills, exercises, and prompts will vary each week. We'll share our writing with each other for feedback each week. Please bring writing paper and a pen or pencil.
Instructor: Diane Lowman

Improv for Fun
Come play, laugh, and let your imagination take the lead! No experience? No problem! This class is all about having fun, trying something new, and discovering the joy of being spontaneous. Think of it as your chance to dip your toe into the wonderfully unpredictable world of improvisation—0% pressure, 100% fun! This class is perfect for absolute beginners who are curious about improv, as well as experienced actors who want to reconnect with the playful spirit that brought them onto the stage in the first place. Each week will be filled with an encouraging environment filled with improv games, group exercises, acting techniques, and scene work. Come ready to laugh, think on your feet, work with others, and maybe surprise yourself along the way. You might even discover a hidden talent! This workshop is led by Jim Schilling, who co-founded Music Theatre of Connecticut in 1987 and currently serves as MTC's Managing Director and Director of the School of Performing Arts. Beginning to advanced actors are welcome.
Facilitator: Jim Schilling

iPad Art; Let's Paint!
Comfortable with your iPad? Let's Paint! This class is designed for participants who are familiar with using an iPad and are ready to explore their creative side. It also serves as a continuation of the iPad Art for Everyone course offered earlier this year (not a requirement).

The first session will include a guided review of the ArtSet app for both new and returning users. ArtSet is an easy-to-use digital painting program available as a one-time purchase of $12.99 in the App Store. Participants will learn how to create original artwork using their preferred digital media, including oil, watercolor, ink, oil pastel, and more. Each session features step-by-step instruction that covers both technical and artistic concepts such as color, texture, layering, and composition.

Please bring your own iPad and Apple Pencil if you have them. If not, the WCSA has iPads available for use during class. (An Apple Pencil is recommended for more refined detail, but stylus pens will also be available.)
Instructor: Catherine Stone

Art, Writing, & Music Classes

Mastering the Medium of Your Choice
Instructor Linda McKie–McClellan will guide you in mastering the medium of your current or planned project in pencil, ink, pastels, watercolor, acrylic, and water-based oils. Linda will give demonstrations of beginner and advanced techniques. This class is open to all levels. Please bring your own supplies.
Instructor: Linda McKie-McClellan

Open Art
The WCSA's art rooms will be available for artists to work on their projects and collaborate with others. Space is limited. No drop-ins are allowed. Times are posted outside the art rooms.
No instructor

Open Craft
Bring your new, unfinished, or ongoing needlepoint, embroidery, crochet, knit, quilt, rug hooking or other craft and join Susan Battersby for some conversation and fun.
Facilitator: Susan Battersby

Painting a Still Life
This class will focus on painting a "still life" from an arrangement of objects such as cups, plates, glasses, fruit, flowers, etc. Alanna will present photos of other artists' work for discussions on color, lighting, and placement of objects to paint.
Instructor: Alanna Fagan

Painting a Subject of Choice
In this four-week session, students will paint a subject of their choice with individual attention from the instructor. Topics covered include color, color theory, mixing, composition, design, shapes, values, and brush techniques. Bring in a photo for your reference. This class is suitable for both beginner painters and those with more advanced skills.
Instructor: Jill Nichols

Art, Writing, & Music Classes

Painting Realism
Each session will begin with a short demo as Cindy shows the progress of a painting from start to finish. This course begins with instruction in design and lighting for a successful painting. It continues with the draw-in phase to start the painting. Students will then learn to apply paint in layers to build the painting to a finish with each additional layer of paint. Students will learn to see and interpret value and color relationships, how to interpret reference material, methods to mix the correct color and value of paint, brush stroke and various ways to apply paint. Students may work from a photograph of a landscape, portrait or still life or students may set up their own still life and work from life. Oil paint or acrylic paint may be used. Please see the supply list for the medium of your choice (acrylics oils).
Instructor: Cindy Wagner

Stained Glass, Advanced
This class is a continuation of the Stained-Glass series. You will need to have experience in stained glass making. **You will need to provide your own materials and tools.**
Instructor: Nor Smitobol

Stained Glass, Beginner
This class will start by making a small, basic hanging ornament. You will learn how to cut glass, caming and soldering. Nor will provide all the tools and materials you need for the hanging ornament. **If you wish to progress to a more advanced project, you will need to provide your own materials and tools.**
Instructor: Nor Smitobol

Studio Art
Studio art uses the visual language of shape, form, color, and line to create a composition that may exist with a degree of independence from visual references in the world. In this class, you will incorporate nature into your design. This is a perfect class to discover your creative self. Novices welcome. **This class offers individual critique rather than class lessons.** Participants supply their own materials.
Instructor: Althea Ericsson

Ukulele, Intermediate Level
This class is for those who already know how to play the ukulele and wish to continue to build their skills. Come play, sing along, and have fun!
Instructor: Lewis Horowitz

Art, Writing, & Music Classes

Writing Your Book from Start to Finish
Whether you're writing your first book or your fifth, this class provides practical tools, proven strategies, and encouragement to help you move confidently from your first idea to a finished manuscript. Class topics include revising, editing, and proofreading your manuscript, working with beta readers and professional editors, understanding publishing options: traditional, hybrid, and self-publishing and designing an effective book cover and formatting your manuscript.
Instructor: Jill Amadio

Discussion Groups

Current Events
Facilitators Jon Fox and Marcia Goldstein will lead dynamic, interactive discussions on issues internationally and domestically. Bring your interest and knowledge of present-day world news and events.
Facilitators: Jon Fox & Marcia Goldstein

Friday Morning Chat!
Who was your best friend as a child - and what adventures did you share? What was your first job that you loved? Who is the most famous person you ever met and what was your impression? What would you like to tell all young people today? Share a tip about how you manage to make life a bit more fun and easier for yourself today?
This is just a sample of questions that we will be discussing in our casual and relaxed setting. Each week we cover new topics, and your level of participation is totally up to you. Come sit around the table and chat with new friends. Occasional fun snacks too! Join us!
Facilitator: Steven Greenberg

Discussion Groups

Just for Men Discussion Group
Join this casual men's discussion group to connect with others in a welcoming and supportive environment. Together, we'll explore topics that affect men's lives, share experiences, and discuss practical ways to navigate everyday challenges. This is an opportunity to talk openly, build connections, and support one another in a confidential setting. In addition to the featured topic each month, participants are encouraged to bring up personal concerns, challenges, or questions that are important to them. Whether you choose to share your experiences or simply listen and learn from others, you are welcome. All personal stories and group discussions will remain strictly confidential. Discussion Topics include:
October 1: Emotional well-being, healthy coping strategies, and the importance of seeking help when needed. **November 5:** The connection between physical wellness and mental and emotional well-being. **December 3**: Emotional intelligence, empathy, and strengthening relationships.
Facilitator: Dr. Paul Epstein

Just for Women Discussion Group
Join this casual women's chat group in person. The group meets to discuss issues or challenges women may be facing in their life and share in a supportive atmosphere. Personal stories will remain strictly confidential.
Facilitator: Sandy Dressler-Berman, LCSW

Mindfulness: Be Here Now
Attain peace, health, and happiness through mindfulness meditation. How to Oy without the Vey! Transform stress, pain, and illness into a journey of self-healing and awakening. **Please note the November 14 class will be on Zoom. You are welcome to come to the Center or participate from home.*
Facilitator: Dr. Paul Epstein

The Positives and Challenges of Aging
Through guided conversation, participants will have the opportunity to share their experiences with changes in independence, health, personal relationships, sense of purpose, and daily life. Equally important, the group will explore wisdom, resilience, personal growth, and meaningful opportunities that can emerge during later adulthood. Together, these discussions foster connection, reflection, and a greater appreciation for the challenges and strengths that accompany the aging process.
Facilitator: Karen Howitt LCSW

Discussion Groups

Shakespeare Discussion Group
William Shakespeare is arguably the most famous crafter of words in the English language. Join us for a lively discussion of ***Taming of the Shrew, The Sonnets,*** and ***Richard II***. Shakespeare Scholar, Diane Lowman, will lead everyone in a spirited group exploration. Participants are asked to bring their own copy of each play to the class. *Please note: This is not a lecture series; participants should have at least some familiarity with each play.*
Instructor: Diane Lowman

Exercise Classes

Aerobics-Retro!
Combinations and fun moves to keep you motivated and burn calories at the same time. Jill will get you moving to all kinds of music, and you can even sing along to your favorite songs! The moves are easy to follow to keep you moving for 30 minutes of calorie-burning aerobics, followed by 15 minutes of weights, and ending with core strengthening and stretching.
This is a high energy movement class. Mats required.
Instructor: Jill Franke

Argentine Tango Class
Argentine Tango is a social dance about connection between dance partners and the music, but it starts with maintaining your own balance, which we all need to on indefinitely. This gorgeous dance form began in the 1800s in Argentina. Now tango is danced all over the world and even has beneficial uses such as therapy for Parkinson's Disease and Alzheimer's among other conditions. Mostly, it is just fun to do. In this beginner class, we will learn basics for improving balance so we can walk smoothly to the music, turn walking into turns, and use a variety of fun and playful games within the tango vocabulary. No experience or partner required, just an interest in moving, listening to great music, and fun dancing with different people. Judy Phelps has taught tango for more than 30 years in many places including 20 years at Yale University.
Instructor: Judy Phelps

Barre (None) Fusion (replaces Zen Flow)
A low impact workout that combines the elements of Dance, Yoga and Pilates to tone your body by improving your flexibility, posture and muscle strength. We will use the walls, chairs for the Barre Work and mats for floor work. This class is hybrid. Mat needed for floor work.
Exercise level: moderate. **Instructor: Shelley Moll**

Exercise Classes

Boxing
This class focuses on balance, mobility, and movement. Large bag work will be included. Boxing gloves are provided. Participants may be required to bring a spotter with them. Students must purchase their own hand wraps.
Exercise level: moderate.
Instructor: Dan Lewis

Boxing for Parkinson's
This exercise class is designed for people who have been diagnosed with Parkinson's disease. Intense and high–energy workouts appear to dramatically improve physical health, daily functioning, and quality of life. You'll work with medicine balls, battle ropes and agility ladders and learn boxing punches. The friendship in this class also results in social and emotional benefits. Participants may be required to bring a spotter with them. Students must purchase their own hand wraps.
Exercise level: moderate.
Instructor: Dan Lewis

Brain Fitness
These 45 minutes are interactive, fun, and social. Brain training techniques and strategies from programs worldwide, such as the Memory Enhancement Program at Mt. Sinai School of Medicine and UCLA's Memory Bible, make this class the best investment one can make for brain fitness. Patty Kondub has been teaching Brain training to Seniors since July 2015.
Instructor: Patty Kondub

Cardio Strength
Get ready to sweat and have fun in this high-energy class that gets your heart pumping and your muscles moving. No mats needed as you're on your feet for one full hour.
This class is hybrid.
Exercise level: vigorous.
Instructor: Shelley Moll

Chair Aerobics
A chair-based class that includes 30-minutes of nonstop cardio and 15-minutes working with light weights. Expect to see improvement in your flexibility, balance, and range of motion. This class is beneficial to all with or without previous exercise experience.
Exercise level: gentle/moderate.
Instructor: Shelley Moll

Exercise Classes

Chair Yoga
This very gentle class respects all physical limitations and uses a chair for those who cannot navigate up and down from the floor. Each class is tailored to the group's needs and focuses on postures and breathing techniques. The class ends with a guided meditation and deep relaxation to help us remember that we are perfect.
Exercise level: gentle.
Instructor: Paula Pastorelli-Schooler, R.N.

Dance & Stretch
This class is a dance-inspired cardio fitness program that is great for men and women. Learn the basic steps of Merengue, Mambo, Cha-Cha, Foxtrot, Waltz, Tango, and Jazz.
No partners are required.
Exercise level: vigorous.
Instructor: Marca Leigh

Enhancing Your Balance
Explore strategies to incorporate balance practice in your daily activities. Walking, using stairs, lifting and sitting can all be opportunities to practice balance and increase strength!
Exercise level: gentle.
Instructor: Paula Pastorelli-Schooler, R.N.

Essentrics, Gentle Stretch
Essentrics is a no-impact fitness program that combines stretching and strengthening with gentle, flowing exercises. This unique workout may help relieve chronic conditions such as back and neck pain, arthritis, bursitis, plantar fasciitis, and sciatica. It also increases your range of motion, improves balance, and keeps joints healthy. This class is done standing and using a chair. It's perfect for those who want to relieve pain and stiffness to be more mobile and energized. Appropriate for all fitness levels.
Exercise level: gentle.
Instructor: Dyan DeCastro

Exercise for Body Awareness
Tune into how your body feels as you move and enjoy the mind-body connection experience. Movement therapist Ruth Winnick will help you understand how to stretch and relax your muscles. Exercises will start in a chair and advance from there.
Exercise level: gentle.
Instructor: Ruth Winnick

Exercise Classes

Feldenkrais© – Intelligent Exercise
Movements to enhance your flexibility, improve your balance, and reverse stuck patterns to manage and prevent pain. These interesting movements are beneficial for all levels of ability – from sporty to special challenges. You will feel easier and learn something new with each lesson. Discover what 'awareness' really means, how you can expand it, and thereby improve all your abilities and daily activities.
Instructor: Leora Gaster

Fit Mix-Up
Mix it up with this energetic, total body workout. A variety of equipment will be used for different workouts each week. The class will focus on strength, cardio, core, and balance. A yoga mat is required for floor work.
Exercise level: vigorous.
Instructor: Shelley Moll

Fit Tech (formerly Tech Fit)
This class features trainers from around the world who lead a video workout on the big screen, while Patty is in-house checking your form. The course includes light cardio, weight training to strengthen bone density and build muscle, and for balance and posture. Patty will lead the group in stretching, and a short, guided meditation to complete your hour of fitness! *Exercise level: moderate.*
Instructor: Patty Kondub

Functional Fitness
This class is held in our gym and includes using cardio equipment, fitness machines and free weights. Our certified trainers will demonstrate a variety of exercises to help you improve your strength, flexibility, and mobility.
Exercise level: moderate.
Instructors: Judy Samuels, Shelley Moll, Karen Liss, Dan Lewis

Muscle & Tone
Muscle & Tone is a fun and challenging class that combines cardiovascular exercise and strength using handheld weights and bands. We also work on balance and mobility. This is a total body workout with a focus on building leg strength and endurance. Chairs are used as a prop as well as mat work on the floor. Set to music, the class helps people of all levels get stronger and move better throughout the day. Please bring your mat for floorwork.
Exercise level: moderate.
Instructors: Karen Liss, Judy Samuels

Exercise Classes

Open Gym
Open gym is for those who would like to use the exercise equipment in our fitness room outside of class time. The gym will be available Mondays, Wednesdays, and Fridays from 8:30 to 10:00 AM. You must be knowledgeable about the equipment as this is purely a supervised open gym with no instruction.
Facilitators: Staff, Dan Lewis

Parkinson's Fitness This class will meet every Wednesday from 10:15 to 11:00 AM, except for the 4th Wednesday of each month when the Parkinson's Support Group will meet. The instructor will lead the exercise class through balance, stretch, and weight-bearing exercises. *Exercise level: moderate*.
Instructor: Beth Dalen

Pilates Mat – Charlene
Pilates is 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 mats and be able to get up and down from the floor without help.
Exercise level: moderate.
Instructor: Charlene Erwin

Pilates Mat – Jane
Jane Etra-Kleinberg has been involved in the world of dance and movement her entire life, with a strong emphasis in ballet and modern jazz techniques. She first discovered Pilates when recovering from a dance related injury, only to be reintroduced many years later after having children and a subsequent back injury. After experiencing the rehabilitative power of the Pilates technique, she decided to become an instructor herself.

Jane earned her certification in 1999 at Power Pilates in New York City. After moving to Westport, she has taught at several facilities in the area. In addition to doing private work in her own studio, Jane has been teaching Pilates mat and barre classes at the Westport/Weston Family Y for over 20 years.
Instructor: Jane Etra-Kleinberg

Pilates Mat – Karen
Strengthen from the inside out. Learn to move from your deep core muscles to help improve posture, flexibility, stability and breathing. The focus is on Joseph Pilates Mat series with a contemporary twist.
Instructor: Karen Jordan

Exercise Classes

Pilates Stretch Workshop – Karen
Lengthen Strengthen and Tone: Exercises based on the Pilates apparatus but done on the mats with props. Assistance and resistance. Movement for the muscles and the mind! Remember to bring your mat!
Instructor: Karen Jordan

Qigong
Qigong (pronounced "chee-gung") means balancing and harmonizing with the energy of life. In Chinese, Qi is "life energy," and Gong means "work, skill, or cultivation." Qigong practitioners gather, circulate, and harmonize internal energy with the energy of the universe to improve health and achieve deep relaxation and peace of mind. The practice of Qigong includes gentle, dance-like movements, mindful breathing, meditation, and self-massage. This class may be conducted outside when the weather permits.
Exercise level: moderate.
Instructor: Jonathan P. Davis

Strength, Core and Balance Training
Designed specifically for people seeking to improve their overall core and total body strength, with a special emphasis on balance and flexibility, this class is ideal for seniors who are already familiar with basic gym equipment and are looking to maintain or enhance their physical fitness levels. Our experienced instructor will guide you through a series of exercises and movements carefully curated to target key muscle groups, improve stability, and enhance flexibility. By incorporating a variety of equipment such as resistance bands, dumbbells, stability balls, and bodyweight exercises, we aim to provide a well-rounded workout experience that caters to individual needs and abilities. The primary focus of this class is to help seniors develop and maintain strength and balance, which is crucial for performing daily activities with ease and reducing the risk of falls. *Exercise level: moderate.*
Instructor: Beth Dalen

Strength Training
This class emphasizes flexibility and balance exercises to stretch and strengthen all muscle groups. Hand weights can be used for students that are knowledgeable and experienced with these exercises. Chairs are used as a prop as well as mat work on the floor.
A yoga mat is required for floor work. Floor exercises can be modified for the chair.
Exercise level: moderate.
Instructors: Jill Franke

Exercise Classes

Tai Chi
This class offers a perfect way to end your day. The class blends gentle movement, mindful breathing, and meditation. Suitable for all skill levels, Tai Chi helps to improve balance, flexibility, and overall well-being. This class will leave you feeling refreshed and centered. Jonathan has been teaching Yang Style of Tai Chi Long and Short form for twenty years to senior, adult and youth. His classes emphasize the basic philosophy, principles and foundation of traditional Chinese medicine and healing to beginners and intermediate students. He is the founder and owner of Tawawa Wellness LLC since 2005. Jonathan is a certified practitioner in Tai Chi, Bagua, Nei-Gong, Qi-Gong, Dao-Yin and Daoist Yoga.
This is a standing class.
Instructor: Jonathan P. Davis

Tai Chi, Advanced
This class reviews and fine-tunes the various Tai Chi techniques and methods used in the traditional Yang Style Tai Chi Chuan long form. Tai Chi is a gentle exercise that builds strength, balance, coordination, and focus while teaching the body to move in a dynamic, relaxed manner. Students are required to be on their feet throughout the class. Previous study of Tai Chi is highly recommended. **This class is hybrid.** *Exercise level: moderate.*
Instructor: Mari Lewis

Tai Chi for Balance
This program uses Dr. Paul Lam's Sun-style Tai Chi to improve movement, balance, strength, flexibility, and relaxation. The goal of this program is to decrease pain and falls for seniors with or without arthritis and those wanting to improve their balance. This program will follow the curriculum set by the Tai Chi for Arthritis and Fall Prevention Program. The program strongly encourages participants to practice what they learned in class for 30 minutes a day, at least four days a week.
Exercise level: gentle.
Instructor: Tim Crager

Tai Ji, Beginner
This class is suitable for all ages & levels. We will learn to relax with gentle movements, how to balance, improve circulation and promote physical & mental wellness! The Taiji Yang Form will be taught. **This is a standing class.**
Instructor: Ruby Shih & Debra Goldenberg

Exercise Classes

Tap Dancing (Slow or Fast)
Tap dancing exercises every part of you: your brain, body, and spirit. The best part of participating in tap dancing is it puts a smile on your face. Tap shoes are required. Suggested websites to purchase shoes: Capezio (https://www.capezio.com/) or Amazon (www.amazon.com).
Exercise level: moderate to vigorous.
Instructor: Marca Leigh

Weights in Motion
Move to the beat of music using handheld weights for this total body workout. A yoga mat is required for floor work. This class is hybrid.
Exercise level: vigorous.
Instructor: Shelley Moll

Yoga for Total Health
Gentle Kripalu yoga warms up all the joints of the body, stretches and strengthens the muscles, and helps with balance and focus. Leave class feeling refreshed and alive! Students must be able to get up and down from the floor without help. A yoga mat is required for floor work. This class is hybrid; choose in house or ZOOM.
Exercise level: moderate.
Instructor: Denise O'Hearn

Yoga for Well-Being
This class offers mindful exploration of breath and movement in a gentle–moderate way, thoughtfully sequenced to increase self–awareness. This guided practice will help to warm joints, improve strength, and flexibility. A yoga mat is required for floor work. This class is hybrid.
Exercise level: moderate.
Instructor: Paula Pastorelli-Schooler, R.N., Certified Yoga Therapist

Zumba Gold
Ditch the workout and join the party in this easy-to-follow dance class. Enjoy the rhythms of the world, including Latin, Swing, Oldies, and Pop. Get your workout in through large flowing movements that should not put undue stress on the body, all the while smiling and lifting your spirits with upbeat music and moves. It is cardio-based, and its emphasis is always on FUN! Everyone is encouraged to modify moves for their fitness level, and we are always happy to have newcomers.
Exercise level: vigorous.
Instructor: Karen Liss

Games & Languages

American Sign Language (ASL)
This program is your first step into American Sign Language (ASL) and Deaf Culture. Begin your journey by making your first connections with the Deaf community by learning the alphabet, signs for family and friends as well as simple vocabulary that describes feelings. This class will also include learning colors, descriptions of people and a song!
Instructor: Leslie Markus

Beginner Mahjong
Mahjong is an ancient Chinese tile-based game. Learn how to play this exciting and challenging game that requires strategy, memory and quick decision-making. This class is for those with little or no knowledge of the game or for those individuals looking to form a group and would like minimal instruction.
Instructor: Shelley Moll

BINGO
Join volunteer Doug Brill for in-house BINGO every Thursday from 1:15 to 3:00 PM.
The cost is $.05 per card per game. Remember to bring your own nickels!
Facilitator: Doug Brill

Bridge for Beginners
Bridge for True Beginners part 3 is a continuation of the Bridge for True beginner's course that began in October. Required text: ***"Knack Bridge for Everyone"*** by D. Crisfield. (ISBN-13: 9781599216157) Book cost: $22.00.
Instructor: Diana Sussman

Bridge Intermediate
This class is for people who have completed a full year of Bridge for Beginners or for people who are taking middle intermediate bridge now and wish to continue to sharpen their bridge skills. Required text: ***"Knack Bridge for Everyone"*** by D. Crisfield. (ISBN-13: 9781599216157) Book cost: $22.00. *If you wish to order a book through the WCSA please do so no later than Wednesday, September 18.*
Instructor: Diana Sussman

Games & Languages

Bridge, Advanced
This class is for players who are comfortable with their conventions on the card and understand most common conventions and why they are used. The player can develop a solid partnership which includes competent partnership defense. In this class you will learn ways to find more optimal contracts, handle interference with more advanced play, and cover defensive techniques. Required text: "Knack Bridge for Everyone" by D. Crisfield. (ISBN-13: 9781599216157). Additional optional text, "25 Conventions You Should Know", by Barbara Seagram, Marc Smith et al. (ISBN-13: 978-1771400718).
Instructor: Michael Hess

French, Conversational
You will speak French from the moment you walk into class to the moment you leave. This class strives to improve your speaking and listening skills.
Instructor: Nell Mednick

French, Intermediate
You will study from the textbook, "French is Fun" by Gail Stein, second edition, for advanced students. You will also discuss handouts which are emailed to the class every week in advance.
Instructor: Nell Mednick

Spanish for True Beginners
Embark on your Spanish learning journey with Nell Medinck. Learn practical phrases and expressions to use in real-life situations, from ordering food to talking about your hobbies. Gain valuable cultural understanding alongside language learning, immersing yourself in the Spanish-speaking world. This class will use interactive lessons with clear explanations, speaker pronunciation, and fun activities to keep you motivated.
Required text: ***Complete Spanish, Step-by-Step, 2nd Edition*** **(ISBN-10 1260463133).**
Instructor: Nell Mednick

Spanish Intermediate
Continue your learning journey with Nell Mednick, with Spanish for Beginners, Part 2, which supports the language lessons learned in Spanish for True Beginners. Continue to learn practical phrases and expressions to use in real-life situations, from ordering food to talking about your hobbies. You'll continue to gain valuable cultural understanding alongside language learning, immersing yourself in the Spanish-speaking world. Required text: ***Complete Spanish, Step-by-Step, 2nd Edition*** **(ISBN-10 1260463133).**
Instructor: Nell Mednick

Health & Wellness

Bereavement Support Group
This support program is for seniors who have suffered from the loss of a loved one. The group offers support from others who share an experience of accepting death and embracing life. Many people living through grief may benefit from spending time with others who will listen, share, and offer encouragement. The group is facilitated by Nancy Berkowitz who will provide a foundation to explore the normal ranges of grief and mourning in an atmosphere of safety, support, and healing.
Facilitator: Nancy Berkowitz

Caregiver Support Group (SWCAA)
Terry Giegengack, MA, will facilitate this support group for those caring for loved ones with chronic illnesses. This program is designed to help learn and improve coping skills and relaxation techniques and develop a support network for those caring for loved ones. This program is funded by Title III of the Older Americans Act through the Southwestern Connecticut Agency on Aging (https://www.swcaa.org/). All older persons (60 or over) are eligible for services under the approved program. Donations are accepted.
Facilitator: Terry Giegengack

Finding YOUR Calm Workshop
As we all know, life can be challenging at times! How do YOU experience stressful situations? Come join Risa Werner, LCSW, to learn easy-to-use, self-applied, effective, and efficient techniques to create your self-care toolbox. These mind/body techniques help reduce the intensity of our feelings and reactions to stressful life situations. Privacy will be maintained.
Facilitator: Risa Werner, LCSW

Letting Go of Stress
Stress and tension take a toll on the body and mind, but you can learn to let go and relax. In this class, you will be guided through proven stress techniques, including mindfulness, breathing, and guided imagery to experience deep relaxation.
Facilitator: Diane Lowman

Mindfulness: Be Here Now
How to Oy without the Vey. Transform stress, pain, and illness into a journey of self-healing and awakening. This class is offered free of charge. Donations to the WCSA are accepted.
Facilitator: Dr. Paul Epstein

Parkinson's Support Group
This group will share challenges, techniques, support, and knowledge on Parkinson's disease. Professional guest speakers are often invited to share their knowledge. Family and caregivers are welcome. This group meets on the 4th Wednesday of the month.
Facilitator: Diane Bosch, R.N.

Instructor Biographies

Mark Albertson is the historical research editor at Army Aviation magazine in Monroe and is the historian for the Army Aviation Association of America. He has authored six books and teaches as an adjunct at Norwalk Community College for the Lifetime Learners Institute. Mark presents as much as 250 times per year in Connecticut and New York.

Jill Amadio is a novelist, crime writer, and biographer. She was a reporter in Europe, Southeast Asia, and North and South America before residing in Connecticut where she worked for the Connecticut Sunday Herald and Gannett Newspapers in New York, then lived in California working for Entrepreneur magazine.

Nancy Berkowitz, M.S. is formerly a director of counseling and counseling advocate at the Domestic Violence Crisis Center in Stamford and Norwalk, and an adjunct professor at the University of Bridgeport. She has extensive experience in facilitating group sessions in multiple venues. She skillfully assists attendees to move beyond thoughts of limitation and move towards thoughts and feelings of resilience.

Diane Bosch, R.N., is a retired registered nurse with 45 years of hospital, geriatric, and school nursing experience. She is a resident of Westport for over 40 years and is the co-president of the Friends Board of the WCSA.

Tim Crager is a certified Tai Chi for Arthritis instructor with the Tai Chi for Health Institute (https://taichiforhealthinstitute.org/) and has been studying and teaching Tai Chi for over 20 years.

Beth Dalen is a long-time resident of Westport and an instructor at the Westport/Weston YMCA. Beth seeks to bring fitness into the lives of those around her. She is an NASM-certified personal trainer, licensed Zumba instructor, T.R.X. Level 1 Trainer, and a Certified Kaiser Cycle Indoor instructor.

Jonathan P. Davis has been teaching Yang Style of Tai Chi Long and Short form for twenty years to senior, adult and youth. His classes emphasize the basic philosophy, principles and foundation of traditional Chinese medicine and healing to beginners and intermediate students. He is the founder and owner of Tawawa Wellness LLC since 2005. Jonathan is a certified practitioner in Tai Chi, Bagua, Nei-Gong, Qi-Gong, Dao-Yin and Daoist Yoga.

Dyan DeCastro is passionate about motivating the 50+ population to stay healthy, strong, and pain-free. She has been teaching Essentrics for over seven years and loves that Essentrics helps her students increase strength and mobility to maintain their independence. Through gentle, coordinated, and full-body movements, Dyan guides her students toward increased physical vitality and mental well-being.

Donna Disch has been a teacher and editor as well as a lifelong reader, writer, and beneficiary of the art and craft of poetry. She holds an MFA from Vermont College and has published her work in various journals and magazines. She is currently Westport's poet laureate.

Sandy Dressler-Berman is a licensed clinical social worker. Over the span of her 35-year career she has worked for the Department of Human Services, Greenwich Hospital Psychiatric Clinic, Yale University Medical School, the Westport public schools and hospice programs doing individual and group counseling.

Paul Epstein, N.D., is a graduate of the National College of Natural Medicine (NCNM), specializing in mind-body integrative medicine and mindful healing. He maintains a thriving private practice in Westport, travels extensively, lectures, leads workshops and retreats worldwide, and offers imagery and mindfulness healing seminars. Dr. Epstein offers professional training and mentoring for health professionals to support, train and mentor those wanting to integrate mind-body medicine into their therapeutic work.

Althea Ericsson is a Yale University School of Architecture and Parsons School of Design graduate. She teaches at senior centers in lower Fairfield County.

Charlene Erwin was certified in 2002 by the Pilates Method Alliance and maintained this certification through the recently renamed National Pilates Certification Program. Charlene is also certified in personal training and group exercise by the American Council on Exercise (A.C.E.).

Alanna Fagan's is an award-winning artist whose paintings have been exhibited nationally and internationally, including in New York and Paris, as well as in numerous solo exhibitions. An elected member of the Silvermine Guild of Artists and New Haven Paint & Clay Club, her work is held in private collections throughout the U.S., Caribbean, and Europe. She has taught painting at the Silvermine School of Art and privately at her studio and served for five years as an Artist/Educator at the Aldrich Contemporary Art Museum.

Rochelle Field is an independent psychotherapist in private practice focusing on emotional and physical fitness. She worked at Silver Hill Hospital, New Canaan as a licensed social worker before entering private practice.

Jon Fox has a degree in history from Tufts University. Followed by three years as gunnery officer on the finest ship in the US Navy stationed mostly in the South Pacific, he spent a short time at the United Nations covering foreign press and reps. After working at a small jewelry company, Jon ended up opening factories in Thailand, China, and India. With retirement in mind, he had a gallery in South Norwalk with Oriental antiques and handcrafts. He is a lifelong collector of coins and stamps.

Jill Franke has been a trainer and fitness instructor since 1985. Jill teaches mat Pilates, barre, and spinning classes. She is a certified personal trainer and a member of the Aerobics & Fitness Association International Ballet & Barre Association.

Mona Garcia has a PhD in history and publications in her field of English history. She currently works in the Norwalk History Room at the Norwalk Public Library.

Leora Gaster has been teaching brain and behavior for over 50 years. Additionally, she is the co-founder of MBS Academy (1992) with centers internationally, qualifying professionals in applications to medicine, education, rehabilitation, dance, music and athletics.

Rozanne Gates and her partner Suzanne Sheridan co-founded The Legacy Project USA. Rozanne was an actor's agent for 22 years (interviewing hundreds of actors), Production Manager at the Westport Arts Center, Director of Development at the Fairfield Theatre Company, and creator of "Shop Talk" (interviewing theatre professionals for theatre professionals) at the Drama Book Shop in New York City. As an actor's agent, Rozanne started the careers of Edward Norton, William H. Macy, Chris Noth, Joe Mantegna, Rainn Wilson, Lynne Thigpen, Bronson Pinchot, and Robert Prosky to name a few.

Terry Giegengack has extensive experience in human services, including serving as Director and Department Head of the Fairfield Department of Human Services and the Bigelow Center for Senior Activities. Previously, she served as Assistant Director for Client Services in the Westport Department of Human Services. She holds a master's degree in counseling from Fairfield University, with additional graduate coursework in social work and supervision. Her professional development has included training in group facilitation through the CT Alzheimer's Association.

Chris Goldbach has taught art for 30 years at the Silvermine Art Center, Sacred Heart University, and now at senior centers in Fairfield County.

Deby Goldenberg has practiced and taught martial arts (3rd degree black belt), Tai Chi and Yoga in this area for decades. She is also an Amrit Yoga Nidra therapist.

Steven Greenberg has worked as a CBS radio news broadcaster for the past 15 years and has also hosted a call-in radio program on jobs/careers.

Christine Hauck is a lecturer, an award-winning designer, and strategic arts consultant creating marketing, branding, and collateral materials for her graffeast studio, a multimedia artist, and visual arts educator. She is also an Adjunct Professor in Digital Media and Design for the University of Connecticut. She has a M.A. in the History of Decorative Arts and Curatorial Studies from the Parsons School of Design and the Cooper-Hewitt Smithsonian Design Museum, a design degree in Graphics and Advertising from Parsons School of Design (with a postgraduate seminar in Japan), and a B.A. in Art History from Vassar College.

Michael Hess has been mentoring and teaching bridge for over 30 years. He is a Diamond Life Master with over 5,000 master points. Mike has won pair and team events at the club, sectional, regional, and national levels. In addition to winning several C.T. Unit #126 pairs and team titles, Mike's 2017 four-person Grand National team qualified to represent District 25 (New England) at the Summer Nationals in Toronto and then went on to win the North American championship for Flight A over five days.

Lewis Horowitz was born to play the ukulele; he just didn't realize it until 2009. As a recording and live sound engineer in the '70s and '80s, he worked with many musicians of that era, running the gamut from R&B, Gospel, Jazz, Folk, Disco, Rap, Rock and everything in between. Lewis has a passion for playing songs from Tin Pan Alley to today's hits. With this pedigree, he thoroughly enjoys teaching 4-string strummers how to up their game.

Karen Howitt, MSW, LCSW is a licensed social worker in Connecticut. Having facilitated many short-term relevant groups in agencies, hospitals, and private practice over the years, she is extremely comfortable in this setting, and particularly skilled in working with the variety of complex adult relationships within and outside of families.

Karen Jordan has participated in movement programs for over 30 years; instructing, training, teaching, coaching and creating diverse group/individual programs for people of all ages. Karen's anatomy-based knowledge, experience, and passion in Pilates began as a childhood athlete through Gymnastics!

Jane Etra-Kleinberg has been involved in the world of dance and movement her entire life, with a strong emphasis on ballet and modern jazz techniques. She earned her Pilates certification in 1999 at Power Pilates in New York City. After moving to Westport, she has taught at several facilities in the area. In addition to doing private work in her own studio, Jane has been teaching Pilates mat and barre classes at the Westport/Weston Family Y for over 20 years.

Patty Kondub is a multi-certified fitness instructor with 35-plus years of experience. Her philosophy is to have fun while exercising your mind, body, and spirit. She is a Westport native, the Staples High School girls' golf coach, and Aqua Fitness Coordinator at The Westport Y. Her chair aerobic workouts have been featured on Public Access Channel 79 on Fridays during the pandemic. Patty is featured in the documentary, "Below the Surface," which tells the story of her aqua fitness program and its impact on participants' lives. It was released worldwide in January 2023.

Adam Konowitz has a longstanding career at the intersection of Marketing Communications and Technology and brings deep experience in translating technology into accessible solutions. He is a founder of Safe at Home®, a company dedicated to helping people safely age in their current home through smart technology and thoughtful design. Adam is also a Certified Aging-in-Place Specialist. In addition, he volunteers at the WCSA, where he helps people gain confidence in using technology—bridging the digital divide one conversation at a time.

Marca Leigh is a stage and screen actor. Leigh appeared as a dancing catering waiter in the "*Life's a Happy Song"* finale of *The Muppets Movie*. She recently appeared in CT Free Shakespeare presentation, *Play with Your Food* and at the Music Theatre of CT as Electra in *Gypsy!* Marca has trained at Broadway Dance Center and StepsNYC with the likes of Germaine Salsberg, Savion Glover, Jason Bernard and Richard Pierlon. She has also studied with Luigi and currently with Carole Schuberg and Jill Kenney. She is also a visual artist.

Daniel Lewis was born in Hong Kong and partially raised in the Caribbean but has called Westport his home for over 20 years. Dan started boxing at a young age but no longer fights in competitions. He is a welcoming and enthusiastic member of the community that enjoys connecting with his students and teaching the great art of boxing.

Mari Lewis is an experienced Tai Chi instructor certified by the International Yang Family Tai Chi Chuan Association. She is a direct disciple of Grand Master Yang Jun, a 5th generation lineage carrier of the Yang-style Tai Chi Chuan.

Karen Liss has taught group fitness classes since she was 19 years old. In the decades since, she has reached thousands of people in New York City, Long Island, Westchester, Buffalo, and Fairfield County for the past 20 years. Her emphasis on bringing fun to every class (no matter how difficult the workout) accounts for her constant smile and ability to make people laugh. Her philosophy has always been that everyone is welcome, everyone should experience the joy of movement, and any effort is far better than sitting on the couch!

Diane Lowman's essays have appeared in many publications, including *O, The Oprah Magazine*, *Brain, Child*, *Brevity Blog*, and *When Women Waken*. She writes a weekly column called *Everything's an Essay*. In addition to essays, she has written a memoir called *Nothing But Blue*, published in November 2018. Shortly after, she received her M.A. in Shakespeare Studies from the University of Birmingham's Shakespeare Institute. In July 2019, she was named Westport's first Poet Laureate.

Leslie Markus is a retired teacher of the Deaf. During the 30 years she worked as an educator, Leslie followed the school policies of Oralism, Total Communication, and eventually American Sign Language (ASL). Leslie taught at School for the Deaf in Manhattan, and was an adjunct lecturer at Marymount Manhattan College, and Kingsborough Community College, teaching American Sign Language to the hearing community.

Linda McKie-McClellan is a local artist who studied at the Tyler School of Art at Temple University, The Wooster Art Center in Danbury, and The Center for Contemporary Printmaking in Norwalk.

Nell Mednick is a native of Francophone Switzerland from the picturesque town of Vevey on Lake Geneva. Nell earned her Baccalaureate in the German-speaking city of Basel, where she became fluent in German. At age 18, she joined her parents in México City. After a brief intensive course, she enrolled at the University of México City and graduated with a degree in Spanish literature and Mexican art history. In 1973, she married an American in Switzerland and moved with her family to the U.S. Nell started a career in photography and had her own business for event photography until 2012. She loves people and languages!

Shelley Moll is a certified A.C.E. (American Council on Exercise) group fitness instructor. You might know her from her many years at the Westport Y as the Health and Wellness Director or Anytime Fitness, where she managed the Silver Sneaker program. Her most recent certifications are A.C.E. Certified Senior Exercise Specialist, Bionic Hips and Knees (Exercise for those with hip and knee replacements), Brains and Balance Certification with Cancer
Exercise Specialist, Melt, and many other fitness and wellness-related certifications. Her years of experience in the fitness industry allow her to provide safe and effective workouts for all.

Jill Nichols thrives on creative diversity. Growing up in coastal Connecticut she spent countless days exploring the area's natural beauty. Her horizons have expanded as she pursues an array of inspirational locations around the globe. A variety of Jill's subject matter includes the cosmos, seascapes, and landscapes. Jill is a distinguished artist with a strong foundation in color and composition. Jill has 20-plus years of teaching at the university level and in private settings. To learn more about Jill, visit her at www.jillnichols.com.

Denise O'Hearn is a certified Kripalu yoga teacher, a Chopra-certified health and meditation instructor, and Reiki practitioner. She helps people find relief from chronic pain and tension. Denise is a strong yet gentle and compassionate teacher who is enthusiastic about sharing the benefits of yoga and natural healing.

Paula Pastorelli-Schooler, R.N., is a registered nurse and a certified yoga therapist with the International Association of Yoga Therapists (2017) and the founder of Inquire Within Yoga for 20 years. With safety as the foundation of her classes, she encourages her students and clients to listen to their inner guidance, using breath and posture to cultivate their awareness in building their practice. She has studied with many masters, including her most powerful guide, Matt Sanford, who teaches Adaptive Yoga from his wheelchair. Paula graduated from the UMASS Mindfulness-Based Stress Reduction program John Kabat-Zinn developed.

Penny Pearlman is an accomplished artist, speaker, and consultant with degrees in fine arts, art therapy, and business. A lifelong artist, she has studied at several respected art institutions and has exhibited throughout Connecticut and New York. Known for her dramatic landscapes and abstracts, her work is held by numerous private collectors. After a career in healthcare management and consulting, she has returned to her passion for creating and teaching art.

Judy Phelps trained as a modern dancer before beginning Argentine Tango in 1992. She studied with respected teachers in New York and Buenos Aires. In addition to teaching private classes, she taught Argentine Tango at the Yale Payne Whitney Gym for 20 years.

Diane Pollack has exhibited her work in museums and galleries throughout Connecticut, New York, and Arizona since 1977. She is a co-founder of the Drawing Studio and Paperworks Collective and has served on the curatorial committee of the Bruce S. Kershner Gallery in Fairfield. She is also a member of several regional artist organizations and currently resides in Fairfield, CT.

Bill Preinitz grew up in Chicago, Illinois, and has been a Weston resident for 46 years. He lectures on history, archeology, anthropology, astronomy, astrophysics, and paleontology.
He graduated from Northern Illinois University at DeKalb with a BS in Finance. Immediately after graduation, he served in the U.S. Army. After leaving the service, he returned to Chicago and obtained an MBA with a concentration in Operations Research. He later moved to NYC and began a career on Wall Street in the Investment Banking industry in 1980. He retired in 2008 and published two college textbooks with Wiley & Sons on financial analytics and computer modeling.

Elisabeth Rose has taught for most of her adult life, both here and abroad, in private and public high schools, as well as college and privately. She holds a BA in Art History from Smith College, with minors in Dance and romance languages, and an MA in Art Education from New York University She has lived abroad for several years in Rome and is fluent in Italian and French.

Judy Samuels is a certified NASM personal trainer, corrective exercise coach, Precision Nutrition Coach, and AFAA certified group fitness instructor. Judy's been teaching fitness for over 20 years and especially enjoys working with seniors. She has taught strength training, T.R.X., mat Pilates mix, core barre, outdoor boot camps, Muscle and Tone, Parkinson's boxing circuit classes, and does one-on-one personal training (now through Zoom!). She enjoys running, live theatre, needlepoint, and mostly spending time with her family and dog, Muffin.

Detective Erin Shaw was hired by the town of Westport, CT in January 2008. She was promoted to the rank of Corporal in 2015. She is a Southwestern Regional Emergency Response Team member as a Crisis Negotiator, and Certified Traffic Crash Reconstructionist. She has earned several unit citation awards and is involved in numerous community activites such as the Special Olympics and The Westport Police Youth Collaborative.

Ruby Shih is a Qigong Taijiquan teacher and practitioner of 40 years and Co-founder of a Taiji School "Society of Nanlaoshu" in Manhattan.

Karen Siegel is a visual artist, graphic designer and art instructor and is a teacher at the Silvermine Arts Center in New Canaan, CT. She teaches drawing, watercolor and mixed media. Karen also leads art retreats and workshops. She has exhibited her work at Silvermine Arts Center, the Carriage Arts Barn and other locations throughout New England. Karen lives in Westport with her family and her cockerpoo Rosie.

Nor Smitobol was born and raised in Bangkok, Thailand, where he earned an architectural degree. Nor holds a master's degree from Pratt Institute and is a licensed architect in NY and PA. For thirty years, Nor worked at the United Nations in NYC and other duty stations. His favorite media include watercolor, sketch, stained glass, clay work, rock painting, paperwork, and 3D origami.

Catherine Stone is a long-time Westport resident, an active local artist, author, and digital art instructor. She co-founded Chroma Sites, a web strategy and communications firm serving hundreds of regional clients and has extensive experience teaching iPad art to adults of all skill levels utilizing her background and passion for oil painting as inspiration.

Diana Sussman is a Westport resident who studied bridge under Michael Hess. She is passionate about sharing her love of bridge with you and hopes that you, too, will be infected by the "bridge bug." She graduated from the University of Pennsylvania Law School and Duke University.

Agata Tria is an accomplished and award-winning artist, exhibiting her soft pastels in the United States as well as Europe. Her style is mostly minimalistic nature portraits emphasizing color and composition. She loves to create in all kinds of mediums from acrylic/oils and pastels to glass, resins and wood. Agita earned her master's degree from the European Academy of Arts in Warsaw, Poland.

Rabbi Greg Wall has curated a weekly Westport-based jazz series since 2015, performing weekly with a rotating lineup of internationally acclaimed NYC-based and touring jazz artists. Greg is a founding board member of the Jazz Society of Fairfield County (JazzFC) and serves as Artistic Director.

Cindy Wagner began painting at 14 and spent four years apprenticing with her father at his theatrical production companies in New York City, where she learned traditional Old Master techniques alongside innovative theatrical methods. A graduate of SUNY Buffalo, she continued her studies at Silvermine Art School and through advanced workshops with master artists. Her representational work includes still life, portraits, and landscapes, using a variety of mediums and techniques. She has also had the opportunity to meet and learn from renowned artists including Marc Chagall, Jim Henson, and Spike Lee. Her website is www.cindywagnerart.com.

Risa Werner is a licensed clinical social worker and has specialized in the field of Gerontology. She has 40 years of experience working with seniors in a variety of settings, including hospitals, nursing homes, and adult daycare programs.

Evan Weiner is a speaker, author, and veteran radio and television journalist who has spoken worldwide on nearly 90 topics. His award-winning career began at age 15, and in 2007, the U.S. Department of State invited him to speak at the George Bush Presidential Library about the politics of sports business in America.

Ruth Winnick, a movement therapist, will help you understand how to stretch and relax your muscles. Exercises will start in a chair and advance from there. Ruth studied the dance therapy master's program at N.Y.U. as a dance therapist and was accredited by the American Dance Therapy Association. She has worked as a movement therapist at Norwalk Hospital and in private practice.

Bill Wrenn is a certified Qigong and Tai Chi teacher. Bill has practiced yoga, meditation, and other forms of energy work for 30 years and received his certification in Qigong and Tai Chi from the Institute of Integral Qigong & Tai Chi (IIQTC).