# WESTPORT CENTER FOR SENIOR ACTIVITIES

## UPCOMING PROGRAMS - October 2026

**Please note: The WCSA will be closed on Monday, October 12 for Columbus/Indigenous Peoples Day!**

**Pre-registration for all classes, events and activities is required online at *MyActiveCenter.com* or by calling the WCSA at (203) 341-5099.**

### Tech Hub
### Thursdays, October 2 through 30

Tech Hub offers technical assistance. The hours will have volunteers available for drop-in aid and will operate from 2:00 to 4:00 PM on Thursdays. Adam Konowitz is available for half-hour appointments on Thursday mornings from 10:00 AM to 12:00 PM. Please contact the front desk to make your appointment. **For more information on the WCSA Tech Hub, please call the WCSA at 203-341-5099.**

### CHOICES: Medicare Counseling
### October 15 through December 7: Open Enrollment - Medicare and Supplemental Plans

CHOICES helps Connecticut's older adults with Medicare understand their insurance plans and healthcare options. Volunteers will provide information on Medicare, Medigap, Medicare Managed Care, Medicaid, Long-Term Care insurance, and other related state and federal programs. The WCSA offers appointments with CHOICES counselors both in-house and by phone for Westport residents. Westport residents must make an appointment. Appointments can be scheduled by:

- Leaving a voicemail on our dedicated CHOICES line at 203-341-5151.
- Speaking with our Administrative Assistant, Meghan Tapley.

This year, to help accommodate everyone, we have added November 4th, with multiple dedicated in-person appointment slots available.
For out-of-town residents, please contact: **Southwestern Connecticut Agency on Aging** at **(203) 333-9288.**

### The Positives and Challenges of Aging
### Thursdays, October 1 to 29

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. Time: 10:30 to 11:30 AM.**

### Just For Men Discussion Group
### Thursday, October 1, November 5 and December 3

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 Topic for October 1**: Emotional well-being, healthy coping strategies, and the importance of seeking help when needed.

**Facilitator: Dr. Paul Epstein. Time: 3:00 to 4:00 PM.**

### Video Sing-Along with Susie Q!
### Thursdays, October 1 and 15

Susan McAllister Bee has developed twenty-two videos of favorite tunes from the Great American Songbook for seniors. Susie Q provides the words right on the screen and plays in a key for senior voices. *Suzie Q is on the video, and she provides large print lyrics on the screen.*

**Time: 11:15 to 11:50 AM.**

### Painting a Self Portrait with Alanna Fagan
### Mondays, October 5 to November 16

Each student will have a mirror to use in class. Painting a self-portrait is a terrific way to learn to draw a face, and yours is the face you know best! Alanna will be working in oil, but feel free to bring the medium of your choice. She will also show one of her self-portraits. Bring all your own supplies. A materials list will be provided, and other artists' self-portrait examples will be shown in class.

**Instructor: Alanna Fagan. Time: 2:00 to 4:00 PM. Cost: $30.00.**

### WCSA "Welcome Fall" Coffee and Bagels
### Wednesday, October 7

Share a cup of coffee with Wendy and meet fellow members of the WCSA. We would like to get to know you! Whether you are new to the WCSA or a longtime participant, we invite you to join us. If you are a new member and would like a tour, one of our staff members will be available to show you around. Feel free to grab a coffee to go if you are pressed for time.

**Time: 9:30 to 10:30 AM.**

### Finding YOUR Calm Workshop
### Wednesday, October 7

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. 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.

**Instructor: Risa Werner, LCSW. Time: 10:45 to 11:45 AM.**

### American Sign Language – ASL
### Wednesdays, October 7 to November 18

This program is your first step into American Sign Language (ASL) and deaf culture. Begin your journey of making your first connection with the deaf community by learning the alphabet, signs for family and friends, as well as simple vocabulary that describes feelings. Leslie Markus has taught American Sign Language for 25 years at the college level.

**Instructor: Leslie Marcus. Time: 2:30 to 3:30 PM.**

## Probate Discussion with Judge Lisa Wexler
## Wednesday, October 7

Join Probate Judge Lisa Wexler as she discusses a variety of matters heard in Probate Court. Judge Wexler will also address the Probate Court process in terms of function of the court and jurisdiction. Judge Wexler is a graduate of Johns Hopkins University and the New York University School of Law. She was elected to become the Westport/Weston Probate Judge in 2013. Judge Wexler is also a professional mediator and currently hosts The Lisa Wexler Show on WICC Radio 600.

**Instructor: Judge Lisa Wexler. Time: 2:45 to 3:45 PM.**

## Art Reception: Jo Ann Davidson
## Thursday, October 8

Please join local artist Jo Ann Davidson for a reception celebrating her beautiful watercolors currently on display in the WCSA art rooms. Jo Ann has always loved to draw and paint. She majored in art at Smith College and taught at Westport schools for 25 years. Whenever she travels, she brings her paints along! Jo Ann currently studies with Christy Gallagher at the Rowayton Art Center. Please join us for light refreshments and an opportunity to view Jo Ann's work.

**Time: 3:00 to 4:00 PM.**

## Ask the Nurse: Blood Pressure Screening
## Tuesdays, October 13 and 27

A registered nurse from Waveny Lifecare Network will be at the WCSA for free blood pressure and depression screenings, medication management, and to answer any other questions you may have.

**Time: 9:00 to 10:00 AM.**

## CT State Government: How It Works – A Four-Part Series with Jonathan Steinberg
## Tuesdays, October 13 and 27, November 17, December 8

Gain a better understanding of how Connecticut's state government operates in this informative four-part series led by retiring State Representative Jonathan Steinberg. Explore the structure of state government, the legislative process, the state budget, and how laws and public policy are developed. You'll also learn about the roles of elected officials, state agencies, and the many people and organizations involved in shaping decisions that affect Connecticut residents. Designed for anyone interested in civic education, this series offers a clear, engaging look at how state government works and what lies ahead for future legislative sessions. This is not a political discussion.

**Instructor: Jonathan Steinberg. Time: 2:45 to 4:00 PM.**

## Art and Design Lectures with Christine Hauck: Prolific Sculptors
## Wednesday, October 14 and Tuesday, November 10

**October 14:** Augustus Saint Gaudens and Daniel Chester French were American sculptors in the late 19th and early 20th centuries. Both were foremost sculptors during their time in America. Each had a reputation as an outstanding architectural and public sculptor in the United States. **November 10:** Ruth Asawa and Yayoi Kusama are prolific, contemporary Japanese sculptors whose work spans the 20th-21st centuries. Each sculptor has many interests. Asawa is nationally recognized for her wire sculpture, public commissions, and her activism in education. Yayoi Kusama is known for her sculptures and installations. She also dabbles in painting, performance art, video art, fashion, and writes poetry and fiction. Each innovative, eclectic sculptor shares a love of nature in common.

**Instructor: Christine Hauck. Time: 2:45 to 3:45 PM.**

## The Poetry of Family with Donna Disch
## Thursday, October 15

The family has often been described as "the country of the heart." Indeed, where there's blood, there's safety, sorrow, forgiveness, gratitude, loyalty, loss and, gratefully, more often, immeasurable love. We'll read and discuss Sylvia Plath's grandmother poem, *Point Shirley*, Alan Shapiro's *Family Dinner* and Stanley Kunitz's father poem, *The Portrait,* among other outstanding poems. An enriching and pleasurable afternoon guaranteed.

**Instructor: Donna Disch, Westport Poet Laureate. Time: 2:30 to 4:00 PM.**

## Aspetuck Health District Flu Clinic at the WCSA
## Friday, October 16

The Aspetuck Health District continues its 30+ year tradition of offering flu clinic vaccinations administered by experienced nurses. Studies have shown that the high-dose vaccine is safe and more effective than the standard-dose vaccine for age 65+, although both are being offered. You can read more about the high-dose flu vaccine by clicking here: **(Flu & People 65 Years and Older CDC). This clinic is by appointment only! Please contact the Aspetuck Health for an appointment at 203-227-9571.**
**Time: 12:30 to 3:00 PM.**

## Friends Sunday Concert: Eight to the Bar
## Sunday, October 18

Drawing its musical influences from American roots music - swing, boogie-woogie, and Motown, Eight to the Bar is known for its outstanding instrumentalists and sophisticated musical and vocal arrangements, highlighted by female vocals. With the support of independently produced CDs and videos, Eight to the Bar has cultivated a large, enthusiastic following that has put them in clubs from Maine to Miami as well as Europe and the Caribbean. Their rigorous touring schedule has included opening spots for Big Bad Voodoo Daddy, Manhattan Transfer, Robert Cray, the late Roy Orbison and Ray Charles, several European tours, and most recently, a tour of the Republic of Georgia at the invitation of the U.S. Embassy located there.

**Time: Doors open at 12:30 PM, lunch is served from 1:00 to 1:40 PM, and the concert is from 2:00 to 3:00 PM.**

## Y's Men 23rd Annual Photo Contest Drop-Off
## Monday, October 19 through Thursday, November 5

The Y's Men Photo Club and the WCSA will be co-sponsoring a photo contest open to Y's Men, their spouses, and WCSA participants. Entrants should classify images into one of the following categories: Landscape, Waterscape, Architectural, Human Portrait, Nature, Critter, General, Black & White, and Action/Motion. Photos will be judged, and the award-winning images will be announced at the **photo gala on Friday, November 13, from 1:30 to 2:30 PM.** Application forms are available on Y's men's website and at the WCSA. All entries should be dropped off at the WCSA during operating hours. Contest rules and applications are available at the front desk or online. If you have further questions, please email William Weiss - william.wweiss@gmail.com. For the Y's Men website, please **click here (Camera Club - Y's Men of Westport / Weston (ysmenwestportweston.org).**

## Food History: Transylvania and Romanian Cuisine
## Tuesday, October 20

Transylvania is a land of legends, forever linked with Count Dracula through Bram Stoker's classic novel. Beyond its rich folklore and dramatic history, however, the region is renowned for its distinctive cuisine, which plays an important role in Romania's rich gastronomic heritage. Join us to discover the traditions, flavors, and cultural influences that make Transylvanian cooking so unique. Holly Betts is a registered dietitian with a master's degree from the Cornell University School of Hotel Administration.

**Instructor: Holly Betts. Time: 3:00 to 4:00 PM.**

## Estate Planning: Understanding Legal Trusts
## Wednesday, October 21

Attorneys Neil Phillips and Jonathan Gaberman of Lennon, Murphy and Phillips, LLC will be here to discuss estate planning with an emphasis on trusts.

**Instructors: Neil Phillips and Jonathan Gaberman. Time: 2:30 to 3:30 PM.**

## This is Your Life: An Interview with Frederick Chiu and Jeanine Esposito
## Friday, October 23

Rozanne Gates of the Legacy Project USA will be interviewing Frederic Chiu and Jeanine Esposito, one of the "power couples" we all hear about. Frederic Chiu is a world-renowned classical pianist, and Jeanine Esposito is a world-renowned sculptor and artist. And where else would an artistic power couple live but in Westport! Esposito was born in Branford, CT and lived in NYC for 12 years before moving to Westport, CT. She and Frederic Chiu, run Beechwood Arts, a non-profit dedicated to changing the way the arts are experienced and created. The question remains – how did such a gifted union happen? Theirs is a multi-cultural, multi-faceted, arts-oriented marriage. How did they come to focus their energies and their talents on improving the artistic life of the community around them? At THIS IS YOUR LIFE, we let the story of their life emerge. It is a story well worth hearing.

**Facilitator: Rozanne Gates. Time: 1:30 to 2:30 PM.**

## Book Chat with Jim Alkon
## Tuesdays, October 27, November 24 and December 15

The first meeting of this group in August was a smashing success, with many current and ageless books being recommended by group participants in a lively discussion. So, we can't wait to jump into our next session, which should be even bigger and better! Looking for more books to put on your nightstand? Here's an exciting, fun twist on the traditional book club concept, designed to give participants a variety of ideas to take home for their next read. Rather than everyone reading the same book, participants are asked to talk about any recent book they've read that they would recommend to the group. By sharing these different book experiences, members will easily be able to add new titles to their TBR (To Be Read) lists. Any genre is fair game. Classic or bestseller. Mystery. Family Saga. Historical Fiction. Memoir. Romance. Non-Fiction. You name it. Just tell us about it, and hear others talk about theirs –a truly fun and informative exchange. Moderated by Jim Alkon, former Editorial Director of BookTrib.com, a website for reader discovery. Jim has worked with countless authors, publishers, and book clubs over the years, and has written hundreds of book reviews.

**Facilitator: Jim Alkon. Time: 10:30 to 11:30 AM.**

## Trust Your Gut: Understanding Digestive Health
## Tuesday, October 27

This talk provides an engaging introduction to digestive health, explaining how the digestive system works and why gut health plays an important role in overall wellness. Learn how nutrients are absorbed and the important role of the gut microbiome in digestion and health. We will discuss foods that support healthy guts and practical tips will be shared for incorporating these foods into everyday meals while supporting regular digestion and a diverse gut microbiome. The goal is to have a clearer understanding of how digestion works and how everyday food choices influence gut health.

**Instructor: Marcella Modugno, MS, RD, CDCES, CD-N. Time: 10:30 to 11:30 AM.**

## CHOICES/Medicare Update
## Wednesday, October 28

Katie Wheeler, CHOICES Manager, from the Southwestern Connecticut Agency on Aging (SWCAA) will visit the WCSA to review the upcoming changes with Medicare and Medigap that may affect your care and coverage of prescription drugs. The CHOICES program helps Connecticut's older adults and persons with disabilities with Medicare understand their Medicare coverage and healthcare options. Certified counselors across the state provide objective, free person-centered assistance so Medicare recipients can make informed choices about their benefits. **Click here** for more information on the CHOICES program.

**Facilitator: Katie Wheeler. Time: 10:30 to 11:30 PM.**

### Artificial Intelligence: "Hey Siri" Just Got So Much Smarter
### Wednesday, October 28

Apple just relaunched Siri with the IOS 27 update. Learn how you can ask Siri to find things in your emails, texts and photos. Siri can now perform multi-step tasks (i.e. "move my lunch with Joe to Thursday and email him to tell him I may be late"). And now Siri can look at what's on your iPhone screen with you and answer your questions. Note: For the new Siri you need either an iPhone 15 Pro or Pro Max, or an iPhone 16 or newer. But even if you don't have the right phone, you can learn to see if you want to upgrade.
**Instructor: Adam Konowitz. Time: 2:45 to 3:45 PM.**

### Local Legends and Hauntings
### Friday, October 30

Prepare for a spine-tingling journey into Fairfield County's darkest corners! On the day before Halloween, Walter D. Matis of the Fairfield Museum, for the second year, summons the chilling history, mysterious legends, and eerie happenings that have haunted Westport and its neighboring communities for generations. From tales of vampires and poltergeists to unexplained happenings and places steeped in mystery, Walter will uncover the stories lurking just beneath the surface of familiar streets and historic homes. And what about the strange connections to Rod Serling and The Twilight Zone, or the mysterious World of Willoughby? You may never look at Westport and the surrounding towns quite the same way again. Come curious. Leave… if you dare. This Halloween, discover the history you thought you knew and the haunting tales you never knew existed.
**Instructor: Walter D. Matis. Time: 1:30 to 2:30 PM.**

## *** COMING UP! ***

### Diebenkorn Workshop with Tom Stvan
### Wednesday, November 4

Richard Diebenkorn was one of the most influential American artists of the twentieth century. While the art world cycled through many trends during his lifetime, Diebenkorn stayed true to his unique vision by moving seamlessly between abstraction and representation. We'll study his paintings and drawings and learn how earlier artists and his physical environment shaped the artist's vision. We'll discuss the numerous quotes he left to posterity–highly personal observations he recorded about his methods and his work based on decades of experience. We'll spend much of the day using our new understanding of Diebenkorn and applying it to our own projects in this hands-on workshop.
**Instructor: Tom Stvan. Time: 10:00 AM to 3:15 PM. Cost: $20.00.** ***(The class will break for lunch. Lunch is not included. You may sign up for lunch at the WCSA or bring your own.)***

### Watercolor Workshop with Karen Siegel
### Mondays, November 23 and 30

Learn how to draw and paint with watercolor. This class will focus on still-life painting. Values, color theory and color mixing will all be discussed. All levels welcome! Karen is a longtime faculty member at the Silvermine Arts Center. Karen teaches classes and workshops in drawing, painting, creativity and Art & Music. **Please see the Fall 2026 Art Supply list on our website for materials required.**
**Instructor: Karen Siegel. Time: 2:00 to 4:00 PM. Cost: $10.00.**

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