WESTPORT CENTER FOR SENIOR ACTIVITIES

UPCOMING PROGRAMS – September 2026

The WCSA wishes everyone a very happy, healthy and safe Labor Day!

Please note: The WCSA will be closed on Monday, September 7 for the Labor Day Holiday!

Celebrate National Senior Center Month with the WCSA!

September is National Senior Center Month, designated by the National Council on Aging (NCOA) to celebrate and recognize senior centers as vibrant community hubs where wellness, creativity, learning, and meaningful connections come together. At the WCSA, we strive to create a welcoming and engaging space where everyone feels connected. Our goal is simple: that everyone who walks through our doors leaves a little happier than when they arrived. We are grateful for the people who make our center so special, and for the countless ways our WCSA community comes together to share experiences, learn, laugh, support one another, and celebrate the incredible power of community.

Tech Hub
Thursdays, September 3 through 24

Tech Hub offers technical assistance. **We will have volunteers available for drop-in aid and will operate from 2:00 to 4:00 PM on Thursdays.**

Just For Men Discussion Group
Thursday, September 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 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. Time: 3:00 to 4:00 PM.

Video Sing-Along with Susie Q!
Thursdays, September 3 and 17

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.

Looking at Art Series with Elisabeth Rose: What makes a Masterpiece?
Thursdays, September 3 through 24

What makes a masterpiece? What makes some works of art famous while others that seem equally exceptional to some of us are not? Do people always have the same reaction to what is considered a masterpiece? Why/Why not? In this class we will examine how the elements of content, style, and context are revealed in different works of art, and then apply that knowledge to famous pieces to delineate why they are deemed masterpieces. This class is not going to provide any easy answers but is meant to provide a framework within which people can better articulate what they see, what they think about something, and why they think certain works are indeed masterpieces. For the first class, students are invited to make a list of a few famous works they love and ones they dislike and be ready to explain why they feel that way.

Instructor: Elisabeth Rose. Time: 1:30 to 3:00 PM.

End of Summer BBQ
Friday, September 4

Join us for a summer BBQ! On the menu will be a grilled cheeseburger with lettuce and tomato, potato chips, and coleslaw. The Good Humor Ice Cream Truck will also be joining us for our BBQ, sponsored by the Friends of the WCSA. **Pre-registration is required online at *MyActiveCenter.com* or by calling the WCSA at 203-341-5099. The suggested donation is $6.00 to $8.00. Space is limited. Please be sure to register in advance!**

Ask the Nurse: Blood Pressure Screening
Tuesdays, September 8 and 22

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: 9:30 to 11:00 AM.

History Lecture with Evan Weiner: A Look Back at 1893 – America has a New President and The World's Fair!
Wednesday, September 9

1893 – America has a new/old president – Grover Cleveland returns to the Oval Office on March 4th. Cleveland takes office after the start of the Panic of 1893 or a depression. Yet there was some optimism with the opening of the Chicago's World Fair. The African American civil rights movement was stalled but bicycles allowed women to move around. There was an Oklahoma land rush. There was an open-heart operation. Gandhi was arrested, Thomas Edison built a movie studio, an engine for cars was unveiled and Lord Stanley bought a cup to give to the best hockey team. Presenter Evan Weiner started his journalism career at the age of fifteen by hosting a Spring Valley High School talk show on WRKL Radio, Mount Ivy, N.Y., in 1971. At the same time, he was a "correspondent" covering high school sports for the Rockland Journal News, Nyack, N.Y. By 1978, he was covering news for WGRC Radio and won two Associated Press Awards in 1978 and 1979.

Instructor: Evan Weiner. Time: 2:30 to 3:30 PM.

Finding YOUR Calm Workshop
Wednesday, September 9

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.

Art Reception – Marcea F. Koffsky
Thursday, September 10

Please join artist **Marcea F. Koffsky** for a reception celebrating her photography. Marcea is a photographer whose work explores the quiet intersection of nature and time. Her artistic foundation includes studies in photography and art at the State University of New York College at Buffalo and Purchase, the International Center of Photography, and the Silvermine School of Art. She also studied with Alison Wachstein, an award-winning photographer from Weston, Connecticut. In addition to photography, Marcea studied floral design at the New York Botanical Garden, deepening her understanding of flowers as living, ephemeral subjects. Her earlier work photographing pets and their people fostered a profound appreciation for life's tenderness and transience—themes that quietly continue in her current series of frozen florals. These evocative images reflect a lifelong attention to stillness and the fragile beauty of living things. Come meet the artist, admire her captivating work, and enjoy light refreshments.

Time: 3:00 to 4:00 PM.

History Lecture with Mona Garcia – Mothers and Daughters: Princess Alice and Empress Alexandra
Tuesday, September 15 and 29

Please join us for a two-part series on a royal mother and her daughter whose lives were shaped by tragedy: Princess Alice and Empress Alexandra. The key to that tragedy was their unexpected inheritance from Queen Victoria: hemophilia. That inheritance played out in loss and revolution.

September 15: Princess Alice. September 29: Empress Alexandra.

Instructor: Mona Garcia. Time: 2:45 to 3:45 PM.

Optimism Walk for Parkinson's Disease at Sherwood Island State Park
Saturday, September 19

Each APDA Optimism Walk is an important and fun-filled fundraising event that offers a short, non-competitive walk offering family-friendly activities, music, vendor tables, and much more! The Fairfield County Connecticut Optimism Walk is part of a nationwide movement to mobilize and inspire people to step up and help put an end to Parkinson's Disease. (Participants can walk as much or as little as they choose.) To register with WCSA's Team "Stand By Me", please click here: **APDA - APDA 2026 Optimism Walk for Parkinson's - Westport Connecticut**

Date: Saturday, September 19. Time: 10:00 AM – Registration and Pre-Event Activities. 11:00 AM – Ceremony with Walk to Follow.

A Look at Peruvian Culture
Friday, September 25

Silvana Deigan is an artist, podcaster, and dedicated community organizer who has long been a vibrant force for empowerment and cultural connection. She founded the Peruvian folklore dance group "Somos Peru (We are Peru)" out of the basement of Saint Rose of Lima Church in New Haven. Growing from four members to over 50, Silvana choreographed regional dances, sourced authentic costumes from Peru, and led educational cultural workshops across schools, libraries, and festivals, using dance to foster pride and community connection.

Instructor: Silvana Deigan. Time: 1:30 to 3:30 PM

Westport Book Chat
Tuesday, September 29

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. (We'd also like to hear about any books you've read and weren't crazy about!) 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.

Mastering the Masters Workshop – Edgar Degas
Wednesday, September 30

Degas was an Impressionist artist who also produced wax sculptures, prints, and drawings. He is especially identified with the subject of dance with more than half of his works depicting dancers. Although Degas is regarded as one of the founders of Impressionism, he rejected the term, preferring to be called a realist, as he did not paint outdoors as many Impressionists did. Join Chris Goldbach for an in-house workshop that allows those at any art level to gather, have fun and grow. The workshop begins with a video or slide presentation discussing techniques or special effects that the artist used. Participants can choose to copy an actual painting of the artist or paint in a similar style. Students bring their own supplies (paper/canvas) and materials (paints/pastels/colored pencils/etc). Any medium is welcome, with the key being to experiment and play.

Instructor: Chris Goldbach. 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.)***

*** COMING UP! ***

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 the 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).**

Alzheimer's Walk at Sherwood Island State Park
Sunday, October 25

The Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support, and research. Held annually in more than 600 communities nationwide, this inspiring event calls on participants of all ages and abilities to reclaim the future for millions. Together, we can end Alzheimer's disease, the nation's sixth-leading cause of death. The WCSA is sponsoring Team "Reality Check!" You can get involved by joining our team and walking on October 25, or you can donate to Team "Reality Check" to show your support. To register or donate, click this link: **Team Reality Check 2026**. Time: 8:30 AM – Registration, 10:00 AM – Ceremony, and 10:30 AM – Walk.