WESTPORT CENTER FOR SENIOR ACTIVITIES

SUMMER 2026

July, August, September

COURSE CATALOG

21 Imperial Avenue
Westport, CT 06880

Phone: (203) 341-5099
Fax: (203) 341-1187

Email:
seniorcenter@westportct.gov

Website:
www.westportcsa.org

Search us on Facebook by typing in: Westport Senior Center or by clicking:

Dear Friends,
We are excited to share our Summer Course Catalog, featuring classes and programs running from July 6 through September 30. Whether you are looking to learn something new, reconnect with friends, or continue enjoying your favorite classes, we have many wonderful opportunities for you this season. We look forward to spending this time with you.

For full course descriptions and information about our talented instructors, please visit the Summer 2026 Class Descriptions and Instructor Biographies section on our website at **westportcsa.org**. If you have any questions about registration, our team is always happy to help.

We also have several special events planned this summer, which will be highlighted in our July Monthly Newsletter. In addition, our weekly email newsletter arrives every Friday morning, so be sure to check your inbox for updates, announcements, and upcoming activities.

If you ever have questions, suggestions, or simply want to connect, I would love to hear from you. You can reach me at wpetty@westportct.gov or by phone at (203) 341-5098.

Wishing you a joyful summer semester. Thank you for being part of our community.

Warm regards,
Wendy Petty
Director, Westport Center for Senior Activities

REGISTRATION – SUMMER 2026

Registration for the Summer Quarter (July, August, September) will begin for Westport residents on Monday, June 1. Out-of-town registration will begin on Monday, June 8.

Online Registration via MyActiveCenter, In Person, or by Phone Recommended

To help make the registration process as smooth as possible, we encourage you to register online through MyActiveCenter, in person, or by phone. This allows us to process registrations more quickly and gives everyone the best opportunity to enroll in preferred classes.

Paper Registrations

- Paper registrations will be processed after the initial in-person registration period.
- This change will help reduce confusion regarding class availability and waitlists.
- Please do not attach payment to paper registrations. We will collect payment only after registration is processed and class availability is confirmed. It will also allow us to better assist with alternative options if a class fills.

We understand that some people may need accommodations or additional assistance with registration, and we are happy to help.

Thank you for your understanding and cooperation. We look forward to spending the summer semester together!

WCSA Phone Directory

Main Number: (203) 341-5099
(answering machine after-hours)

Wendy Petty, Director:
(203) 341-5098

Holly Betts, RD, Assistant Director: (203) 341-5096

Joe Anastasi, Program Specialist: (203) 341-1066

Paulina Pane, Nutrition Program Coordinator:
(203) 341- 5097

Kaila Kochiss, Social Worker:
(203) 341-1068

Felicia Smith, Administrative Assistant:
(203) 341-1996

Meghan Tapley, Administrative Assistant:
(203) 341-5097

Diana Andrews, Community Relations Specialist:
(203) 341-1997

Stacie Curran, Staff Support:
(203) 341-5099

Nicole Rolnick, Staff Support:
(203) 341-5099

How to Register for Programs Online

MyActiveCenter is an easy-to-use, secure software program that senior centers across the U.S. use to manage their different programs. With a MyActiveCenter account, you can sign up for classes and special programs online. Each participant of the WCSA will be issued their own login ID/key tag number. If you register online, you will pay for your classes and programs with a credit card. There is a convenience fee of 3.55% to use a credit card. **To obtain your MyActiveCenter login ID/key tag number, please contact Felicia Smith, Administrative Assistant, by email at: FSmith@westportct.gov or by phone at (203) 341-5099.** The link for MyActiveCenter is ***MyActiveCenter.com***.

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NEW CLASSES AND PROGRAMS

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

Stretch Workshop with Karen Jordan
Mondays, July 6 to July 27

Exercises based on the Pilates apparatus but done on the mats with props. Assistance and resistance. Movement for the muscles and the mind! Pilates instructor, Karen Jordan will give you some stretching exercises you can do at home to keep your body flexible. Karen has participated in movement programs for over 40 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! **Note: This is a floor class. Mats are required.**
Time: 10:45 to 11:45 AM. Cost: $20.00.

Writing the Image: Ekphrastic Writing
Monday, July 6 and 13, and September 14 and 28

What happens when a painting speaks – and you write back? Ekphrasis is the ancient art of responding to a work of visual art in words, and it is one of the most rewarding forms of creative writing. In this four-session workshop, we will look closely at works of art from the WestPAC collection, and discover what they stir in us: memories, questions, stories, emotions – and then find the words to capture that response on the page. No prior writing experience is needed. We will explore examples of ekphrastic writing across the centuries and try our own hand at the form. Whether you prefer poetry or prose, the real or the imagined, there is a way into this practice that is entirely your own. **Please note:** This class does not meet in August.
Facilitator: Diane Lowman. Time: 1:00 to 3:00 PM. Cost: $20.00.

Aquacise Swim Program at Longshore Club Park – For Westport Residents Only
Tuesdays, July 7 through August 18 and Thursdays, July 9 through August 20

Join instructors Jill Franke and Patty Kondub for an aquacise workout at Longshore's beautiful outdoor pool. Open lap swim for seniors is Tuesdays and Thursdays from 12:00 to 1:00 PM.
Instructors: Jill Franke (Tuesday) and Patty Kondub (Thursday). Time: 12:00 to 1:00 PM. Cost: $35.00.

Deep Blue Creations
Tuesdays, July 7 to September 29 – 1:15 to 3:15 PM. Cost - $60.00.
Fridays, July 24 to September 25 – 10:00 AM to 12:00 PM. Cost - $45.00.

Immerse yourself in the luminous world beneath the waves in this richly layered ocean life art class. Students will explore the movement, light, and color of underwater environments while creating expressive scenes inspired by coral reefs, marine life, and the shifting depths of the sea. Using watercolor, artists could build soft, flowing washes to capture the transparency and rhythm of water. Acrylic paint could be used to develop bold forms, depth, and contrast, bringing creatures vividly to life. Colored pencils could then add intricate details, texture, and delicate highlights – from the shimmer of fish scales to the fine patterns of coral. Throughout the class, students will experiment with blending techniques, layering, and color harmony to evoke mood and atmosphere.
Please note: You may only register for one section.
Instructor: Agita Tria.

NEW CLASSES AND PROGRAMS

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

The Identity Code – Discovering Your Purpose and Place in the World
Wednesdays, July 8 to August 19

Clarifying untapped potential at any age (and the possibilities it holds,) begins with understanding your unique identity. According to Larry Ackerman, author of The Identity Code, the key to unlocking that potential lies in your "identity code." Drawing on more than 35 years of experience helping individuals and organizations clarify their purpose Larry introduces the fundamental Laws of Identity and the Eight Essential Questions they contain. As participants explore these questions, they will gain a clearer understanding of themselves and a stronger foundation for making meaningful choices about work, relationships, interests, and hobbies.

Facilitator: Larry Ackerman. Time: 10:30 to 11:30 AM.

Aerobics – Retro!
Thursdays, July 9 to September 24

Aerobic exercise is a physical activity that uses large muscle groups in your body. In this class your heart rate is increased to promote sweating and burn calories. Jill will bring it back to a time when aerobics was fun!!! Think Richard Simmons, this class has easy to follow moves for all levels using light weights to tone muscles. All moves are low impact. ***This is a high energy movement class.***

Instructor: Jill Franke. Time: 9:30 to 10:30 AM. Cost: $60.00.

The Poetry of Seamus Heaney
Thursdays, July 9 to July 23

Explore Seamus Heaney's poetry in this three-part seminar. Widely recognized as one of the major poets of the 20th century, Heaney won the Nobel Prize for Literature in 1995, "for words of lyrical beauty and ethical depth, which exalt everyday miracles and the living past."

Instructor: Donna Disch. Time: 10:30 AM to 12:00 PM.

Painting En Pleine Air
Wednesdays, August 26 to September 23

Did you ever wonder how artists achieve atmospheric clouds, mountains or other natural elements? In this class we will focus on the individual elements of how to create landscapes that evoke a mood and paint more expressively. Depending on the weather, we will take our supplies out to locations around Westport and paint en plain air! You can work in any medium of your choice - acrylics, watercolor, pastels etc. **Students must have their own transportation.** In the event of inclement weather, you will receive an email prior to class to notify you that class will be held at the WCSA. **See the Art Supply list for supplies.**

Instructor: Penny Pearlman. Time: 10:00 AM to 12:00 PM. Cost: $25.00.

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

What makes some works of art famous while others that seem to some of us equally exceptional are not? Do people always have the same reaction to what is considered a masterpiece? 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. 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.

DISCUSSION GROUPS

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

Just for Men Discussion Group
Thursdays, July 9, August 6, September 3

Join this casual men's chat group in person. The group meets to discuss issues or challenges men may be facing in their life and share in a supportive atmosphere. Personal stories will remain strictly confidential.
Facilitator: Dr. Paul Epstein. Time: 3:00 to 4:00 PM.

Shakespeare Discussion Group
Monday, July 13 and September 14

William Shakespeare is arguably the most famous crafter of words in the English language. Join us for a lively discussion of *As You Like It and Anthony & Cleopatra*. Shakespeare Scholar, Diane Lowman, will lead every-one 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.*
Facilitator: Diane Lowman. Time: 10:30 AM to 12:00 PM. Cost: $10.00.

Friday Morning Chat!
Fridays, July 10 through September 25

Get together for fun, stimulating and friendly conversation. In each session, we will discuss a different topic – books, trivia "contests", hobbies, things that give us joy, wisdom (yours, that you care to share!) and tips for making life's tasks a little easier. The discussions will be led by moderator, Steven Greenberg, but the focus will be on participation and interaction among attendees, with the understanding that everyone's participation level will vary. Steven is a long-time Westport resident. He has worked as a CBS radio news broadcaster for the past 15 years and has also hosted a call-in radio program on jobs and careers.
Facilitator: Steven Greenberg. Time: 10:30 to 11:30 AM.

Just for Women Discussion Group
Thursdays, July 16, August 20, September 17

Join this casual women's chat group in person. The group meets to discuss issues or challenges women may be facing in their lives and share in a supportive atmosphere. Personal stories will remain strictly confidential.
Facilitator: Sandy Dressler-Berman, LCSW. Time: 2:00 to 3:00 PM.

Current Events Discussion Group
Mondays, August 3 through September 28

Facilitators Jon Fox and Marcia Goldstein lead a dynamic, interactive discussion on international and domestic issues. Bring your interest and knowledge of present-day world news and events. **Please note:** This class does not meet in July.
Facilitators: Jon Fox and Marcia Goldstein. Time: 9:45 to 11:15 AM.

HEALTH AND WELLNESS

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

Letting Go of Stress
Wednesdays, July 8 and September 2

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-relief techniques including mindfulness, breathing, and guided imagery, to experience a state of deep relaxation.
Facilitator: Diane Lowman. Time: 1:30 to 2:30 PM.

Mindfulness: Be Here Now
Thursdays, July 9 through August 13

Attain peace, health, and happiness through mindful meditation. How to Oy without the Vey! Transform stress, pain, and illness into a journey of self-healing and awakening.
Facilitator: Dr. Paul Epstein. Time: 10:45 to 11:45 AM.

Ask the Nurse and Blood Pressure Screening
Tuesdays, July 14 and 28, August 11 and 25, September 8 and 22

A registered nurse from Waveny Visiting Nurse and Hospice will be at the WCSA for free blood pressure and depression screenings as well as medication management. The nurse will also be available to an-swer any questions you may have.
Time: 9:30 to 11:00 AM.

Hearing Screenings with Alex Wolfe
Mondays, July 13, August 10 and September 14

A.A. Hearing Aid Center provides free hearing screenings and hearing aid care once a month at the WCSA. Alex is a licensed hearing instrument specialist. **Appointments are from 1:00 to 4:00 PM**. **To make an appointment for any of these services, please call the WCSA at (203) 341–5099.**

Finding YOUR Calm Workshop
Wednesdays, July 15, August 12, and 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.`

The WCSA will be closed on the following dates:

Fourth of July: Friday, July 3
Labor Day: Monday, September 7

PARKINSON'S PROGRAMS

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

Parkinson's Fitness
Wednesdays, July 8 through September 30

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

Parkinson's Support Group
Wednesday, July 22, August 26, September 23

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.
Facilitator: Diane Bosch, RN. Time: 10:15 to 11:00 AM.

Boxing for Parkinson's
Thursdays, July 23 through September 24

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 will work with medicine balls and agility ladders and learn different boxing techniques. Participants may be required to bring a spotter with them. **Hand wraps are required.** *Exercise level: moderate.*
Instructor: Dan Lewis. Time: 2:00 to 3:00 PM. Cost: $50.00.

SUPPORT GROUPS

Caregiver Support Group
Wednesdays, July 8 and 22, August 12 and 26, September 9 and 23

If caring for a loved one leaves you feeling frustrated and overwhelmed at times – you are not alone. Caregiver Support meets twice a month. Terry Giegengack, M.A., will lead the group sessions. Terry's professional experience includes casework and administrative positions in Westport and Fairfield's Departments of Human Services. This support group is offered through a grant from the Southwestern Connecticut Agency on Aging (SWCAA). Donations are accepted. **Please contact Assistant Director, Holly Betts, at (203) 341-5096 or via email: hbetts@westportct.gov to register.**
Facilitator: Terry Giegengack, M.A. Time: 9:45 to 11:00 AM.

Bereavement Support Group
Wednesdays, July 15, August 5 and 19, September 2 and 16

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 loss 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, M.S., who will provide a foundation to explore the normal ranges of grief and mourning in an atmosphere of safety, support, and healing. Nancy 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.
Facilitator: Nancy Berkowitz. Time: 10:00 to 11:00 AM.

TOWN OF WESTPORT
DEPARTMENT OF HUMAN SERVICES (DHS)

WESTPORT
DEPARTMENT OF HUMAN SERVICES

Did you know the WCSA is a division of Westport's Department of Human Services?

Westport Human Services Social Services Hub at Town Hall offers:

Information, resources, and support for state and local **senior programs** including: **Short-term Counseling**, **Energy Assistance**, **Renter's Rebate**, **State and Local Tax Relief**, **Tax Filing Assistance**, **Financial Assistance**, **Emergency Preparedness** and other local resources.

To learn more about Human Services, **click here**, or call (203) 341-1050.

DHS helps residents apply for the **Connecticut Energy Assistance Program** for home energy/heating. Please contact us for details.

CLICK HERE TO SEE OUR SENIOR RESOURCE DIRECTORY

You may also "Ask Kaila" while you are at the WCSA!
Kaila Kochiss, LMSW, has office hours at the WCSA on Tuesdays and Thursdays from 8:30 AM to 4:00 PM.
Call (203) 341-1068 or email **kkochiss@westportct.gov**.

CHOICES: Medicare Counseling

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 & federal programs. The WCSA has CHOICES volunteers for virtual appointments only. **Please call (203) 341-5099 to schedule a virtual appointment.**

Southwestern Connecticut Agency on Aging at **(203) 814-3698**

Westport Center for Senior Activities

Registration Worksheet Summer 2026

Online Registration via MyActiveCenter, In Person, or by Phone Recommended

To help make the registration process as smooth as possible, we encourage you to register online through MyActiveCenter, in person, or by phone. This allows us to process registrations more quickly and gives everyone the best opportunity to enroll in preferred classes.

Paper Registrations

- Paper registrations will be processed after the initial in-person registration period.
- This change will help reduce confusion regarding class availability and waitlists.
- Please do not attach payment to paper registrations. We will collect payment only after registration is processed and class availability is confirmed. It will also allow us to better assist with alternative options if a class fills.

We understand that some people may need accommodations or additional assistance with registration, and we are happy to help.

Thank you for your understanding and cooperation. We look forward to spending the summer semester together!

Class	Day(s)	Time(s)	Instructor	Fee
				$
LATE FEE:				
TOTAL PAYMENT DUE:				$

Name: _____ Phone #: _____
Westport Resident? ___Yes _____No Date: _____
*Email address:_____
**Required for all online classes*

Would you like to subscribe to our weekly Constant Contact listing upcoming events via e-mail?
_____Yes _____No _____Already registered

Westport Center for Senior Activities
21 Imperial Avenue
Westport, CT 06880

Agreement and Assumption of Risk

I, _____ acknowledge that I am participating in the Westport Center for Senior Activities (WCSA) exercise programs, classes, and events, of my own free will, and I assume all risk and take responsibility for any injury I may suffer while participating in these programs, whether on-site, at an off-site location, or remotely. This Agreement and Assumption of Risk shall apply to all past, present, and future WCSA programs, classes, events, whether on-site, off-site, or remote.

I hereby represent to the WCSA that I am not receiving medical treatment for any condition that might be aggravated or compromised by my participation in the WCSA's exercise programs, classes, and events. I understand that the WCSA is relying on this representation in allowing me to participate in these exercise programs, classes, and events.

I am aware that the performance of exercise may involve certain inherent risk of accident or injury. By choosing to participate and with full knowledge of these risks, I hereby agree to personally assume all risks resulting from, arising out of, or in any way connected with, my participation in the WCSA's exercise programs.

In consideration of being allowed to participate, I hereby release, agree not to sue and forever discharge, and by this document do for my heirs, executors, and administrators release, agree not to sue and forever discharge, the WCSA, The Town of Westport, Connecticut, and their respective employees and agents, and any independent contractors hired on their behalf to provide the programs, classes, and events offered by the WCSA, from any actions, claims, liabilities, damages, or losses which I now have or may incur as a result of my participation, whether on-site at the WCSA, at an off-site location, or remotely, or any activities incident thereto. Further, I hereby agree to indemnify, defend and hold harmless the WCSA, the Town of Westport, and/or any of their employees, agents or volunteers from any claims, losses, causes of action, suits, costs and expenses (including, but not limited to, court costs and attorney fees) or other damages resulting from any injury, in any way associated with or resulting from my participation in the WCSA's programs, classes, and events, whether on-site at the WCSA, at an off-site location, or remotely.

I have carefully read this document and fully understand its contents and effects. I have signed it of my own free will.

Date	Participant Name	Participant Signature

Address	State	Zip

Phone Number Home	Cell

POLICIES AND PROCEDURES

Attending Programs at the WCSA

Any person who is 60 years or older may join the WCSA regardless of where they reside. A membership fee is not required. All new participants are required to complete an Intake Form with their name, address, birth date, email, phone numbers and emergency contact information in order to be added to our database. Participants must pre-register for all programs/classes/events prior to attending, including our daily lunches. Programs with a fee must be paid prior to the start of the program. **A waiver must be signed to participate at the WCSA.**

All participants will receive a key tag with a number and barcode on the back that is unique to them. Participants are required to check in using their key tag at the computer kiosks in the lobby each time they enter the building. In addition, participants may use the number on the back of the key tag to create a MyActiveCenter account. Instructions for how to register online can be found on page 2. Classes have limited space and Westport residents are given first priority to register one week prior to out-of-town residents.

The WCSA is a recreation/activity center. Individuals must be able to participate independently, with the ability to communicate and carry out directions, maintain proper personal hygiene, and navigate the WCSA safely. If not, an aide or caregiver must accompany them to the WCSA. Our program staff will be happy to meet with the senior and their family/caregivers to advise them on appropriate programs.

WCSA Refund Policy

If a participant wishes to drop out of a class, the WCSA will offer a **credit** to their account and pro-rate it for the classes they did not attend. A **refund** will only be given if an individual has a doctor's note stating they are physically unable to participate in the program. If the WCSA cancels a program due to low registration or any other issue, the participant can request a credit or refund. Please note**:** refunds can take up to four weeks for processing. Changing or switching classes will not be allowed after the second class has met.

CLASS LIST - SUMMER 2026

	The Arts Summer 2026	Cost	Instructor	Day	Dates	Location	Total Sessions	Class Limit	No Class Days
ART	3-D Origami Wednesday, 10:00 to 12:00 PM	$10	Nor Smitobol	Wed	7/8-9/30	In-house	13	12	
ART	Artist's Workshop Thursday, 1:00 to 3:00 PM	$50	Chris Goldbach	Thur	7/9-9/24	Zoom	10	20	8/27, 9/3
ART	Deep Blue Creations I Tuesday, 1:15 to 3:15 PM	$60	Agata Tria	Tue	7/7-9/29	In-house	12	14	8/11
ART	Deep Blue Creations II Friday, 10:00 to 12:00 PM	$45	Agata Tria	Fri	7/24-9/25	In-house	9	14	8/14
ART	Exploring Collage I Monday, 10:00 to 12:00 PM	$20	Diane Pollack	Mon	7/20, 7/27, 8/3, 8/10	In-house	4	14	
ART	Exploring Collage II Monday, 10:00 to 12:00 PM	$20	Diane Pollack	Mon	8/24, 8/31, 9/14, 9/28	In-house	4	14	9/7, 9/21
ART	Explorations in Drawing Thursday, 4:00 to 6:00 PM	$50	Chris Goldbach	Thur	7/9-9/24	Zoom	10	20	8/27, 9/3
ART	Mastering the Medium of Your Choice Friday, 1:30 to 3:30 PM	$40	Linda McKie-McClellan	Fri	7/10-7/31 & 9/4-9/25	In-house	8	12	NO AUG CLASSES
ART	Open Art *See monthly schedule	$0	No Instruction		*See monthly schedule	In-house		25	
ART	Open Craft Wednesday, 1:00 to 3:00 PM	$0	Susan Battersby	Wed	7/8-9/30	In-house	13	10	
ART	Painting En Pleine Air Wednesday, 10:00 to 12:00 PM	$25	Penny Pearlman	Wed	8/26-9/23	In-house	5	16	
ART	Painting Realism Wednesday, 1:30 to 3:30 PM	$20	Cindy Wagner	Wed	8/5-8/26	In-house	4	16	
ART	Stained Glass for Advanced Artists Friday, 10:00 to 12:00 PM	$0	Nor Smitobol	Fri	7/10-9/25	In-house	12	12	

CLASS LIST - SUMMER 2026

ART	Stained Glass for Beginners Tuesday, 10:00 to 12:00 PM	$10	Nor Smitobol	Tue	7/7-9/29	In-house	13	12	
ART	Studio Art Monday, 1:00 to 3:00 PM	$50	Althea Ericsson	Mon	7/6-9/28	In-house	10	16	8/17, 9/7, 9/21
ART	Traditional Origami Monday, 10:00 to 12:00 PM	$10	Nor Smitobol	Mon	7/6-9/28	In-house	11	11	9/7, 9/21
ART	Ukulele, Intermediate Level Tuesday, 12:30 to 2:00 PM	$65	Lewis Horowitz	Tue	7/7-9/29	In-house	13	20	
ART	Writing The Image: Ekphrastic Writing Monday, 1:00 to 3:00 PM	$20	Diane Lowman	Mon	7/6 & 7/13, 9/14 & 9/28	In-house	4	12	NO AUG CLASSES
DG	**Discussion Groups Spring 2026**	**Cost**	**Instructor**	**Day**	**Dates**	**Location**	**Total Sessions**	**Class Limit**	**No Class Days**
DG	Current Events Monday, 9:45 to 11:15 AM	$0	Jon Fox/ Marcia Goldstein	Mon	8/3-9/28	In-house	7	30	NO JULY CLASSES, & 9/7, 9/21
DG	Friday Morning Chat! Friday, 10:30 to 11:30 AM	$0	Steven Greenberg	Fri	7/10-9/25	In-house	12	14	
DG	Just for Men Discussion Group Thursday, 3:00 to 4:00 PM	$0	Paul Epstein	Thur	7/9, 8/6, 9/3	In-house	3	12	
DG	Just for Women Discussion Group Thursday, 2:00 to 3:00 PM	$0	Sandy Dressler-Berman	Thur	7/16, 8/20, 9/17	In-house	3	10	
DG	Shakespeare Discussion Group Monday, 10:30 to 12:00 PM	$10	Diane Lowman	Mon	7/13 & 9/14	In-house	2	12	NO AUG CLASSES
EX	**Exercise Classes Summer 2026**	**Cost**	**Instructor**	**Day**	**Dates**	**Location**	**Total Sessions**	**Class Limit**	**No Class Days**
EX	Aerobics, Retro! Thursday, 9:30 to 10:30 AM	$60	Jill Franke	Thur	7/9-9/24	In-house	12	14	

CLASS LIST - SUMMER 2026

EX	Aquacise Tuesday, 12:00 to 1:00 PM	$35	Jill Franke	Tues	7/7-8/18	In-house	7	14	
EX	Aquacise Thursday, 12:00 to 1:00 PM	$35	Patty Kondub	Thur	7/9-8/20	In-house	7	14	
EX	Argentine Tango Friday, 1:00 to 2:30 PM	$60	Judy Phelps	Fri	7/10-9/25	In-house	12	14	
EX	Barre (None) Fusion Wednesday, 9:30 to 10:30 AM	$65	Shelley Moll	Wed	7/8-9/30	Hybrid	13	14	
EX	Boxing Tuesday, 2:30 to 4:00 PM	$55	Dan Lewis	Tue	7/21-9/29	In-house	11	10	
EX	Boxing for Parkinson's Thursday, 2:00 to 3:00 PM	$50	Dan Lewis	Thur	7/23-9/24	In-house	10	8	
EX	Brain Fitness Monday 11:15 to 12:00 PM	$55	Patty Kondub	Mon	7/6-9/28	In-house	11	12	9/7, 9/21
EX	Cardio Strength Friday, 9:30 to 10:30 AM	$55	Shelley Moll	Fri	7/10-9/25	Hybrid	11	35	9/4
EX	Chair Aerobics Tuesday, 9:30 to 10:15 AM	$52	Shelley Moll	Tue	6/30, 7/14-9/29	In-house	13	50	7/7
EX	Chair Aerobics Thursday, 9:30 to 10:15 AM	$48	Shelley Moll	Thur	7/9-9/24	In-house	12	50	
EX	Chair Yoga Tuesday, 12:15 to 1:15 PM	$65	Paula Pastorelli-Schooler, RN	Tue	7/7-9/29	In-house	13	26	
EX	Dance & Stretch Tuesday, 1:30 to 2:30 PM	$65	Marca Leigh	Tue	7/7-9/29	In-house	13	18	
EX	Enhancing Your Balance Tuesday, 11:15 to 12:00 PM	$65	Paula Pastorelli-Schooler, RN	Tue	7/7-9/29	In-house	13	14	
EX	Essentrics, Gentle Stretch: Standing & Chair Monday, 11:30 to 12:30 PM	$50	Dyan DeCastro	Mon	7/13-9/28	In-house	10	18	9/7, 9/21

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EX	Exercise for Body Awareness Wednesday, 1:00 to 2:00 PM	$0	Ruth Winnick	Wed	7/15-9/30	In-house	12	14	
EX	Feldenkrais©—Intelligent Exercise Wednesday, 1:00 to 2:00 PM	$65	Leora Gaster	Wed	7/8-9/30	In-house	13	18	
EX	Fit Mix-Up Wednesday, 11:30 to 12:30 PM	$65	Shelley Moll	Wed	7/8-9/30	In-house	13	14	
EX	Fit Tech Monday, 10:00 to 11:00 AM	$50	Patty Kondub	Mon	7/13-9/28	In-house	10	24	9/7, 9/21
EX	Functional Fitness Monday, 10:30 to 11:30 AM	$55	Shelley Moll	Mon	7/6-9/28	In-house	11	11	9/7, 9/21
EX	Functional Fitness Monday, 11:30 to 12:30 PM	$55	Shelley Moll	Mon	7/6-9/28	In-house	11	11	9/7, 9/21
EX	Functional Fitness Monday, 12:30 to 1:30 PM	$55	Shelley Moll	Mon	7/6-9/28	In-house	11	11	9/7, 9/21
EX	Functional Fitness Tuesday, 9:00 to 10:00 AM	$60	Judy Samuels	Tue	7/7-9/29	In-house	12	11	8/25
EX	Functional Fitness Tuesday, 11:00 to 12:00 PM	$60	Judy Samuels	Tue	7/7-9/29	In-house	12	11	8/25
EX	Functional Fitness Wednesday, 10:30 to 11:30 AM	$65	Shelley Moll	Wed	7/8-9/30	In-house	13	11	
EX	Functional Fitness Wednesday, 12:30 to 1:30 PM	$65	Shelley Moll	Wed	7/8-9/30	In-house	13	11	
EX	Functional Fitness Wednesday, 2:00 to 3:00 PM	$65	Karen Liss	Wed	7/8-9/30	In-house	13	11	
EX	Functional Fitness Thursday, 8:15 to 9:00 AM	$50	Judy Samuels	Thur	7/9-9/24	In-house	11	11	8/27
EX	Functional Fitness Thursday, 9:00 to 10:00 AM	$55	Judy Samuels	Thur	7/9-9/24	In-house	11	11	8/27
EX	Functional Fitness Thursday, 10:00 to 11:00 AM	$55	Judy Samuels	Thur	7/9-9/24	In-house	11	11	8/27

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EX	Functional Fitness Thursday, 11:00 to 12:00 PM	$55	Judy Samuels	Thur	7/9-9/24	In-house	11	11	8/27
EX	Functional Fitness Friday, 10:30 to 11:30 AM	$55	Shelley Moll	Fri	7/10-9/25	In-house	11	11	9/4
EX	Functional Fitness Friday, 12:30 to 1:30 PM	$50	Karen Liss	Fri	7/10-9/18	In-house	10	12	7/17
EX	Functional Fitness Friday, 1:30 to 2:30 PM	$50	Karen Liss	Fri	7/10-9/18	In-house	10	12	7/17
EX	Muscle & Tone Tuesday, 8:00 to 9:00 AM	$60	Judy Samuels	Tue	7/7-9/29	In-house	12	14	8/25
EX	Muscle & Tone Tuesday, 10:00 to 11:00 AM	$60	Judy Samuels	Tue	7/7-9/29	In-house	12	14	8/25
EX	Muscle & Tone Friday, 11:30 to 12:30 PM	$50	Karen Liss	Fri	7/10-9/18	In-house	10	14	7/17
EX	Open Gym Mon/Wed/Fri, 8:30 to 10:00 AM	$30	Dan Lewis		7/6-9/30	In-house	37	40	9/7, 9/21
EX	Parkinson's Fitness Wednesday, 10:15 to 11:00 AM	$0	Beth Dalen	Wed	7/8-9/30	In-house	10	24	7/22, 8/26, 9/23
EX	Pilates Mat for Strength & Flexibility Monday, 2:30 to 3:30 PM	$50	Charlene Erwin	Mon	7/13-9/28	In-house	10	18	9/7, 9/21
EX	Pilates Mat for Strength & Flexibility Tuesday, 10:45 to 11:45 AM	$65	Charlene Erwin	Tue	6/30, 7/14-9/29	In-house	13	18	7/7
EX	Pilates Mat for Strength & Flexibility Wednesday, 11:30 to 12:30 PM	$65	Charlene Erwin	Wed	7/8-9/30	In-house	13	18	
EX	Pilates Mat for Strength & Flexibility Thursday, 10:45 to 11:45 AM	$60	Charlene Erwin	Thur	7/9-9/24	In-house	12	18	
EX	Qigong Wednesday, 2:30 to 3:30 PM	$60	Bill Wrenn	Wed	7/8-9/30	In-house	12	14	9/16

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EX	Strength Training Monday, 1:00 to 2:00 PM	$55	Jill Franke	Mon	7/6-9/28	In-house	11	14	9/7, 9/21
EX	Strength, Core and Balance Monday, 2:15 to 3:15 PM	$55	Beth Dalen	Mon	7/6-9/28	In-house	11	11	9/7, 9/21
EX	Strength, Core and Balance Tuesday, 1:30 to 2:30 PM	$65	Beth Dalen	Tue	7/7-9/29	In-house	13	11	
EX	Strength, Core and Balance Thursday, 2:00 to 3:00 PM	$60	Beth Dalen	Thur	7/9-9/24	In-house	12	11	
EX	Stretch Workshop with Karen Jordan Monday, 10:45 to 11:45 AM	$20	Karen Jordan	Mon	7/6-7/27	In-house	4	11	
EX	Tai Chi Thursday, 3:15 to 4:15 PM	$60	Jonathan Davis	Thur	7/9-9/24	In-house	12	15	
EX	Tai Chi Advanced Friday, 11:00 to 12:00 PM	$60	Mari Lewis	Fri	7/10-9/25	Hybrid	12	15	
EX	Tai Chi for Balance Monday, 1:00 to 2:00 PM	$50	Tim Craeger	Mon	7/13-9/28	In-house	10	20	9/7, 9/21
EX	Tai Ji for Beginners Monday 10:45 to 11:45 AM	$35	Ruby Shih	Mon	8/3-9/28	In-house	7	12	9/7, 9/21
EX	Tap Dancing-Slow Thursday, 12:00 to 12:45 PM	$60	Marca Leigh	Thur	7/9-9/24	In-house	12	14	
EX	Tap Dancing-Fast Thursday, 1:00 to 2:00 PM	$60	Marca Leigh	Thur	7/9-9/24	In-house	12	14	
EX	Weights in Motion Monday, 9:30 to 10:30 AM	$55	Shelley Moll	Mon	7/6-9/28	Hybrid	11	14	9/7, 9/21
EX	Yoga for Total Health Monday, 8:45 to 9:45 AM	$55	Denise O'Hearn	Mon	7/6-9/28	Hybrid	11	18	9/7, 9/21
EX	Yoga for Total Health Wednesday, 8:45 to 9:45 AM	$65	Denise O'Hearn	Wed	7/8-9/30	Hybrid	13	18	
EX	Yoga for Total Health Friday, 8:45 to 9:45 AM	$60	Denise O'Hearn	Fri	7/10-9/25	Hybrid	12	14	

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EX	Yoga for Well-Being Tuesday, 7:45 to 8:45 AM	$65	Paula Pastorelli-Schooler, RN	Tue	7/7-9/29	Hybrid	13	18	
EX	Zumba Gold Wednesday, 10:30 to 11:30 AM	$65	Karen Liss	Wed	7/8-9/30	In-house	13	14	
GL	**Games & Languages Summer 2026**	**Cost**	**Instructor**	**Day**	**Dates**	**Location**	**Total Sessions**	**Class Limit**	**No Class Days**
GL	BINGO Thursday, 1:15 to 2:30 PM	$0	Doug Brill	Thur	7/9-9/24	In-house	12	35	
GL	Bridge, Advanced Wednesday, 2:30 to 4:00 PM	$40	Michael Hess	Wed	8/12-9/30	In-house	8	30	
GL	French Conversational Wednesday, 10:30 to 12:00 PM	$65	Nell Mednick	Wed	7/8-9/30	In-house	13	10	
GL	French Intermediate Wednesday, 12:00 to 1:30 PM	$65	Nell Mednick	Wed	7/8-9/30	In-house	13	10	
GL	Mahjong, Beginner Wednesday, 1:45 to 3:15 PM	$65	Shelley Moll	Wed	7/8-9/30	In-house	13	20	
GL	Mahjong, Intermediate Tuesday, 10:15 to 11:45 PM	$65	Shelley Moll	Tues	7/7-9/29	In-house	13	20	
GL	Spanish for True Beginners Thursday, 12:30 to 2:00 PM	$60	Nell Mednick	Thur	7/9-9/24	In-house	12	10	
HW	**Health & Wellness Summer 2026**	**Cost**	**Instructor**	**Day**	**Dates**	**Location**	**Total Sessions**	**Class Limit**	**No Class Days**
HW	Bereavement Support Group Wednesday, 10:00 to 11:00 AM	$0	Nancy Berkowitz	Wed	7/1, 7/15, 8/5, 8/19, 9/2, 9/16	In-house	5	26	
HW	Caregiver Support Group Wednesday, 9:45 to 11:15 AM	$0	Terry Giegengack	Wed	7/8, 7/22, 8/12, 8/26, 9/9, 9/23	In-house	6	26	
HW	Finding Your Calm Workshop Wednesday, 10:45 to 11:45 AM	$0	Risa Werner	Wed	7/15, 8/12, 9/9	In-house	3	14	

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HW	Letting Go of Stress Wednesday, 1:30 to 2:30 PM	$0	Diane Lowman	Wed	7/8 & 9/2	In-house	2	15	
HW	Mindfulness: Be Here Now Thursday, 10:45 to 11:45 AM	$0	Paul Epstein	Thur	7/9-8/13	In-house	6	28	
HW	Parkinson's Support Group Wednesday, 10:15 to 11:00 AM	$0	Diane Bosch	Wed	7/22, 8/26, 9/23	In-house	3	24	