WESTPORT CENTER FOR SENIOR ACTIVITIES

FALL 2026

October • November • December

COURSE CATALOG

21 Imperial Avenue, Westport, CT 06880

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

Email: seniorcenter@westportct.gov | **Website:** https://westportcsa.org/ | **Facebook:** Westport Center for Senior Activities

Welcome, Fall! We are excited to share our Fall Course Catalog for the semester. For course descriptions and instructor information, visit westportcsa.org. Our Special Monthly Newsletter includes lectures, programs, and Friends of the WCSA events, while our weekly newsletter arrives every Friday morning with the latest updates. If you are not receiving our emails, please let us know.

As the days grow cooler and the leaves begin to turn, we are reminded of the joy of connection and community. Thank you for being part of our senior center, and we wish you a wonderful Fall semester! If you have questions or would like to share something with me, please reach out at wpetty@westportct.gov or (203) 341-5098.

Warmly,

Wendy Petty, Director

REGISTRATION – FALL 2026

Registration for the Fall Quarter (October, November, December) will begin for Westport residents on Tuesday, September 8. Out-of-town registration will begin on Monday, September 14.

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 fall 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

Dulce Stavrianos, 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.

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.

Intermediate Spanish
Thursdays, October 1 to December 17

This class is for people who have taken Spanish for True Beginners and are ready to move on. Embark on your Spanish learning journey with Nell Mednick. 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. Time: 2:00 to 3:30 PM. Cost: $55.00.

Adult Improv Workshop
Thursdays, October 1 to October 29

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 to 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. Time: 2:30 to 3:30 PM. Cost: $25.00.

Creepy Crawlies and Fluttering Friends
Tuesdays, October 6 to December 22 or Fridays, October 2 to December 18

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 it 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: Agita Tria. Time: Tuesdays from 12:15 to 2:15 PM or Fridays from 10:00 AM to 12:00 PM. Cost: Tuesday's class is $55.00. Friday's class is $50.00.

Writing Your Book from Start to Finish
Tuesdays, October 6 to December 15

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. Time: 10:00 to 11:30 AM. Cost: $55.00.

CONTINUING STUDIES

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

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.

Lecture Series with Barbara Kellerman: Follow the Leader
Thursdays, November 5 to December 10

Leadership is a relationship. There is no leader without at least one follower. However, while we understand what incentivizes leaders, we generally do not understand what motivates followers. Why do we almost always go along with our leaders – our parents, teachers, and managers; our local, state, and federal officials – even if we don't like them and even when we don't want to? The course will examine why usually we follow – and why occasionally we do not.
Instructor: Barbara Kellerman. Time: 2:30 to 3:30 PM.

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.

* IMPORTANT UPCOMING DATES *

Holiday Craft and Gift Sale
Friday, December 4

This festive event will showcase handmade crafts, unique gifts, jewelry, and art – perfect for holiday shopping for friends and family. Expect a fun, cheerful atmosphere filled with seasonal spirit and community joy. Free gift wrapping available!
Time: 10:00 AM to 4:00 PM.

The WCSA will be closed on the following dates:
(The WCSA follows the Town of Westport's holiday calendar)

- **Columbus/Indigenous Peoples' Day: Monday, October 12**
- **Veterans Day: Wednesday, November 11**
- **Thanksgiving Day: Thursday, November 26**
- **Day After Thanksgiving: Friday, November 27**
- **Christmas Eve: Thursday, December 24**
- **Christmas Day: Friday, December 25**
- **New Year's Eve: Wednesday, December 31**
- **New Year's Day: Thursday, January 1**

DISCUSSION GROUPS

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

The Positives and Challenges of Aging
Thursdays, October 1 to October 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. Limit: 8 participants.
Facilitator: Karen Howitt LCSW. Time: 10:30 to 11:30 AM.

Just for Men Discussion Group
Thursdays, 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. 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.

Friday Morning Chat!
Fridays, October 2 to December 18

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/careers. Space is limited. Registration required.
Facilitator: Steven Greenberg. Time: 10:30 to 11:30 AM.

Just for Women Discussion Group
Thursdays, October 15, November 19 and December 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.

Shakespeare Discussion Group
Monday, October 19, November 9 and December 14

William Shakespeare is the most famous crafter of words in the English language. Join us as we engage in 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. Time: 10:30 AM to 12:00 PM. Cost: $15.00.

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.

Mindfulness: Be Here Now
Thursdays, October 1 to November 5

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.

Finding YOUR Calm Workshop
Wednesdays, October 7, November 4, December 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.

Letting Go of Stress
Wednesdays, October 7, November 4, December 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 techniques, including mindfulness, breathing, and guided imagery, to experience a state of deep relaxation.
Facilitator: Diane Lowman. Time: 1:30 to 2:30 PM.

Ask the Nurse and Blood Pressure Screening
Tuesdays, October 13 and 27, November 17, December 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 answer any questions you may have.**
Time: 9:30 to 11:00 AM.

Caregiver Support Group
Wednesdays, October 14 and 28, November 18 and 25, December 16 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 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 11:15 AM.

Hearing Screenings with Alex Wolfe
Mondays, October 19, November 9 and December 7

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.**

PARKINSON'S PROGRAMS

Boxing for Parkinson's
Thursdays, October 1 to December 17

This exercise class is designed for people who have been diagnosed with Parkinson's disease. Intense and high-energy workouts may improve physical health, daily functioning, and quality of life. You will learn different boxing techniques in a safe and friendly setting. 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: $55.00.

Parkinson's Fitness
Wednesdays, October 7 through December 9

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 (*there will be no fitness class on October 28, November 11 and November 25).* Instructor Beth Dalen will lead the exercise class through balance, stretching, and weight-bearing exercises. *Exercise level: moderate.*

Instructor: Beth Dalen. Time: 10:15 to 11:00 AM.

Parkinson's Support Group
Wednesdays, October 28, November 25, December 16

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.

SUPPORT GROUPS

Bereavement Support Group
Wednesdays, October 7 and 21, November 4 and 18, December 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 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 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 and skillfully assists attendees to move beyond thoughts of limitation. **Please contact Facilitator, Nancy Berkowitz, via email at pureimages@aol.com to register.**

Facilitator: Nancy Berkowitz. Time: 10:00 to 11:00 AM.

Caregiver Support Group
Wednesdays, October 14 and 28, November 18 and 25, December 16 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. 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.**

Time: 9:45 to 11:15 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 and Wednesdays from 8:30 AM to 12:00 PM. Call (203) 341-1068 or email **kkochiss@westportct.gov**.

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 has CHOICES in-house volunteers and volunteers for virtual appointments for Westport residents. **Please call (203) 341-5151 to schedule an appointment.**

For out-of-town residents, please contact: **Southwestern Connecticut Agency on Aging** at **(203) 333-9288.**

Westport Center for Senior Activities

Registration Worksheet Fall 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 fall 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 Phone Number - 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 prorate 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 — FALL 2026

	The Arts Fall 2026	Cost	Instructor	Day	Dates	Location	Total Sessions	Class Limit	No Class Days
ART	3-D & Traditional Origami Wednesday, 10:00 to 12:00 PM	$10	Nor Smitobol	Wed	10/7-12/23	In-house	11	12	11/11
ART	Artist's Workshop Thursday, 1:00 to 3:00 PM	$50	Chris Goldbach	Thur	10/1-12/17	Zoom	10	20	10/15, 11/26
ART	Adventures in Abstract Art Wednesday, 10:00 to 12:00 PM	$45	Penny Pearlman	Wed	10/7-12/16	In-house	9	14	11/4, 11/11
ART	Creepy Crawlies & Fluttering Friends I Tuesday, 12:15 to 2:15 PM	$60	Agata Tria	Tue	10/6-12/22	In-house	12	14	
ART	Creepy Crawlies & Fluttering Friends II Friday, 10:00 to 12:00 PM	$50	Agata Tria	Fri	10/2-12/18	In-house	10	16	11/27, 12/4
ART	Exploring Collage Monday, 10:00 to 12:00 PM	$55	Diane Pollack	Mon	10/5-12/21	In-house	11	14	10/12
ART	Explorations in Drawing Thursday, 4:00 to 6:00 PM	$50	Chris Goldbach	Thur	10/1-12/17	Zoom	10	20	10/15, 11/26
ART	Generative Writing Monday, 1:00 to 3:00 PM	$55	Diane Lowman	Mon	10/5-12/21	In-house	11	12	10/12
ART	Improv for Fun Thursday, 2:30 to 3:30 PM	$25	Jim Schilling	Thur	10/1-10/29	In-house	5	12	
ART	iPad Art; Let's Paint! Monday, 10:00 to 12:00 PM	$50	Catherine Stone	Mon	10/5-12/14	In-house	10	12	10/12
ART	Mastering the Medium of Your Choice Friday, 1:30 to 3:30 PM	$50	Linda McKie-McClellan	Fri	10/2-12/18	In-house	10	12	10/30, 11/27

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	10/7-12/23	In-house	11	10	11/11, 11/25
ART	Painting a Subject of Your Choice Wednesday, 1:30 to 3:30 PM	$20	Jill Nichols	Wed	12/2-12/23	In-house	4	16	
ART	Painting Realism Wednesday, 1:30 to 3:30 PM	$20	Cindy Wagner	Wed	10/7-10/28	In-house	4	16	
ART	Stained Glass for Advanced Artists Friday, 10:00 to 12:00 PM	$0	Nor Smitobol	Fri	10/2-12/18	In-house	10	12	11/27, 12/4
ART	Stained Glass for Beginners Tuesday, 10:00 to 12:00 PM	$10	Nor Smitobol	Tue	10/6-12/22	In-house	12	12	
ART	Studio Art Monday, 1:00 to 3:00 PM	$55	Althea Ericsson	Mon	10/5-12/21	In-house	11	16	10/12
ART	Ukulele, Intermediate Level Tuesday, 12:30 to 2:00 PM	$50	Lewis Horowitz	Tue	10/6-12/15	In-house	10	20	12/8
ART	Writing Your Book from Start To Finish Tuesday, 10:00 to 11:30 PM	$55	Jill Amadio	Tues	10/6-12/15	In-house	11	12	
DG	**Discussion Groups Fall 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	10/5-12/21	In-house	11	30	10/12
DG	Friday Morning Chat Friday, 10:30 to 11:30 AM	$0	Steven Greenberg	Fri	10/2-12/18	In-house	11	24	11/27
DG	Just for Men Discussion Group Thursday, 3:00 to 4:00 PM	$0	Paul Epstein	Thur	10/1, 11/5, 12/3	In-house	3	10	
DG	Just for Women Discussion Group Thursday, 2:00 to 3:00 PM	$0	Sandy Dressler-Berman	Thur	10/15, 11/19, 12/17	In-house	3	10	

DG	Positives and Challenges of Aging Thursday, 10:30 to 11:30 AM	$0	Karen Howitt	Thur	10/1-10/29	In-house	5	15	
DG	Shakespeare Discussion Group Monday, 10:30 to 12:00 PM	$15	Diane Lowman	Mon	10/19, 11/9, 12/14	In-house	3	12	
EX	**Exercise Classes Fall 2026**	**Cost**	**Instructor**	**Day**	**Dates**	**Location**	**Total Sessions**	**Class Limit**	**No Class Days**
EX	Aerobics, Retro! Thursday, 9:15 to 10:15 AM	$55	Jill Franke	Thur	10/1-12/17	In-house	11	14	11/26
EX	Argentine Tango Friday, 1:00 to 2:30 PM	$55	Judy Phelps	Fri	10/2-12/18	In-house	11	14	11/27
EX	Barre (None) Fusion Wednesday, 9:30 to 10:30 AM	$50	Shelley Moll	Wed	10/7-12/23	Hybrid	10	14	11/11, 12/2
EX	Boxing Tuesday, 2:30 to 4:00 PM	$60	Dan Lewis	Tue	10/6-12/22	In-house	12	10	
EX	Boxing for Parkinson's Thursday, 2:00 to 3:00 PM	$55	Dan Lewis	Thur	10/1-12/17	In-house	11	8	11/26
EX	Brain Fitness Monday 11:15 to 12:00 PM	$55	Patty Kondub	Mon	10/5-12/21	In-house	11	12	10/12
EX	Cardio Strength Friday, 9:30 to 10:30 AM	$50	Shelley Moll	Fri	10/2-12/18	Hybrid	10	35	11/27, 12/4
EX	Chair Aerobics Tuesday, 9:30 to 10:15 AM	$48	Shelley Moll	Tue	10/6-12/22	In-house	12	50	
EX	Chair Aerobics Thursday, 9:30 to 10:15 AM	$40	Shelley Moll	Thur	10/1-12/17	In-house	10	50	11/26,12/3
EX	Chair Yoga Tuesday, 12:15 to 1:15 PM	$50	Paula Pastorelli-Schooler, RN	Tue	10/6-12/15	In-house	10	18	12/8
EX	Dance & Stretch Tuesday, 1:30 to 2:30 PM	$50	Marca Leigh	Tue	10/6-12/15	In-house	10	18	12/8

EX	Enhancing Your Balance Tuesday, 11:15 to 12:00 PM	$50	Paula Pastorelli-Schooler, RN	Tue	10/6-12/15	In-house	10	14	12/8
EX	Essentrics, Gentle Stretch Monday, 11:30 to 12:30 PM	$55	Dyan DeCastro	Mon	10/5-12/21	In-house	11	18	10/12
EX	Exercise for Body Awareness Wednesday, 1:00 to 2:00 PM	$0	Ruth Winnick	Wed	10/7-12/23	In-house	10	14	11/11, 11/25
EX	Feldenkrais©—Intelligent Exercise Wednesday, 1:00 to 2:00 PM	$50	Leora Gaster	Wed	10/7-12/23	In-house	10	18	11/11, 11/25
EX	Fit Mix-Up Wednesday, 11:30 to 12:30 PM	$50	Shelley Moll	Wed	10/7-12/23	In-house	10	14	11/11, 12/2
EX	Fit Tech Monday, 10:00 to 11:00 AM	$55	Patty Kondub	Mon	10/5-12/21	In-house	11	24	10/12
EX	Functional Fitness Monday, 10:30 to 11:30 AM	$55	Shelley Moll	Mon	10/5-12/21	In-house	11	11	10/12
EX	Functional Fitness Monday, 11:30 to 12:30 PM	$55	Shelley Moll	Mon	10/5-12/21	In-house	11	11	10/12
EX	Functional Fitness Monday, 12:30 to 1:30 PM	$55	Shelley Moll	Mon	10/5-12/21	In-house	11	11	10/12
EX	Functional Fitness Tuesday, 9:00 to 10:00 AM	$55	Judy Samuels	Tue	10/6-12/15	In-house	11	11	
EX	Functional Fitness Tuesday, 11:00 to 12:00 PM	$55	Judy Samuels	Tue	10/6-12/15	In-house	11	11	
EX	Functional Fitness Wednesday, 10:30 to 11:30 AM	$50	Shelley Moll	Wed	10/7-12/23	In-house	10	11	11/11, 12/2
EX	Functional Fitness Wednesday, 12:30 to 1:30 PM	$45	Shelley Moll	Wed	10/7-12/23	In-house	9	11	11/11, 11/25, 12/2
EX	Functional Fitness Wednesday, 2:00 to 3:00 PM	$45	Karen Liss	Wed	10/7-12/16	In-house	9	11	11/11, 11/25
EX	Functional Fitness Thursday, 8:15 to 9:00 AM	$50	Judy Samuels	Thur	10/1-12/17	In-house	11	11	11/26
EX	Functional Fitness Thursday, 9:00 to 10:00 AM	$55	Judy Samuels	Thur	10/1-12/17	In-house	11	11	11/26

EX	Functional Fitness Thursday, 10:00 to 11:00 AM	$55	Judy Samuels	Thur	10/1-12/17	In-house	11	11	11/26
EX	Functional Fitness Thursday, 11:00 to 12:00 PM	$55	Judy Samuels	Thur	10/1-12/17	In-house	11	11	11/26
EX	Functional Fitness Friday, 10:30 to 11:30 AM	$50	Shelley Moll	Fri	10/2-12/18	In-house	10	11	11/27, 12/4
EX	Functional Fitness Friday, 12:30 to 1:30 PM	$55	Karen Liss	Fri	10/2-12/18	In-house	11	12	11/27
EX	Functional Fitness Friday, 1:30 to 2:30 PM	$55	Karen Liss	Fri	10/2-12/18	In-house	11	12	11/27
EX	Muscle & Tone Tuesday, 8:00 to 9:00 AM	$55	Judy Samuels	Tue	10/6-12/15	In-house	11	14	
EX	Muscle & Tone Tuesday, 10:00 to 11:00 AM	$55	Judy Samuels	Tue	10/6-12/15	In-house	11	14	
EX	Muscle & Tone Friday, 11:30 to 12:30 PM	$55	Karen Liss	Fri	10/2-12/18	In-house	11	14	11/27
EX	Open Gym Mon/Wed/Fri, 8:30 to 10:00 AM	$30	Dan Lewis		10/2-12/23	In-house	33	40	10/12, 11/11, 11/27
EX	Parkinson's Fitness Wednesday, 10:15 to 11:00 AM	$0	Beth Dalen	Wed	10/7-12/9	In-house	7	24	10/28, 11/11, 11/25
EX	Pilates Mat — Karen Monday, 10:45 to 11:45 AM	$55	Karen Jordan	Mon	10/5-12/21	In-house	11	14	10/12
EX	Pilates Mat — Charlene Monday, 2:30 to 3:30 PM	$55	Charlene Erwin	Mon	10/5-12/21	In-house	11	18	10/12
EX	Pilates Mat — Charlene Tuesday, 10:45 to 11:45 AM	$50	Charlene Erwin	Tue	10/6-12/15	In-house	10	18	12/8
EX	Pilates Mat — Charlene Wednesday, 11:30 to 12:30 PM	$50	Charlene Erwin	Wed	10/7-12/23	In-house	10	18	11/11, 11/25
EX	Pilates Mat — Jane Thursday, 11:00 to 12:00 PM	$55	Jane Etra-Kleinberg	Thur	10/1-12/17	In-house	11	18	11/26
EX	Pilates Stretch — Karen Monday, 12:00 to 12:45 PM	$55	Karen Jordan	Mon	10/5-12/21	In-house	11	14	10/12

EX	Qigong Wednesday, 2:30 to 3:30 PM	$50	Jonathan Davis	Wed	10/7-12/23	In-house	10	14	11/11, 11/25
EX	Strength, Core and Balance Monday, 2:15 to 3:15 PM	$50	Beth Dalen	Mon	10/5-12/14	In-house	10	11	10/12
EX	Strength, Core and Balance Tuesday, 1:30 to 2:30 PM	$55	Beth Dalen	Tue	10/6-12/15	In-house	11	11	
EX	Strength, Core and Balance Thursday, 2:00 to 3:00 PM	$50	Beth Dalen	Thur	10/1-12/10	In-house	10	11	11/26
EX	Strength Training Monday, 1:00 to 2:00 PM	$55	Jill Franke	Mon	10/5-12/21	In-house	11	14	10/12
EX	Tai Chi Thursday, 3:15 to 4:15 PM	$50	Jonathan Davis	Thur	10/1-12/17	In-house	10	15	11/19, 11/26
EX	Tai Chi Advanced Friday, 11:00 to 12:00 PM	$50	Mari Lewis	Fri	10/2-12/18	Hybrid	10	15	11/27, 12/4
EX	Tai Chi for Balance Monday, 1:00 to 2:00 PM	$55	Tim Craeger	Mon	10/5-12/21	In-house	11	20	10/12
EX	Tai Ji for Beginners Friday 10:00 to 11:00 AM	$45	Ruby Shih	Fri	10/2-12/4	In-house	9	12	11/27
EX	Tap Dancing-Slow Thursday, 12:00 to 12:45 PM	$55	Marca Leigh	Thur	10/1-12/17	In-house	11	14	11/26
EX	Tap Dancing-Fast Thursday, 1:00 to 2:00 PM	$55	Marca Leigh	Thur	10/1-12/17	In-house	11	14	11/26
EX	Weights in Motion Monday, 9:30 to 10:30 AM	$55	Shelley Moll	Mon	10/5-12/21	Hybrid	11	14	10/12
EX	Yoga for Total Health Monday, 8:45 to 9:45 AM	$55	Denise O'Hearn	Mon	10/5-12/21	Hybrid	11	18	10/12
EX	Yoga for Total Health Wednesday, 8:45 to 9:45 AM	$55	Denise O'Hearn	Wed	10/7-12/23	Hybrid	11	18	11/11
EX	Yoga for Total Health Friday, 8:45 to 9:45 AM	$55	Denise O'Hearn	Fri	10/2-12/18	Hybrid	11	14	11/27
EX	Yoga for Well-Being Tuesday, 7:45 to 8:45 AM	$60	Paula Pastorelli-Schooler, RN	Tue	10/6-12/22	Hybrid	12	18	

EX	Zumba Gold Wednesday, 10:30 to 11:30 AM	$45	Karen Liss	Wed	10/7-12/16	In-house	9	14	11/11, 11/25
GL	**Games & Languages Fall 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	10/1-12/17	In-house	11	35	11/26
GL	Bridge, Advanced Wednesday, 2:30 to 4:00 PM	$40	Michael Hess	Wed	10/7-12/9	In-house	8	30	11/11, 11/25
GL	Bridge, Intermediate Monday, 2:00 to 3:30 PM	$40	Diana Sussman	Mon	10/19-12/7	In-house	8	16	
GL	Bridge, True Beginners Part 1 Monday, 12:00 to 1:30 PM	$40	Diana Sussman	Mon	10/19-12/7	In-house	8	16	
GL	French Conversational Wednesday, 10:30 to 12:00 PM	$55	Nell Mednick	Wed	10/7-12/23	In-house	11	10	11/11
GL	French Intermediate Wednesday, 12:00 to 1:30 PM	$55	Nell Mednick	Wed	10/7-12/23	In-house	11	10	11/11
GL	Mahjong, Beginner Wednesday, 1:45 to 3:15 PM	$45	Shelley Moll	Wed	10/7-12/23	In-house	9	20	11/11, 11/25, 12/2
GL	Spanish, Intermediate Thursday, 2:00 to 3:30 PM	$55	Nell Mednick	Thur	10/1-12/17	In-house	11	10	11/26
GL	Spanish, True Beginners Thursday, 12:30 to 2:00 PM	$55	Nell Mednick	Thur	10/1-12/17	In-house	11	10	11/26
HW	**Health & Wellness Fall 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	10/7, 10/21, 11/4, 11/18, 12/2, 12/16	In-house	6	26	
HW	Caregiver Support Group Wednesday, 9:45 to 11:15 AM	$0	Terry Giegengack	Wed	10/14, 10/28, 11/18, 11/25, 12/16, 12/23	In-house	6	26	

HW	Finding Your Calm Workshop Wednesday, 10:45 to 11:45 AM	$0	Risa Werner	Wed	10/7, 11/4, 12/9	In-house	3	14	
HW	Letting Go of Stress Wednesday, 1:30 to 2:30 PM	$0	Diane Lowman	Wed	10/7, 11/4, 12/2	In-house	3	15	
HW	Mindfulness: Be Here Now Thursday, 10:45 to 11:45 AM	$0	Paul Epstein	Thur	10/1-11/5	In-house	6	28	