



Class Descriptions and Instructor Biographies Spring 2023

The Westport Center for Senior Activities (WCSA) is dedicated to enhancing the quality of life for adults aged 60 years or older by offering the opportunity to continue to learn and develop, maintain optimum physical, mental, and social well-being, and to enjoy recreation and companionship in a pleasant and safe environment. The WCSA offers programs in fitness, the arts, culinary, French language study, wellness, current events, and support groups. Below is a list of class descriptions, and on page 12, you will find the instructor's biographies in alphabetical order.

Art and Music Classes

[*Please see the art supply list on the WCSA website.](#)

Abstract Art

Abstract art uses the visual language of shape, form, color, and line to create a composition that may exist with a degree of independence from visual references in the world. In this class, you will incorporate nature into your design. This is a perfect class to discover your creative self. You do not need to know how to draw.

Instructor: Althea Ericsson. Class limit: 12.

Art History (with a Smidge of Poetry)

We will illuminate different periods of art history, asking how the art of the time can be read as a response to cultural changes. We will include snippets of poetry here and there, such as a poem written during the time. No prior experience with art history or poetry is necessary. The instructor will send brief videos and/or articles in advance of each session.

Instructor: Jessie McEntee. Class limit: 12.

Creating Your Own Artistic Vision

Artist Chris Goldbach will teach a new class on Thursday afternoons on Zoom. Creating Your Own Artistic Vision encourages beginners and more advanced artists to pursue their style in their favorite medium. This critique class will help students develop and grow while working on their favorite subjects: any medium, style, or subject.

Instructor: Chris Goldbach. Class limit: 20.

Drawing From Nature

This course focuses on a different subject each week (flowers, leaves, fruit, etc.) looking closely at the parts and discovering what characteristics make them different. We draw in pencil with an emphasis on accuracy and form.

Instructor: Dick Rauh. Class limit: 18.

Art and Music Classes

Drawing, Mixed Levels

This class is for someone with some drawing skills, those looking to sharpen existing skills, or an utter beginner ready to delve more profoundly than just doodling. Basic media and techniques will be explored with a variety of subjects.

Instructor: Chris Goldbach. Class limit: 20.

Fundamentals of Drawing and Painting

Are you someone with art experience who wants to tune up your skills or has little experience but is curious to explore your potential? Then this class is for you. This course is for beginner and intermediate students who want to learn foundational skills like composition, perspective, color/value theory, and how to add drama to their paintings/drawings. Each class will start with a short tutorial and demonstration. Then you'll have time to work on your masterpieces with individual input from the instructor. No matter your experience level, you'll learn something that will improve your artistic ability! A supply list will be provided upon registration.

Instructor: Penny Pearlman. Class limit: 12.

Intermediate & Advanced Watercolor

Bring an idea, a picture to paint from, or work on a project already in progress! Designer and painter Kathleen Burke will help you build on the skills you already have. This class is not for beginners. Artists are required to supply their own paper and art supplies.

Instructor: Kathleen Burke. Class limit: 10.

Knit One, Nibble One

Join our program to knit a healing shawl for cancer patients. These cozy shawls provide a "hug" to those battling this disease. A tote bag with yarn, needles, directions and a gift of Nelle's Nibbles is included. This is a perfect (easy) all-knit project. Experienced knitters are welcome to create their patterns. For crochet, you may use a size 13 (N) hook. Cost: \$25.00 for the kit, paid to the instructor at the first class. \$12.00 after that for additional shawl yarn.

Note: This is not an instructional program.

Instructor: Ellen Lane. Class limit: 14.

Mastering the Medium of Your Choice

Instructor Linda McKie-McClellan will guide you in mastering the medium of your choice: pencils, drawing, pastels, watercolor, acrylic, and water-based oils. Linda will give demonstrations of beginner and advanced techniques. This class is open to all levels.

Instructor: Linda McKie-McClellan. Class limit: 12.

Art and Music Classes

Open Art

The WCSA's art rooms will be available for artists to work on their projects and collaborate with others. With social distancing requirements still in effect, there will be limited space. No drop-ins are allowed. There will be no class Tuesday, April 4 through 25.

No instructor. Class limit: 10.

Organize by Color

Choose colors to complement your work and express your creative aspirations. The class will look at the color choices made by prominent artists and the color strategies used. We will look at the color wheel and color groupings and experiment with these theories in practice. No experience necessary. Supplies: purchase a small color wheel, if possible, a drawing pad with white paper, a pencil, and an eraser. For color: your choice of a set of soft pastels, pastel or paint pencils, a set of watercolors or acrylics. An assortment of at least 12 colors is helpful.

Instructor: Maj Kalfus. Class limit: 15.

Ukulele, Intermediate Level

This class is for those who already know how to play the ukulele and wish to continue to build their skills. Come play, sing along, and have fun!

Instructor: Uncle Zac. Class limit: 9.

Writing and Discussion Groups

Current Events

Facilitator Jon Fox leads a dynamic, interactive discussion on issues internationally and in the United States. Feel free to express your opinion in a safe and respected atmosphere.

Facilitator: Jon Fox. Class limit: 25.

Politics Discussion Seminar: Totalitarian Leaders - Stalin, Hitler, Xi and Putin

Join Professor Barbara Kellerman for information, ideas, and insights into the enormous impact, domestic and foreign, of totalitarian leaders. Each session will start with Barbara providing some initial remarks on totalitarian leadership and followership. These will be followed by a collective conversation in which all group members will participate with their comments and questions. Barbara Kellerman was the Founding Executive Director of the Center for Public Leadership at the Harvard Kennedy School and a faculty member at the Kennedy School for over twenty years. In addition to Harvard, she has held professorships at Fordham, Tufts, George Washington, Tuck (Dartmouth) School of Business, and Uppsala Universities, among others. She is the author and editor of over twenty books on leadership and followership, including *Bad Leadership*, *The End of Leadership*, *Followership*, *Women and Leadership*, and *Leadership: Essential Selections*.

Instructor: Professor Barbara Kellerman. Class limit: 20.

Writing and Discussion Groups

Shakespeare Discussion Group Series

William Shakespeare is arguably the most famous crafter of words in the English language. Join us in a lively discussion of *Love's Labours Lost*, *Titus Andronicus*, and *As You Like It*. Shakespeare scholar Diane Lowman will lead the group 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. Class limit: 14.

Writing Our Seasons

As we head into spring, let's get together and write the seasons of our lives! In each class, you will receive a prompt encouraging you to recall and write about a poignant or meaningful time of your life, beginning with the spring season and moving toward the summer! We will discuss writing techniques and share our work. Come prepared with paper, pen, or pencil and an open mind and heart.

Instructor: Diane Lowman. Class limit: 10.

Exercise and Dance Classes

Aquacise Swim Program at Longshore Club Park - For Westport Residents Only

Join instructor Ruth Sherman for an aquacise workout at Longshore's beautiful outdoor pool. An open-lap senior swim is available on Monday, Wednesday, and Friday from 11:35 AM to 12:30 PM. Thanks to the Westport Parks and Recreation Department for providing lifeguards and dedicated swim time to the seniors of Westport!

Instructor: Ruth Sherman. Class limit: 20.

Brain, Body and Balance

Explore and enjoy a practice of body awareness, balance, and posture. The "little brain" or cerebellum is responsible for coordination, motor skills, voluntary movements, and posture. The class will enhance and reinforce practices to develop a daily routine with attention to your individual needs and abilities. A short meditation will be offered at the end of each class.

Instructor: Paula Pastorelli-Schooler. Class limit: 18.

Boxing

This class focuses on balance, mobility, and movement. Large bag work will be included. Boxing gloves are provided.

Instructor: Daniel Lewis. Class limit: 10.

Exercise and Dance Classes

Cardio Strength Intervals

This alternating cardio/strength workout will get your heart pumping and your muscles moving - all to motivating music! This is a hybrid class.

Instructor: Shelley Moll. Class limit: 24 in-house.

Chair Aerobics

This seated workout will keep your joints flexible and improve your range of motion and mobility. You will strengthen and stabilize your muscles, resulting in improved balance. You can expect to see improvement in your overall health and fitness.

Instructor: Shelley Moll. Class limit: 30.

Dance and Stretch

This class is a dance-inspired cardio fitness program that is great for men and women. Learn the basic steps of Merengue, Mambo, Cha-Cha, Foxtrot, Waltz, and Tango. No partners are required.

Instructor: Kristine Bingham. Class limit: 14.

Essentrics, Gentle Stretch

Essentrics is a no-impact fitness program that combines stretching and strengthening with gentle, flowing exercises. This unique workout may help relieve chronic conditions such as back and neck pain, arthritis, bursitis, plantar fasciitis, and sciatica. It also increases mobility, improves balance, and keeps joints healthy. This class is done standing or using a chair. This is a hybrid class.

Instructor: Dyan DeCastro. Class limit: 10 in-house.

Exercise for Body Awareness and Relaxation: A Different Approach

Tune into how your body feels as you move and enjoy the mind-body connection experience. Movement Therapist Ruth Winnick will help you understand how to stretch and relax your muscles. Exercises will start in a chair and advance from there. Ruth studied the dance therapy master's program at N.Y.U. as a dance therapist and was accredited by the American Dance Therapy Association. She has worked as a movement therapist at Norwalk Hospital and in private practice.

Instructor: Ruth Winnick. Class limit: 12.

Fit Mix-Up

Mix it up with this energetic, total body workout. A variety of equipment will be used for different workouts each week. The class will focus on strength, cardio, core, and balance.

Instructor: Shelley Moll. Class limit: 10.

Exercise and Dance Classes

Functional Fitness

This class will be held in our gym and includes cardio equipment, fitness machines, and free weights. Participants do intervals of cardio, strength, and mobility exercises.

Instructors: Judy Samuels, Shelley Moll, Karen Liss. Class limit: 10.

Fit in 45!

Who says you can't have it all? Cardio drumming gets you Fit in 45 (minutes)! Raise your heart rate, challenge your eye-hand coordination and reaction time, boost your brain power with drumstick patterns, and strengthen your legs, arms, and core with sitting and standing drills...while having fun!

Instructor: Patty Kondub. The class limit depends on room size.

Mind and Muscle

The WCSA will offer a program to exercise the brain and the body. Mind and Muscle Hour is the creation of fitness instructor, Patty Kondub. Seven years ago, Patty designed this social-based brain and exercise training program to help improve the speed of thinking, improve short and long-term memory, and improve the senior's physical condition. Balance and posture exercises that can be performed standing or sitting make up the "muscle" part of the hour and provide the senior with a practice activity for home. Participants enjoy physical and mental exercise while having fun, sharing laughs, and making new friends and connections.

Instructor: Patty Kondub. Class limit: 24.

Muscle and Tone

This strength-training class uses handheld weights and will include balance and core work. A fun, total body workout that will leave you energized and feeling great. Please bring your mat for floor work.

Instructors: Karen Liss, Judy Samuels, Shelly Moll. Class limit: 12.

Open Gym

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

No instructor. Class limit: 24.

Exercise and Dance Classes

Parkinson's Boxing

This exercise class is designed for people who have been diagnosed with Parkinson's disease. Intense and high-energy workouts appear to dramatically improve physical health, daily functioning, and quality of life. You'll work with medicine balls, battle ropes, and agility ladders and learn boxing punches. The friendship in this class also results in social and emotional benefits. Participants may be required to bring a spotter with them. Hand wraps may be purchased for \$13.00 each.

Instructor: Dan Lewis. Class limit: 10.

Parkinson's Fitness Class

This class will meet every Wednesday from 10:15 - 11:00 AM, except for the 4th Wednesday of the month when the Parkinson's Support Group will meet. Instructor Ruth Sherman will lead the exercise class through balance, stretch, and weight-bearing exercises. Offered free of charge.

Instructor: Ruth Sherman. Class limit: 24.

Pilates Mat for Strength and Flexibility

An exercise system focused on improving flexibility and strength for the total body with a series of controlled movements engaging your body and mind. Students must bring their mats and be able to get up and down from the floor without help.

Instructor: Charlene Erwin. The class limit depends on room size.

Rise & Shine Yoga

This class focuses on maintaining the flexibility of the entire body. Attention to the range of motion, balance, breath awareness, and light meditation are included. This is a Zoom class.

Instructor: Paula Pastorelli-Schooler, R.N., Certified Yoga Therapist.

Strength Training

This class emphasizes flexibility and balance exercises to stretch and strengthen all muscle groups. Hand weights can be used for students that are knowledgeable and experienced with the exercises.

Instructors: Jill Franke, Debra Cardamone. Class limit: 10.

Strength, Stretch & Core

This class will focus on total body and core strength. The course will start with a 10-minute warm-up. This will be followed by work to improve strength, balance, and movement. We will focus on exercises to strengthen the major muscles of the core and arms. Our workout will finish with a cool-down followed by stretching to help maximize our functional movement. This class will use machines, free weights, and bands. You will leave feeling stronger and energized!

Instructors: Beth Dalen, Karen Liss. Class limit: 10.

Exercise and Dance Classes

Gentle Tai Chi

Tai Chi is a system of movements and positions believed to have developed in 12th century China. Tai Chi techniques aim to address the body and mind as an interconnected system and are traditionally considered to have mental and physical health benefits. Various research suggests Tai Chi offers a range of benefits for people with and without chronic conditions. These benefits include improved balance, pain management, brain function, and improved sleep quality. This class is a continuation of Tai Chi for Arthritis.

Instructor: Tim Crager. Class limit: 18.

Tai Chi, Advanced

This class reviews and fine-tunes the various Tai Chi techniques and methods used in the Traditional Yang Style Tai Chi Chuan Long Form. Tai Chi is a gentle exercise that builds strength, balance, coordination, and focus while teaching the body to move in a dynamic, relaxed manner. A previous study of the intermediate section is required.

Instructor: Mari Lewis. Class limit: 10.

Tap Dancing

Tap dancing is a mild aerobic exercise. It exercises every part of you: your brain, body, and spirit. The best part of participating in tap dancing is it puts a smile on your face. Tap shoes are preferred. Suggested websites to purchase shoes: Capezio (<https://www.capezio.com/>) or Amazon (www.amazon.com).

Instructor: Kristine Bingham. Class limit: 12.

Weights in Motion

Weights in Motion is a fun, high-energy class using light handheld weights. The continuous movement to the beat of the music will strengthen and tone the muscles for a total body workout. This class is hybrid.

Instructor: Shelley Moll. Class limit: 10 in-house.

Yoga for Strength, Relaxation, and Rejuvenation

This class honors where you are in body, mind, and energy. We practice using ancient postures and breathing techniques that help build awareness and strength to improve your posture, develop ease of movement, and create an enhanced sense of stability and well-being. This class is Zoom only.

Instructor: Maria Vailakis-Wippick.

Exercise and Dance Classes

Yoga for Well-Being

Mindful exploration of breath and movement in a gentle-moderate class, thoughtfully sequenced to increase self-awareness, relieve aches and pains, restore flexibility and strength, and experience deep relaxation through guided meditation. This class is hybrid.

Instructor: Paula Pastorelli-Schooler, R.N., Certified Yoga Therapist. Class limit: 12 in-house.

Yoga, Very Gentle Chair

This very gentle class respects all physical limitations and uses a chair for those who cannot navigate up and down from the floor. Each class is tailored to the group's needs and focuses on postures and breathing techniques. The program ends with a guided meditation and deep relaxation to help us remember that we are perfect. This class is Zoom only.

Instructor: Maria Vailakis-Wippick.

Yoga, Total Health

Gentle Kripalu yoga warms up all the joints of the body, stretches and strengthens the muscles, and helps with balance and focus. Leave class feeling refreshed and alive! Students must have their mat and be able to get up and down from the floor without help. This class is hybrid.

Instructor: Denise O'Hearn. The class limit depends on room size.

Zen Flow

A yoga-inspired class, stretching and strengthening the body. The calming music and relaxation at the end of class will leave you feeling "Zen." This class is hybrid.

Instructor: Shelley Moll. Class limit: 10 in-house.

Zumba

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

Instructor: Karen Liss. Class limit: 10.

Foreign Languages & Games

Thursday BINGO!

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

Foreign Languages & Games

Bridge for Beginners III

This class is for those who have completed Bridge for True Beginners. Required text: "Knack Bridge for Everyone" by D. Crisfield. Book cost: \$23.00.

Instructors: Mike Hess, Diana Sussman. Class limit: 16.

Bridge, Intermediate

Learn ways to find better contracts and handle interference with more advanced play and defense techniques. This level is for players who have taken and completed the Beginner Part III course and for those who have experience playing duplicate and want to improve their game. The class will continue to use the "Knack Bridge for Everyone" book by D. Crisfield. Additional optional text, "25 Conventions You Should Know", by Barbara Seagram, Marc Smith et al. Cost: \$21.95.

Instructor: Michael Hess. Class limit: 28.

French, Conversational

You will speak French from the moment you walk into class to the moment you leave. This class strives to improve your speaking and listening skills.

Instructor: Nell Mednick. Class limit: 10.

French, Intermediate

We study from the textbook, "French is Fun" by Gail Stein, second edition, for advanced students. We discuss handouts and they are emailed to the class every week in advance.

Instructor: Nell Mednick. Class limit: 10.

Mahjong, Beginner/Intermediate

This popular tile-based game of both skill and luck originated in China many centuries ago. Beginners and those with some knowledge of the game are both welcome.

Instructor: Shelley Moll. Class limit: 28.

Support Groups

Alzheimer's Support/Early Onset

The purpose of early-stage support groups is to provide a safe and supportive environment for peers in the early stages of Alzheimer's disease or related dementia and their care partners. This group offers dementia-related education, emotional support, and connections with resources so that the group members may enhance their lives in the midst of this disease. "Early stage" refers to people of any age with Alzheimer's disease or other dementia who are in the beginning stage of the disease. Please note: This program is not for caregivers. To register, please contact Heather Gately, Home Instead Senior Care, at 203-833-9924.

Support Groups

Caregiver Support (SWCAA)

Terry Giegengack, MA, will facilitate this support group for those caring for loved ones with chronic illnesses. This program is designed to help learn and improve coping skills and relaxation techniques and develop a support network for those caring for loved ones. This program is funded partly by the Federal Older Americans Act through the Southwestern Connecticut Agency on Aging. All older persons (60 or over) are eligible for services under the approved program. Donations are accepted.

Facilitator: Terry Giegengack. Class limit: 15.

The Six Pillars of Brain-Health & Longevity

Learn, practice and live a brain-healthy lifestyle for a longer, happier, healthier life. Join Dr. Paul Epstein to explore the latest in happiness and longevity. Learn how to live a happier life with practical teachings and integrate those teachings into your daily life.

Facilitator: Dr. Paul Epstein. Class limit: 12.

Mindfulness: Be Here Now

How to Oo without the Vey. Transform stress, pain, and illness into a journey of self-healing and awakening. This class is offered free of charge. Donations to the WCSA are accepted.

Facilitator: Dr. Paul Epstein. Class limit: 24.

Just for Women

Join this casual women's chat group in person. The group meets to discuss issues or challenges women may be facing in their life and share in a supportive atmosphere. Personal stories will remain strictly confidential.

Facilitator: Sandy Dressler-Berman. Class limit: 15.

Letting Go of Stress

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

Facilitator: Diane Lowman. Class limit: 15.

Parkinson's Support

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

Facilitator: Diane Bosch, RN.

Instructor Biographies

Kristine Bingham is a graduate of the University of California, Irvine, majoring in Dance. She has been Dance Captain for the Holland America Cruise line and featured on tour with the Radio City Christmas Spectacular. She has worked with many Broadway choreographers, including Chet Walker, best known for creating Fosse on Broadway. She was the assistant choreographer for SpongeBob the Musical, which performed at Coleytown Middle School. She is excited to bring her theater and jazz dance knowledge to the Westport senior center community.

Kathleen Burke, B.F.A., studied watercolor with regional painter, Rachel A. Farrington. She is an associate member of the American Watercolor Society and New England Watercolor Society, a member of the International Association of Art-USA, an official partner of UNESCO, a member of the Greenwich Arts Society, and has won awards at Rowayton Arts Council.

Debra Jane Cardamone is an experienced and dedicated fitness educator, group fitness instructor, and personal trainer specializing in the active older adult to encourage optimal health during aging. Deb has her degree in Exercise Science and is certified through AFAA. She is also a Cancer Exercise Specialist and is CPR-certified.

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

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

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

Sandy Dressler-Berman is a Licensed Clinical Social Worker. During her 35 year career she has worked for the Department of Human Services, Greenwich Hospital Psychiatric Clinic, Yale University Medical School, the Westport Public Schools and Hospice programs doing individual and group counseling.

Instructor Biographies

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

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

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

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

Terry Giegengack's professional experience includes casework and administrative positions. She served as the Director and Department Head for the Fairfield Department of Human Services, including the Bigelow Center for Senior Activities. Previously, she served as the Assistant Director for Client Services in the Westport Department of Human Services. Her graduate education was completed at Fairfield University with a master's degree in Counseling. Continuing graduate education coursework was earned at the Fordham School of Social Services and Fairfield University's School for Education and Allied Professions in Supervision. Recent training was received with the CT Alzheimer's Association in group facilitation.

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

Art Gottlieb is a local historian on subjects of political and military history. He was formerly a professional curator of naval history and the Technical Director of Exhibits at the Intrepid Sea-Air-Space Museum in N.Y.C. In these roles, Mr. Gottlieb regularly worked with veterans of all services towards creating exhibits accurately illustrating the history of 20th-century warfare.

Instructor Biographies

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

Maj Kalfus attended the High School of Art & Design and the Fashion Institute of Technology in New York City. Maj worked in fashion illustration, merchandising, marketing, and design. She recently moved to Weston, Connecticut, and is teaching Japanese brush painting, portraiture, color & design, and figure drawing at area senior centers.

Barbara Kellerman was the Founding Executive Director of the Center for Public Leadership at the Harvard Kennedy School, the Kennedy School's James MacGregor Burns Lecturer in Leadership, and a Harvard faculty member for over twenty years. She is currently a Fellow at the Center. Kellerman has held professorships at Fordham, Tufts, Fairleigh Dickinson, George Washington, Uppsala, and Christopher Newport Universities and Dartmouth and the Tuck School of Business at Dartmouth. She also served as Director of Graduate Studies at Fairleigh Dickinson and Director of the Center for the Advanced Study of Leadership at the University of Maryland. Kellerman received her B.A. from Sarah Lawrence College and her M.A., M.Phil., and Ph.D. (in Political Science) degrees from Yale University. She was awarded a Danforth Fellowship and three Fulbright fellowships. At Uppsala (1996-97), she held the Fulbright Chair in American Studies. Kellerman has appeared on media outlets such as C.B.S., N.B.C., PBS, CNN, NPR, MSNBC, Reuters, and B.B.C., and has contributed articles and reviews to the New York Times, the Washington Post, the Boston Globe, the Los Angeles Times, and the Harvard Business Review.

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

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

Instructor Biographies

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

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

Jessie McEntee is an instructor at Westport Writers' Workshop and the author of a poetry chapbook called "Jackie O. Suffers Two Husbands and Other Poems" (Finishing Line Press, 2019). She was named Westport's Poet Laureate in July of 2022 and worked in marketing and communications at Pequot Library. Jesse graduated from Amherst College with a degree in Art History and English.

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

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

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

Instructor Biographies

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

Penny Pearlman has an M.B.A. from the Wharton School and a B.A. in fine art from Queens College. She has appeared on numerous radio and television shows talking about the secrets of success. She teaches flamenco dancing and studio art at the WCSA.

Dick Rauh came to botanical painting in retirement after a career in motion picture special effects. A collection of his work received a gold medal from the Royal Horticultural Society in January 2006 and a Best in Show award. Dick teaches at the New York Botanical Gardens.

Judy Samuels is a certified NASM personal trainer, Corrective Exercise Coach, Precision Nutrition Coach, and AFAA Certified Group Fitness Instructor. Judy's been teaching fitness for over 20 years and especially enjoys working with seniors. She has taught strength training, T.R.X., Mat Pilates Mix, Core Barre, outdoor fun boot camps, Muscle and Tone, Parkinson's Boxing Circuit Classes, and does one-on-one personal training (now through Zoom!). She enjoys running, live theatre, needlepoint, and mostly spending time with her family and dog, Muffin.

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

Maria Vailakis-Wippick has taught the ancient art and science of yoga since 2003. She leads the needs of the individual and focuses on releasing tensions in the body and expanding the breath as the pathway to peace, well-being, and vitality.

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

Instructor Biographies

Peter Zaccagnino is a local ukulele performer and teacher and has played the uke for over 55 years. He has a wide range of styles and materials to perform and teach. As a solo uke performer, he has performed at various venues, from the Gershwin Hotel in N.Y.C. to local senior centers. He plays music from Leon Redbone to Jimmy Buffett to Allan Sherman.