



January 2018

The Y's Women Newsletter

GENERAL MEETINGS

Open to members and their guests

Place: Temple Israel, Westport
10:45 am Coffee and Conversation
11:30 am Meeting and Speaker

We must enter through the doors from the upper parking lot. *There are a limited number of parking spaces in the upper lot; please leave them for those who have difficulty walking. Others please park in the lower lot and walk to the upper entrance.*

January 8, 2018
The Doctors Are in the House

Jill Denowitz, MD, Concierge Physicians of Westport
Nina Karol, MD, Concierge Physicians of Westport
Carol A. Fucigna, MD, Stamford Health Medicine OB/GYN, Wilton
T. J. Kleeman, MD, Coastal Orthopedics, Norwalk
Rhonda Klein, MD, MPH, Connecticut Dermatology Group, Norwalk

This very special physician panel will review each of their specialties, with a focus on treating 50-100-year old patients. They will cover which hospitals are best for specific conditions, exercise intensity and type, and end-of-life priorities. Topics will range from how our skin changes as we age to botox/fillers and the importance of reading and brain games. The program will emphasize how to best live a strong, active, fulfilled life and end our days in the best possible ways that are available right now.

Join us for a fascinating and informative meeting with some of the best doctors Fairfield County has to offer!



January 22, 2018
Dr. David W. McFadden

Russia and How it Relates to Current U.S. Political Leadership

Dr. McFadden will join Y's Women for a timely, informative, and educational update on all things political, with emphasis on our country's leadership.



Dr. McFadden, Professor of History at Fairfield University, is a highly regarded expert on global history, with special expertise in 20th century Russian history, myth, revolution, and St. Petersburg. He has a bachelor's degree from the University of Denver and a master's and PhD from the University of California, Berkeley.

He will share his perspective on global events and crises in the past, combined with commentary on current topics in the news – shedding new light on what may be in store for our country and around the world as we move forward.

Join us for what promises to be a fascinating presentation.

LUNCHES WITH SPEAKERS

We encourage a small group of members to have lunch with the speakers, at a Westport restaurant, following their presentation.

If you would like to join us, please contact Barb Stephen at dynamicer@optonline.net.

SATELLITE GROUPS

(Y's Women Members ONLY)

Book Group 1: After more than 35 years of good reading, Book Group 1 has decided to disband.

Book Group 2 will meet on Thursday, January 4 from 1:30 to 3:00 pm at Panera Bread, located in Westport at 1860 Post Road East (next to Home Goods). The book to be discussed is *A Gentleman in Moscow* by Amor Towles, and the discussion will be led by Jill Meyer. Please contact Nancy Bloom at 259-0071 or Nancyerb@aol.com to RSVP.

Book Group 3 will meet on Friday, January 12 at 10:30 am to discuss *Shanghai Girls* by Lisa See. The meeting will take place at Panera Bread, 1860 Post Road East, in Westport (in the same shopping center as Home Goods). Questions? Please contact Doris Levinson at drjlevinson@gmail.com.

The **Investment Group** will meet on January 4 at a member's home; call Beverly Silverman at 256-0046 for details. Our regular January meeting will be on January 25 from 9:30 until noon at the Westport Senior Center.

The **Movie Club** will meet on Wednesday, January 17 at 1:30 pm at Panera Bread, next to Home Goods on Post Road East. Please RSVP to Judith Schomer at 557-0131 if you would like to join the discussion.

The movies for January are:

- *Mudbound* depicts two World War II veterans – one white, one black – who return to rural Mississippi, each to address racism and Post Traumatic Stress disorder in his own way.
- *The Post* is the story of journalists from *The Washington Post* and *The New York Times* who published the *Pentagon Papers*, detailing the involvement of the U.S. government during the Vietnam War.

Solos: There will be no Solos event in January.

Please continue to bring your gifts of non-perishable food to the first general meeting of each month. They are much appreciated by needy clients of the Mercy Learning Center in Bridgeport.

Questions? Contact Jean McGurk at 222-0501.

VOLUNTEER CORNER

Homes with Hope needs volunteers to help with fundraising, home repairs, and meal preparation. If you're interested, you can contact them through their website: <http://www.hwhct.org/become-volunteer>.

Y's Women Celebrate the Holidays in Style

The Y's Women's annual holiday luncheon was held on December 7 at Birchwood Country Club. It was an elegant and delicious way to ring in the holidays!



Carpool and Go!

On Thursday, January 18, we'll enjoy an 11:00 am guided tour of a unique sculpture exhibit entitled "Gerberich's Gadgets: Best of Springs, Sprockets & Pulleys" at the **Stamford Museum and Nature Center**. Local sculptor Steve Gerberich has gathered his most inventive large-scale kinetic sculptures and installations for this very special show. Utilizing old machine parts, kitchen utensils, furniture scraps, medical supplies, toys, and lighting fixtures, he mixes the aesthetics of contemporary sculpture with scientific principles of mechanical motion to create wildly ingenious Rube Goldberg-like pieces. Following the tour, we'll have lunch at 12:30 pm at **Madonia's Restaurant**, 1297 Long Ridge Road.



We will meet behind the Wells Fargo Bank in the Trader Joe's parking lot at 10:00 am for a 10:15 departure. The cost of the guided museum tour is \$10 per person. Please call Jill Meyer at 226-4310 or e-mail her at jill@awayfortheday.net to reserve your place. Mail a \$10 check payable to Jill to 40 Owenoke Park, Westport, CT 06880. The gas reimbursement for your driver will be \$3 in cash.

Please indicate whether you can drive, as drivers are always needed and appreciated.

TRIPS

Stay tuned for spring/summer travel plans!

