



May 2023

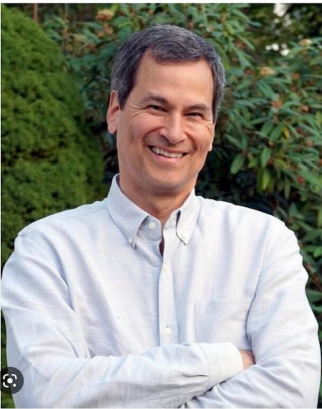
# The Y's Women Newsletter

## GENERAL MEETINGS

*Open to members and their guests*

**Place:** Green's Farms Church, 71 Hillandale Road, Westport  
**10:45 am** Coffee and Conversation  
**11:30 am** Meeting and Speaker

**May 8 - David Pogue, How to Prepare for Climate Change**



Well-known science and technology writer David W. Pogue will offer sensible, researched advice on how we can start to ready ourselves for what's ahead in climate change. The time for bickering is long gone. The world is getting hotter, natural systems are going haywire, and we should all begin to prepare.

For his book *How to Prepare for Climate Change*, David spent a year researching the answer to a new question: How can an *individual* prepare for the coming era of chaos? This presentation should be lively, current, eye-opening, filled with surprising revelations, and ultimately uplifting!

David is a *New York Times* bestselling author, TV presenter, and the founder of Yahoo Tech. He is a six-time Emmy-winning correspondent for CBS News' *Sunday Morning* show and author of the "Crowdwise" column in *The New York Times*' Smarter Living section.

## SATELLITE GROUPS

**(Y's Women Members ONLY)**

**Note:** All Y's Women who participate in meetings held at the Westport Center for Senior Activities must be registered with the Center and check in before each meeting.

**Book Group 2** will meet at The Westport Center for Senior Activities on Thursday, May 4 from 1:30 to 3:00 pm. We will be discussing *Unthinkable* by Jamie Raskin, and Arlene Bloom will lead the discussion. For questions, please contact Nancy Bloom at [nancyerb@aol.com](mailto:nancyerb@aol.com) or Arlene Bloom at [bloomah@sbcglobal.net](mailto:bloomah@sbcglobal.net).

**Book Group 3** will meet at the Westport Center for Senior Activities on Friday, May 12 at 10:30 am to discuss *A Train to Moscow* by Elena Gorokhova. Sally Randall will lead the discussion. If you have any questions, please contact Doris Levinson at [drjlevinson@gmail.com](mailto:drjlevinson@gmail.com).

The **Movie Club** will meet on Wednesday, May 17 at the Westport Center for Senior Activities. We meet informally at 2:00 pm to give members a chance to socialize, and our discussion begins at 2:30. We ask that all attendees have been vaccinated. We are limited to 20 attendees, so please confirm your attendance with Margaret Mitchell by May 13.

We plan to discuss the movies *The Manchurian Candidate* and *Out of Africa*. *The Manchurian Candidate* is scheduled for broadcast at 9:00 pm on Saturday, April 29 on the WNET network of PBS as part of Reel 13 Classics. *Out of Africa* is available on Netflix. A DVD or streaming video of both movies is listed in the catalogs of the Westport and Fairfield libraries.

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*Y's Women's  
Spring Picnic and Annual Meeting*

*MONDAY, May 22 - 11:30 am*

*Jackie Durrell Pavilion  
323 Fairfield Beach Road, Fairfield*

*Cost: \$40 per person*

*Assorted sandwiches, salads, fruit, and yummy  
desserts from The Pantry*

*Pay at the Membership Table at the May 8th General Meeting  
or send a check for \$40, made out to Y's Women, to:  
Terry Queirolo, 305 Foxboro Drive, Norwalk, CT 06851.*

*Questions: contact Terry at 847-4121 or [tmq44@icloud.com](mailto:tmq44@icloud.com).*

*Payment must be received by May 12. No walk-in exceptions.*

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*I will attend the Spring Luncheon and Annual Meeting.*

*Name: \_\_\_\_\_*

*Phone: \_\_\_\_\_*

*Email address: \_\_\_\_\_*

## SATELLITE GROUPS

(continued from page one)

*The Manchurian Candidate* is a 1962 American neo-noir psychological political thriller directed and produced by John Frankenheimer. The screenplay is by George Axelrod, based on the 1959 Richard Condon novel *The Manchurian Candidate*. The film's leading actors are Frank Sinatra, Laurence Harvey, and Angela Lansbury, with co-stars Janet Leigh, Henry Silva, and James Gregory.

*Out of Africa* is a 1985 American epic romantic drama directed and produced by Sydney Pollack and starring Meryl Streep and Robert Redford. The film is based loosely on the 1937 autobiographical book *Out of Africa* written by Isak Dinesen (the pseudonym of Danish author Karen Blixen), with additional material from Dinesen's 1960 book *Shadows on the Grass* and other sources.

If you wish to be added to the email list for future events, please contact Margaret Mitchell at [margaret06824@yahoo.com](mailto:margaret06824@yahoo.com) or 255-9094.

**Solos:** We hope to see all Solos members at the Y's Women Spring Picnic and Annual Meeting at Fairfield Beach on Monday, May 22 (see invitation on page 2).

**Tuesdays at the beach:** Solos will once again meet at Compo Beach in Westport starting Tuesday, May 9. No beach pass is needed on Tuesdays; just tell them at the gate that you are with Y's Women. We meet at 5:00 pm to the right of the cannons. Bring your beach chair and your dinner. **This is open to all Y's Women**, and we hope you can join us for some pleasant evenings of socializing.

We will also have something new this year. Starting June 13, we will have a Pot Luck Dinner on the second Tuesday of the month. We ask everyone to bring something to share. All paper products will be provided. Hope you can join us.

The **Mah Jong Group** meets every Thursday from 1:00 – 4:00 pm at the Westport Center for Senior Activities. On the third Thursday of each month, we start at 2:00 pm. The group currently has eight regular players, and we have room for another game with four more people – but you must know how to play Mah Jong. If you wish to attend, please contact Barbara Alfinito at [barbsgetaway@aol.com](mailto:barbsgetaway@aol.com) or 205-533-1884 before each session.

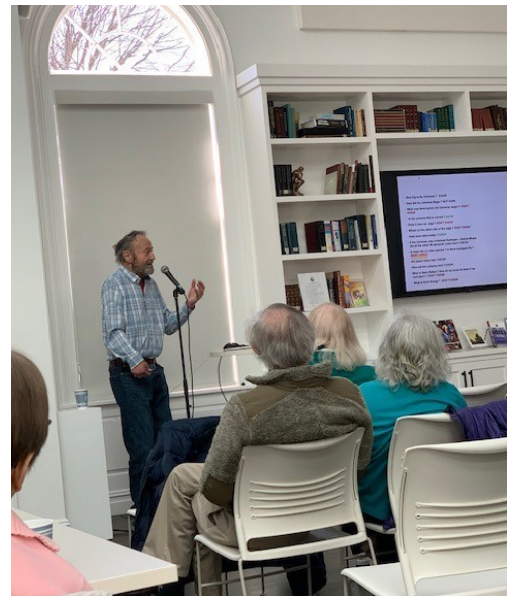
**NewsTalk:** Interested in national and world affairs? Join other Y's Women for lively discussions at NewsTalk. We will meet on Thursday, May 25 from 10:00 to 11:30 am at the Westport Library, room 2216 (McCall Room). For more information, please contact Doris Skutch at 247-3656.

The **Lunch & Trivia** group will meet at noon on Thursday, May 18, at the VFW Hall. The cost is \$25. Please contact Annette Kirban at 505-1187 or [lakirban@optonline.net](mailto:lakirban@optonline.net) or if you are interested in attending.

**Memoir Group:** After a winter hiatus, the Memoir Group will meet at Cary Peterson's house at 2:30 pm on Tuesday, May 16. If you would like to join or even observe this meeting, please contact Cary at 226-7665.

The **Tai Ji Group** offers a weekly in-person class at the Saugatuck Congregational Church on Wednesdays from 9:30 – 10:30 am. It focuses on breath relaxation and movement for grounding and balance to enhance our physical and mental well-being. The teacher is Ruby Shih, a long-term Tai Ji / Qi Gong teacher and founder of the Tai Ji School, Society of Nanalaoshu, in Manhattan. A fee of \$10 per session is used to offset rental and insurance costs. If you are interested, please contact Ruby at 917-816-6661 or [Rubypalace88@gmail.com](mailto:Rubypalace88@gmail.com). The online Tuesday Zoom class has been suspended.

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*The Y's Women enjoyed a fascinating presentation about the universe by Dr. Martin Yellin at our April 10th General Meeting.*



## SATELLITE GROUPS

(continued from page three)

**Wisest Investment Group:** We are looking for a brave new member to join the Wisest Investment Group as we try to navigate our joint stock portfolio. It's a Bull Market, and we've been there before. This would be a good time to buy in, as our portfolio has taken a dip like everyone else's. You will find intelligent minds reaching for a solution. We will meet on Thursday, May 25. For more information, contact our President, Louise Demakis, at 254-6424 or [lwdemakis@optonline.net](mailto:lwdemakis@optonline.net).

**Local Happenings:** On Friday, May 5, the Local Happenings group will have a docent-led tour of the current exhibit at MoCA Westport, the Museum of Contemporary Art. The exhibit, *Rainbow in the Dark*, is a solo exhibition by well-known German contemporary artist Anselm Reyle. We will meet at 12:45 pm in the lobby of MoCA, 19 Newtown Turnpike, Westport for a 1:00 tour. The cost for seniors is \$5; pay at the ticket booth. Please email Barbara Alfinito at [Barbsgetaway@aol.com](mailto:Barbsgetaway@aol.com) if you wish to attend.

## CARPOOL & GO

**Come one, come all – we're meeting at the Zoo!** Following up on the very engaging and informative talk presented to the Y's Women in March, Jim Knox of the Beardsley Zoo in Bridgeport will be welcoming Carpool & Go on Friday, May 19 for a tour, on the house. There are wonderful exhibits of many special animals and birds, including Amur tigers, jaguars, anteaters, many monkeys, prairie dogs in their habitat – to name just a few. The walkways are easy to navigate and there will be a golf cart or two available if needed. Our tour will start at 11:00 am, after which we will have lunch at Vinny's Pizza, nearby at 30 Huntington Turnpike.

We'll meet at Trader Joe's / Wells Fargo parking lot at 10:00 am for a 10:15 departure. Please contact Lydia Menendez at [lydiamnndz12@gmail.com](mailto:lydiamnndz12@gmail.com) or 319-1110 to reserve your spot. There is no charge for the Zoo visit, but there will be a \$3 cash gas reimbursement for the drivers. Also, please indicate if you are willing to drive – drivers are always needed and appreciated.

