



September 2025

The Y's Women Newsletter

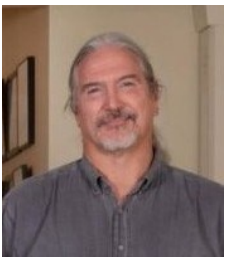
GENERAL MEETINGS

Open to members and their guests

Place: Green's Farms Church, 71 Hillandale Road, Westport
10:45 am Coffee and Conversation
11:20 am Announcements
11:30 am Speaker

***NOTE:** Extra parking is available in front of the large lot on the grass and across the street in front of the Minister's house.*

September 8 – Walter Matis, Fairfield Museum and History Center



Walter Matis, Program and Volunteer Director of the Fairfield Museum and History Center (pictured below), is our first speaker for the 2025-26 season. He will be speaking about the shared history of West Parish / Green's Farms and Fairfield, from the indigenous peoples to the eventual growth and separation of Westport as its own community.

Walt grew up in Fairfield, and has been working at the Museum since 2004. His interest in history has been a lifelong passion, and he gives numerous talks on the history of Fairfield and its surrounding towns.



JEWELS OF WESTPORT

Did you know that Westport has 17 outdoor sculptures, most of which are **Hiding in Plain Sight!** Join us for a docent-led van tour of 12 of the sculptures at 2:00 pm on Sunday, September 14 (rain date September 21). The cost of the trip is \$12 per person, cash only. If you're interested, please register with Jilda Manikas at jildam00@yahoo.com.



The newest addition to the Westport outdoor sculpture collection, Marc Zaref's "Enso: The Magic of Every Moment," was installed in August at Eloise Ray Park on Riverside Avenue.

Donations to Mercy Learning Center

Beginning September 8, we will resume collecting donations for the Mercy Learning Center at the first meeting of each month. MLC has received an "A" rating from *Charity Navigator*. Students at MLC receive free childcare, access to a social worker, basic literacy and life-skills training for low-income girls/women in a compassionate and supportive environment. Contributions of nonperishable food, diapers, and female daily necessities can be left at the back entrance of the Green's Farms Church prior to our meeting. A Y's Women volunteer will be delivering all items to MLC.

Thank you for whatever you can do to help.

Renew Your Membership

Please take a moment to renew your Y's Women membership through June 2026. Enjoy all that's in store for the coming months – the twice-monthly meetings with interesting speakers, small group activities, plus many special events. Use the Membership Form on page 5 to provide your up-to-date contact information, and send us your \$90 check now while you think of it – and be sure your name appears in the 2026 Membership Roster.

INTEREST 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, September 4 from 1:30 to 3:00 pm. We will discuss *The Great Divide* by Cristina Henriquez, and Randy Kelts will lead the discussion. Please contact Nancy Bloom at nancyerb@aol.com if you have questions.

Book Group 3 will meet at the Westport Center for Senior Activities on Friday, September 12 at 10:30 am to discuss *The Baker's Secret* by Stephen P. Kiernan. Lori Snow will lead the discussion. For more information, contact Doris Levinson at 227-3371 or drjlevinson@gmail.com.

The **Movie Club** will meet on Wednesday, September 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. Our assigned room sometimes changes, so you may want to ask the front desk about our location. We are limited to 25 attendees, so please confirm your attendance with Margaret Mitchell by September 14.

We plan to discuss the movies *The English Patient* and *The Thursday Murder Club*. Both movies are available on Netflix, and a video of *The English Patient* is listed in the catalogs of the Westport and Fairfield Libraries.

The English Patient is a 1996 epic romantic war drama directed by Anthony Minghella from his own script, based on the 1992 novel by Michael Ondaatje, and produced by Saul Zaentz. The film

stars Ralph Fiennes and Kristin Scott Thomas. The eponymous protagonist, a man burned beyond recognition who speaks with an English accent, recalls his history in a series of flashbacks, revealing to the audience his true identity and the love affair in which he was involved before the war.

The Thursday Murder Club is an upcoming British crime comedy directed by Chris Columbus from a screenplay by Katy Brand and Suzanne Heathcote. It is based on the 2020 novel by Richard Osman. The film stars Helen Mirren, Pierce Brosnan, Ben Kingsley, and Celia Imrie, with David Tennant, Jonathan Pryce, Naomi Ackie, Daniel Mays, Henry Lloyd-Hughes, Richard E. Grant, Tom Ellis, Geoff Bell, Paul Freeman, Sarah Niles, and Ingrid Oliver in supporting roles. Its plot follows a group of elderly amateur sleuths who attempt to solve a murder.

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

The **Lunch & Trivia** group will meet at noon on Thursday, September 18 at the VFW Hall. The cost is \$25 (cash only). If you wish to attend, please contact Vicki Alli at victoria.alli@gmail.com or Pat Winter at 303-324-5805.

The **Mah Jong Group** meets every Thursday from 1:00-4:00 pm at the Westport Center for Senior Activities. Proficient players are welcome. For further information, contact Mona Unser at mona.unser@gmail.com.

The **New Yorker Discussion Group** meets on the second Tuesday of each month from 10:30 am until noon in the Westport Library, Room 213. Each participant chooses an article from one of the previous month's issues and leads a short discussion about the article. Participants who are not able to meet in person can participate on Zoom. If you're interested, please contact Ellen Cahill at ellenjcahill@hotmail.com or 856-6561 for details.

Scrabble will convene on the first and third **Tuesdays** of the month (note new day) beginning on September 2. Please contact Pennie More at pcm2@gmail.com if you would like to play. All games will begin at 10:30 am at 214 Lansdowne in Westport.

(continued on page four)

The Y's Women Present:

Autumn in Connecticut: Featuring the Essex Steam Train & Riverboat

Monday, Oct. 20, 2025 | \$175pp

Information & Reservations

Catherine Albin

203.257.1063

Checks Payable: Tours of Distinction


Tour Includes:

- Roundtrip Motor-Coach
- Essex Steam Train
- Cruise on the *Becky Thatcher*
- Visit to Lyman Orchard's Apple Barn
- Lunch, Griswold Inn
- Tours of Distinction Tour Director
- All Gratuities (Including Tour Director and Driver)

Depart: 8:30 am, Sherwood Island Connector Commuter Lot, Westport, CT

Estimated Return: 6:00 pm, Westport

*** Menu selection will be taken with reservation.*

Trip Activity Level: 

We start the day with a stop in Middlefield, CT at **Lyman Orchard's Apple Barrel**. The enticing aroma of fresh baked products fills the air throughout the market all day long. Fresh pies, apple cider, donuts, muffins, cookies, pastries, and more desserts are made in the Farm Kitchen Bakery.

From here we head to lunch at **The Griswold Inn** in Essex, CT. Your **entrée choices**: Sautéed Chicken Breast with Francaise Sauce or Pan Seared Salmon Filet with a fresh Dill Light Dijon Cream Sauce. All entrees are served with Salad, Chef's choice of Starch and Vegetable, Hot Rolls, and Dessert with freshly brewed coffee, tea, iced tea and lemonade.

It is a short ride up the street to the **Essex Steam Train**. There are two coal-fired locomotives that pull the collection of restored railroad cars. Be swept away with the hiss of steam, the blast of the whistle, and the clickety-clack of the tracks. The engineer shouts 'all aboard' before the run, then you sit back and experience an authentic journey back to the days of steam. Travel north from Essex Station through the scenic towns of Deep River and Chester. The train will stop at the Deep River Landing where you will disembark and board the **Becky Thatcher**. Here you will continue the journey north, but on the Connecticut River instead. See such sights as the famed Gillett Castle and the Goodspeed Opera House, throughout the journey learn about the history, natural wonders, and legends.

Disclaimer: We are in the business that plans far ahead of the tour's start date which can, at times, leave us with a change of itinerary, attraction, meal or accommodation. Due to any unforeseen circumstances, Tours of Distinction, Inc., must reserve the right to change the booked itinerary, attractions, restaurants or accommodations. In such an event, the alternative will be of equal or greater value. For full tour terms and conditions please visit: <https://www.toursofdistinction.net/travel-info/terms-and-conditions/>

Tour arranged by

**TOURS OF
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Since 1975

INTEREST GROUPS

(continued from page two)

NewsTalk: Interested in national and world affairs? Join other Y's Women for lively and informative discussions at NewsTalk. We meet the fourth Thursday of each month. Our next meeting is on Thursday, September 25 from 10-11:30 am at the Westport Library, Room 213. For information, contact Becky Ruthven at bruthven06880@gmail.com.

Solos will be going to Tutti's Restaurant, 599 Riverside Avenue, Westport on Friday, September 26 at 12:00. We will be able to order off the menu and have separate checks. If you would like to attend, contact Terry Queirolo at tmq44@icloud.com or 858-1470 by Tuesday, September 23.

Solos will also be going to First Folk Sunday with Suzanne Sheridan on Sunday, September 7 at the Saugatuck Rowing Club, 521 Riverside Avenue, Westport. Kevin Burke and John Brennan and the Pound Ridge Sessions will be performing. Tickets are \$25; the afternoon begins at noon and the program starts at 12:30 pm. There is an a la carte menu and bar service available. Contact Terry ASAP if you would like to attend. She will order tickets, and you can pay her that day.

TUESDAYS AT THE BEACH

Hosted by Solos for All Y's Women

We continue to meet at Compo Beach on Tuesdays between 4:00 and 4:30, weather permitting, through September. No pass is needed; just tell them you are with Y's Women. We meet to the right of the Cannons. If we're not on the beach, look for us in the Pavilion.

Tai Ji: Instructor Ruby Shih is an experienced long-time Tai Ji / Qi Gong and Meditation teacher and a founder of a Tai Ji School in Manhattan (Nanlaoshu.org). She offers a Tai Ji class that meets weekly on Wednesdays from 9:30 to 10:30 am at the Saugatuck Congregational Church, 245 Post Road East, Westport, Room 109. The class focuses on breath and slow movement for relaxation, grounding, and balance to enhance our physical and mental well-being. A fee of \$10 per session is used to offset rental and insurance costs. If you're interested, please contact Ruby at Rubypalace88@gmail.com or 917-816-6661.

CARPOOL & GO!

Please join us on Friday, September 19 for an excursion to Woodbury, CT to visit **Hogpen Hill Farms**, a 234-acre tree farm and landscape sculpture park with 100 artworks. "It is wild, whimsical, grand, and incredibly beautiful with sculptures ranging from stainless steel surfaces reflecting every nuance of light to lacy stone walls and silent boulder megaliths," notes Michele McDonald of the *Boston Globe. Connecticut Magazine* proclaims the site as "one of Connecticut's 30 hidden gems."

We'll meet behind the Wells Fargo Bank at Trader Joe's parking lot at 9:15 am and depart at 9:30. Since entrance to the sculpture park costs \$40 per car, it makes most sense to take four people in each vehicle. Please contact Jill Meyer at 226-4310 or jill@awayfortheday.net to reserve your place, and indicate whether or not you can drive, as drivers are **always** needed and appreciated. Gas reimbursement for your driver will be \$8 per person in cash.

Directions:

Take CT Rte. 136 North to Sport Hill Road, to Rte. 59 through Easton. At Rte. 25 (Main Street), turn left (north). Turn right onto Swamp Road, which becomes Botsford Hill Road, which becomes Toddy Hill Road. When you reach Rte. 34, after a LONG ride on Toddy Hill, turn left and drive to Rte. 84. Take Exit 15 off Rte. 84 onto Rte. 6/67 and drive to Woodbury. Turn left onto Rte. 47, Washington Road, then onto Rte. 132, Weekepeemee Road (800-822-2454, 203-272-9187).

We will have lunch at 1:00 pm at **Woodbury's Marketplace Kitchen**, 641 Main Street South, Woodbury, CT (586-1215).

Jill Meyer cell phone: 216-7666
Lydia Menendez cell phone: 543-7484



The Y's Women Membership Form: July 2025 - June 2026

Date _____

Name _____

Address _____

City/State _____ Zip _____

Home phone _____ Cell _____

Email _____

DUES

- Dues are \$90 a year from July through June. Make checks payable to Y's Women.
- Dues must be paid by October 31 in order to be included in the new Membership Roster.
- If you join after March 31, your dues are covered through June 2026.

PAYMENT

Please send your Membership Form and a \$90 check to **Y's Women Membership, PO Box 53, Westport, CT 06881-0053**. You may also join in person when you attend a meeting.

ACTIVITIES

Which of these Y's Women activities are you interested in attending?

_____ Twice-monthly meetings
 _____ Book group
 _____ Day trips
 _____ Let's Meet for Lunch
 _____ Lunch & Trivia
 _____ Mah Jong group
 _____ Movie Club

_____ NewsTalk
 _____ *New Yorker* discussion group
 _____ Scrabble group
 _____ Solos social group
 _____ Spring party
 _____ Tai Ji group

How did you hear about Y's Women?

For membership questions, contact Molly Alger at mollyalger@gmail.com. Please note that membership dues are optional after you reach 90.