

Westport Center for Senior Activities

Zoom Classes Summer 2020

The WCSA is pleased to offer classes on zoom. **To register for any of the below listed Zoom classes, please call 203-341-5099.** Staff will help you register over the phone or you may register by mail. You may pay by credit card or by check made out to WCSA and mailed to: Westport Center for Senior Activities, 21 Imperial Ave., Westport, CT. 06880. Please note that some classes have limited space and will be filled on a first come first basis. Westport residents may begin registration Mon. June 8th and out of town registration begins Mon. June 12th.

Art and Writing Classes Summer 2020	Instructor	Dates	Cost	Total sessions	No Class Dates
Bringing the Outdoors In Thurs. 1:00 pm. <i>Limit 20</i>	Chris Goldbach	7/9-9/24	\$44	11	8/20
Still Life Thurs. 4:00 pm. <i>Limit 15</i>	Chris Goldbach	7/9-9/24	\$44	11	8/20
Advanced Drawing & Watercolor Tues. 10:00 am. <i>Limit 15</i>	Tom Scippa	7/7-9/22	\$48	12	
Drawing Flowers Tues. 1:00 pm. <i>Limit 15</i>	Dick Rauh	7/14-8/18	\$24	6	
Creating with Pastels Fri. 10:00 am. <i>Limit 12</i>	Lisa Arnold	7/10-8/28	\$32	8	
3-D Oragami w/Nor, Wed. 10 am. <i>Limit 6</i>	Nor Smitobol	7/8-9/23	\$7	12	
Knit One Nibble One: Tues. 1:00 pm. <i>No Limit</i>	Ellen Lane	7/7-9/29	\$52	13	
Learn to Play the Ukulele Tues. 1:00 pm <i>Limit 10</i>	Uncle Zac	7/14-9/29	\$48	12	
Advanced Writers Workshop Tues 10:30 am <i>Limit 8</i>	Jan Bassin	7/7-9/8	\$80	10	
Advanced Writers Workshop Tues 1:30 pm <i>Limit 8</i>	Jan Bassin	7/7-9/8	\$80	10	
Advance Writers Workshop Wed. 10:30 am. <i>Limit 8</i>	Jan Bassin	7/8-9/9	\$80	10	
Advance Writers Workshop Thurs 10:30 am. <i>Limit 8</i>	Jan Bassin	7/9-9/10	\$80	10	
Advance Writers Workshop Thurs 1:30 pm. <i>Limit 8</i>	Jan Bassin	7/9-9/10	\$80	10	
Write with Us/ Writing Prompts Workshop! Wed. 2pm. <i>Limit 35</i>	Jan Bassin	7/8-9/9	\$40	10	

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July-August-September

All Zoom Classes Require Pre-registration



Exercise Classes Summer 2020	Instructor	Dates	Cost	Total sessions	No Class Dates
Tai Chi Reinforcement Mon. 10:45 am. <i>No Limit</i>	Mari Lewis	7/6-9/28	\$48	12	
Tai Chi Beginner's Wed. 10:00 am. <i>No Limit</i>	Mari Lewis	7/8-9/30	\$52	13	
Tai Chi Advanced Fri. 11:15 am. <i>No Limit</i>	Mari Lewis	7/10-9/25	\$48	12	
Weights in Motion Mon. 9:30 am. <i>No Limit</i>	Shelley Moll	7/6-9/28	\$48	12	
Cardio Strength Fri. 9:30 am. <i>No Limit</i>	Shelley Moll	7/10-9/25	\$48	12	
Parkinson's Memory & Movement Tues. 10:00 am. <i>Limit 10</i>	TBD	7/7-9/22	\$48	12	
Dance & Stretch Tues. 1:00 pm. <i>No Limit</i>	Sandy Adamczyk	7/14-9/22	\$44	11	
Strength Training Mon. 1:00 pm. <i>No Limit</i>	Sandy Adamczyk	7/13-9/28	\$44	11	
Strength Training: Wed. 10:00 am. <i>No Limit</i>	Sandy Adamczyk	7/15-9/30	\$48	12	
Pilates Mon. 3:15 pm. <i>No Limit</i>	Jeanne Labate	7/6-9/28	\$48	12	
Pilates Thurs. 10:45 am. <i>No Limit</i>	Jeanne Labate	7/9-9/24	\$48	12	
Yoga Total Health Mon. 8:45 am. <i>No Limit</i>	Denise O'Hearn	7/6-9/21	\$44	11	
Yoga Total Health Wed. 8:45 am. <i>No Limit</i>	Denise O'Hearn	7/8-9/23	\$44	11	8/5
Yoga Total Health Fri. 8:45 am. <i>No Limit</i>	Denise O'Hearn	7/10-9/25	\$48	12	
Yoga/Core Strength Sat. 10:00 am. <i>No Limit</i>	Maria Vailakis-Wippick	7/11-9/26	\$48	12	
Yoga Gentle Sat 11:15 am. <i>No Limit</i>	Maria Vailakis-Wippick	7/11-9/26	\$48	12	
Yoga Beginning Thurs. 3:00 pm. <i>No Limit</i>	Maria Vailakis-Wippick	7/2-9/24	\$52	13	

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Yoga Wellbeing Tues 7:45 am. <i>No Limit</i>	Paula Schooler	7/7-9/29	\$52	13	
Yoga for Wellness Sat 8:45 am. <i>No Limit</i>	Paula Schooler	7/11-9/26	\$48	12	
Nature's Reset/Somatic Movements Thurs. 11:30 am. <i>No Limit</i>	Paula Schooler	7/9-9/10	\$40	10	
Therapeutic Yoga Thurs. 7:45 am. <i>No Limit</i>	Paula Schooler	7/9-9/24	\$48	12	
Essentrics Mon. 11:00 am. <i>No Limit</i>	Dyan DeCastro	7/6-9/28	\$44	11	8/3
Essentrics Thurs. 11:00 am. <i>No Limit</i>	Dyan DeCastro	7/9-9/24	\$44	11	8/6
Zumba Gold Wed. 10:30 am. <i>No Limit</i>	Karen Liss	7/8-9/30	\$52	13	

French/Lectures/Wellness Classes Summer 2020	Instructor	Dates	Cost	Total Sessions	No Class Dates
Intermediate French Wed. 2:30 pm. <i>No Limit</i>	Nell Mednick	7/1-9/30	\$56	14	
Conversational French Wed. 1:00 pm. <i>No Limit</i>	Nell Mednick	7/1-9/30	\$56	14	
Mindful Healing: Finding Peace in the Storm Thurs. 11:00 am. <i>No Limit</i>	Dr. Paul Epstein	7/9-9/24	Free	11	8/6
Current Events Fri. 12:30 <i>No Limit</i>	Jon Fox	7/10-9/25	Free	12	
Parkinsons Support 4 th Wed. of the Month 10:15 am. <i>No Limit</i>	Maureen/Alison	7/29,8/26,9/23	Free	3	
Book Talk: <u>God is Not One</u> Mon. 10:30 am. <i>Limit 15</i>	Linda Bruce	7/13-9/21	\$32	8	8/3,8/31
Pet Chat 3 rd Friday of the Month 10:30-11:30 am. <i>No Limit</i>	Holly Betts	7/24,8/21,9/18	Free	3	
Coffee Hour with Senior Center Staff 3 rd Tues. of the Month 10:00 am. <i>No Limit</i>	Staff	7/21,8/18,9/15	Free	3	
SWCAA Caregiver Support 1 st & 3 rd Wed. of the Month 10:00 am. <i>No Limit</i>	Terry Giegengack	7/1,7/15,8/5,8/19,9/2,9/16	Donation	6	