



November 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.*

## November 10 – Robert Altbaum, MD: Aging Responsibly



Dr. Bob Altbaum, always a Y's Women favorite, will bring us another thoughtful talk about the issues of aging. In this presentation he will discuss the various ways we can be proactive for the benefit of our own health.

Bob was raised in the Bronx and received his early education in the New York City school system. After receiving an MD degree from Harvard Medical School and completing his training at Massachusetts General and Yale New Haven hospitals, he practiced internal medicine in Westport for 40 years. Now in retirement from active practice, he teaches medical residents at Norwalk Hospital and serves as moderator of the Westport Library's Medical Lecture Series. He is also one of the founding members of Westport's popular, almost-all-doctor rock group, DNR.

## Donations to Mercy Learning Center

Please bring donations of nonperishable food, diapers, and female daily necessities to the first Y's Women meeting each month. They can be left at the back entrance of the Green's Farms Church prior to the meeting. Thank you for whatever you can do.

## November 24 – State Representative Jonathan Steinberg: Transportation

Jonathan Steinberg has been serving the citizens of Westport as State Representative in the Connecticut General Assembly since 2011. He has served on the Energy & Technology Committee for fifteen years, the past three as House Chair. Jonathan also serves on the Environment



Committee and the Public Health Committee, which he chaired for six years. In addition, he served seven years on Westport's Representative Town Meeting, three as Deputy Moderator. Jonathan received a BA from Yale University and an MBA from the Stern School of Business at NYU. His business career in healthcare marketing and communications included roles at Revlon, Bristol-Myers, and Mount Sinai Hospital.

In what should be a particularly relevant presentation, Jonathan will speak to us about Connecticut's myriad transportation issues, specifically those affecting Fairfield County. He will be open for questions on this and other subjects of interest to our members.

## The Last Class: Film and Discussion

Would you like to meet other Y's Women to watch an interesting film, followed by a discussion moderated by Susan Granger? If so, join us on Wednesday, November 12 at 6:45 pm in the lobby of SHU Community Theatre, 1420 Post Road, Fairfield.

The film is *The Last Class*, in which Robert Reich reflects on his years observing American political, economic, and social conditions. It will be followed

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## ***The Last Class***

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by a discussion with David Taylor, Dean of the School of Business and Technology at Sacred Heart University.

You can purchase tickets (\$10 for seniors) at the box office or at [www.shucommunitytheatre.org](http://www.shucommunitytheatre.org). Additional information is available on the website or at the box office (371-7817).

## **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, November 6 from 1:30 to 3:00 pm. Susan Baron will lead the group in a discussion of *The Frozen River* by Ariel Lawhon. Please contact Nancy Bloom at [nancyerb@aol.com](mailto:nancyerb@aol.com) if you have any questions.

**Book Group 3** will meet at the Westport Center for Senior Activities on Friday, November 14 at 10:30 am. We'll discuss *All the Beauty in the World* by Patrick Bringley, and Doris Levinson will lead the discussion. For more information, please contact Doris at [drjlevinson@gmail.com](mailto:drjlevinson@gmail.com).

The **Lunch and Trivia** group will meet at noon on Thursday, November 20 at the VFW Hall. The cost is \$25 (cash only). If you wish to attend, please contact Vicki Alli at [victoria.alli@gmail.com](mailto: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. We will not be meeting on Thanksgiving. For information, contact Mona Unser at [mona.unser@gmail.com](mailto:mona.unser@gmail.com).

**NewsTalk:** Interested in national and world affairs? Join other Y's Women for lively and informative discussions at NewsTalk. We meet on the fourth Thursday of each month, but because of Thanksgiving we have moved our next meeting to Thursday, November 20 from 10 - 11:30 am at the Westport Library, Room 213. For information, contact Becky Ruthven at [bruthven06880@gmail.com](mailto:bruthven06880@gmail.com).

**The Movie Club** will meet on Wednesday, November 19 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 room often changes, so be sure to ask the front desk about our location. We are limited to 25 attendees, so please confirm your attendance with Margaret Mitchell by November 15.

We will discuss the movies *Selma* and *Our Souls at Night*. *Selma* will be shown on PBS Reel 13 at 9:00 pm on November 8, and a video is listed in the catalogs of the Westport and Fairfield Libraries. *Our Souls at Night* is available on Netflix.

*Selma* is a 2014 historical drama based on the 1965 Selma-to-Montgomery voting rights marches that were initiated and directed by James Bevel and led by Dr. Martin Luther King Jr., Hosea Williams, and John Lewis. The film stars actors David Oyelowo as King, Tom Wilkinson as President Lyndon B. Johnson, Tim Roth as George Wallace, Carmen Ejogo as Coretta Scott King, and Common as James Bevel.

*Our Souls at Night* is a 2017 American romantic drama based on the novel of the same name by Kent Haruf. The film stars Robert Redford, Jane Fonda, Matthias Schoenaerts, and Judy Greer. It marked the final collaboration between Fonda and Redford, who had previously co-starred in *The Chase*, *Barefoot in the Park*, and *The Electric Horseman*.

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

**Scrabble** meets on the first and third Tuesday of the month at 10:30 am at 1630 Post Road East, Unit 214 (Lansdowne). Please contact Pennie More at [pcmore2@gmail.com](mailto:pcmore2@gmail.com) if you would like to play.

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### **There's Still Time to Renew Your Membership**

It's not too late to renew your Y's Women membership through June 2026. If you renew no later than **November 10**, your name and contact information will be included in the 2025-26 membership roster. That way you can easily stay in touch with your Y's Women friends. Follow the instructions at <https://yswomen.org/become-a-member>, and send the form with your check to be sure you don't miss out on all the activities we have planned for the coming year.

## INTEREST GROUPS

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**Solos** will be going for Afternoon Tea at 2:30 on Wednesday, November 12 at **Gruel Britannia**, 161 Cross Highway, Westport. The cost is \$35. If you would like to attend, please contact Terry Queirolo at 858-1470 or [tmq44@icloud.com](mailto:tmq44@icloud.com) by Saturday, November 8 and either mail a check made out to Y's Women Solos to Terry at 305 Foxboro Drive, Norwalk, CT 06851 or give it to her at the November 10<sup>th</sup> Y's Women meeting.

The **Solos Holiday Luncheon** will be on Saturday, December 6 at Rive Bistro, 299 Riverside Avenue, Westport at 12:30 pm. The cost is \$45. Lunch will include salad, a choice of three entrees, and dessert chosen that day. For reservations, contact Terry at 858-1470 or [tmq44@icloud.com](mailto:tmq44@icloud.com) by Friday, November 28 and mail her a check made out to Y's Women Solos.

Once again Solos will support the Westport Department of Human Services' Annual **Holiday Giving Program**. We ask that you bring two or more unwrapped new books for children in kindergarten through 8<sup>th</sup> grade. They will be distributed to local families who have registered for assistance this season. Your generosity will help ensure that every child in our community has something special to unwrap this holiday season.

**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 856-6561 or [ellenjcahill@hotmail.com](mailto:ellenjcahill@hotmail.com) for details.

**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](http://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](mailto:Rubypalace88@gmail.com) or 917-816-6661.

## CARPOOL & GO!

Carpool and Go will return to the Yale Art Gallery on Friday, November 14 for a guided tour through the exhibit **Printing Darkness**, which surveys the fundamental role of darkness in printmaking from the 16th century to the present day. The installation features prints by more than 40 artists, including Rembrandt, Francisco Goya, Jean Dubuffet, and Kiki Smith. Since printmaking relies on contrast between dark and light, we will observe strong differences between woodcuts and the feathery marks of etching.

We'll also have a chance to view the large exhibit **Nusantara: Six Centuries of Indonesian (woven) Textiles**, which explores the fabrics created between the 14th and 20th centuries in this culturally diverse maritime region. We'll see the rich imagery and technical mastery in the batiks of Java and the Ikat of Sumba, in ritual weavings and architectural hangings. Also on view will be a small exhibit with works by **Hans Hoffman**, one of the 20th century's most progressive and influential American art teachers. Focusing on his paintings and works on paper, the show illustrates his emphasis on the principles of color, form, and space. We'll have lunch at 11:30 am at Harvest Wine Bar before our guided tour.

We'll meet behind the Wells Fargo Bank at Trader Joe's parking lot at 10:00 am with a 10:15 departure. Please contact Jill Meyer at 226-4310 or [jill@awayfortheday.net](mailto:jill@awayfortheday.net) to reserve your place. The gas reimbursement for your driver will be \$4 in cash, plus your share of the cost of parking. Please indicate whether you can drive, as drivers are always needed and appreciated.

### Directions:

Take I-95 to exit 47, Downtown New Haven. At the end of the ramp, keep straight onto Martin Luther King Drive. Go through several lights and then turn right at the light onto York Street. Drive three blocks, then turn left into the York Street parking garage.

Jill Meyer cell phone: 216-7666

Lydia Menendez cell phone: 543-7484

**Happy Thanksgiving!**