



YWCA Darien/Norwalk Activities & Program Guide 2011-2012

eliminating racism
empowering women
ywca
darien/norwalk

49 Old Kings Highway North
Darien CT 06820
(203) 655-2535

Stay up to date on YW activities and programs by:

- ◆ Visiting us online at www.ywcadariennorwalk.org
- ◆ Becoming a fan on Facebook @YWCADarienNorwalk
- ◆ Following us on Twitter @ywcadarien

What's Inside:

Newcomers Club activities
General YWCA member activities and events
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The YWCA Darien/Norwalk is dedicated to giving women the support and tools they need to transform their lives, be confident in their choices and raise healthy families. Our national mission, eliminating racism and empowering women, translates locally into a vision to create opportunities for growth, leadership and empowerment for all women

MEMBER CLUBS



Newcomers Club

(membership@ywcadariennorwalk.org)

Open to women who are new to the community or new to the YWCA, the Newcomers Club is designed to help you quickly get settled and feel at home in your new community. Make new friends through activities such as wine and cheese evenings, the Fall Beach Party, and social activities for women only or couples. Learn about the resources and services in the community you need through the Newcomers ListServ. Membership in the Newcomers Club is limited to 3 years; you may continue your favorite activities after that as a general member. New-

comers are welcome at all YW events, and may choose to participate in events designed exclusively for Newcomers including *Newcomers Ladies Nights*, *Newcomers Couples Events*, *Newcomers Book Club*, and *Newcomers-only Gourmet and Winetasters Groups*.

International Club (membership@ywcadariennorwalk.org)

Open to all YWCA Members, International Club members include citizens from countries from around the world, Americans who have lived abroad, and others who are seeking to broaden their understanding of the world and how others live. The Club sponsors social and educational gatherings and supports the unique needs of women who are coming or returning to the USA. The Club meets monthly for fun events and outings, runs its own book group and organizes international cooking events hosted by members in their homes.



Working Moms Network (wm@ywcadariennorwalk.org)

This group welcomes all women who are employed outside of the home, con-

sulting/freelance, are either pregnant or are already moms. The group meets one Saturday morning per month, either at a members' home or at a local park or beach to socialize, network and have a playdate with our young children. The Working Moms Network also has its own book group, extremely popular ListServ, and monthly night out.



Town Club

(membership@ywcadariennorwalk.org):

Also known as the "No Kids" Club, the Town Club welcomes women who live in the area and do not have children. There is a mix of social outings and get-togethers throughout the year.

VOLUNTEER OPPORTUNITIES

Exercise your leadership skills, build lasting and meaningful relationships, and make a positive difference in your community by volunteering at the YWCA Darien/Norwalk.

Activities Committee, Newcomers Committee, and Working Moms Committee: Meet new friends by joining a committee to plan member activities such as Playdates, Gourmet, Member Coffees or Town Club.

Better Beginnings: This free prenatal education program is offered in English and Spanish to women in their second or third trimester of pregnancy and their partners. Classes take place over two consecutive Saturdays and are taught by a bilingual Obstetrics nurse. English and Spanish speaking volunteers are needed to help register participants, set up and break down, provide snacks, and assist in teaching baby care.

Advocacy: Educate and engage the community on issues affecting women through drafting press releases or planning events. Work with other YWs to advance the goals of eliminating racism and empowering women.

Special Events: Help plan annual community events and fundraisers such as the Christmas Boutique, Cookies, Cocktails & a Cause, Annual Spring Benefit, Stand Against Racism, and July 4th Push-n-Pull Parade.

Computer Classes: Assist instructors during computer classes, help develop supportive materials, provide tutoring or one-on-one assistance where needed.

Office Support: Help our office staff with bulk mailings, cataloguing and organizing photos and press releases. Even an hour is a huge help!

Board of Directors Committee: Serve on a YWCA Darien/Norwalk Board committee such as Development, Finance and Investment, Membership, Buildings and Grounds or others.

CLASSES FOR ADULTS

Membership not required

Computer Classes

(Call the YW office for dates and details. Scholarships are available.)

Whether you are new to computers or brushing up your skills for work or for fun, we have a class for you! Taught by our instructors in our state-of-the-art Technology Center, these classes allow you to learn in a woman-centered atmosphere. Includes free practice time. The Technology Center was made possible by a generous grant from the Darien Technology and Community Foundation.

Classes offered include:

- ◆ **Keyboarding**
- ◆ **Beginning Word**
- ◆ **Advanced Word**
- ◆ **PowerPoint**
- ◆ **Excel**



Job Search Assistance

Kate Foster, CSW, offers

practical one-on-one job search assistance with resume writing, interview skills, job search website navigation, and everything you need to create a winning resume and land the perfect job for you. Kate's background includes 12 years as a Human Resource Professional and two years as Coordinator of the YWCA Darien/Norwalk's New Directions program. Contact Kate at 203-655-2535 ext. 307. *Scholarships available.*



Gardening Classes

(Call the YW office for dates and details.)

Sara McCool of Ungemack McCool Landscape Associates is a highly sought-after Darien-based landscaper. Space is limited, so register early.

Landscape Design and Practice

\$95 members, \$115 non-members

Five 1.5 hour sessions at YWCA grounds.

Over the course of five sessions, Sara focuses on property design with an eye on needs and budget. Sara visits each participant's home to review current landscaping and offer advice on the latest in landscape design.

Outdoor Green Garden

One hour session at YWCA grounds.

\$20 members; \$25 non-members

Sara will discuss and demonstrate proper care of your property's plantings, review common diseases and pests that can threaten your garden and suggest countermeasures.

Perennial Garden

One hour session at YWCA grounds.

\$20 members; \$25 non-members

With Sara's guidance, you will learn how to keep your garden blooming from February to November by using perennials and bulbs.

OTHER PROGRAMS

Overeaters Anonymous *(Call YW office to register)*

A confidential support group using a 12-step program that seeks to help people gain control of their eating habits. Meets year-round, four times a week on Tuesdays 6:30pm, Wednesdays 7pm, Saturdays 9am and Sundays 9am at the YWCA Darien/Norwalk office.

Center for Sexual Assault Crisis Counseling & Education

Support Group *(Call Ivonne Zucco at 203-348-9346 x12.)*

The Center for Sexual Assault Crisis Counseling and Education will facilitate a support group for Adult Survivors of Child Abuse (ASCA) on Thursday nights from 7pm to 8:30pm at the YWCA Darien/Norwalk. The group is an open forum for adults who are struggling with the aftereffects of abuse from childhood. A suggested agenda is followed that includes a 21-step core principal module which focuses on individual and group discussions. This is an ongoing group in which any survivor may join at any time and will be meeting at the YWCA Darien/Norwalk music room on Thursday from 7pm—8:30pm.



Fitness Classes

Bodyworks *(Call YW office to register)*

Wednesdays & Fridays, 8:00-9:00 am

12 Sessions. Members \$132, Non-members \$156

To provide variety and balanced workouts for participants of all fitness levels, instructor Suzanne McCullom offers Step & Sculpt, Aerobic Combo, Interval Training and Ball workouts.

Flow Yoga with Linda *(lgclarkson@gmail.com*

or 203-722-3549) Mondays, 6:30pm.

Drop-ins welcome, \$20 per student per class.

Classes are geared toward new yoga students and are based on Anusara yoga, the tradition for which Linda received her 200 hour teaching certification in the Elements Anusara teacher training program.

Pilates *(Kathryn 203-247-1182)*

Thursdays, 9:15am

Ward Pilates provides a great workout every Thursday morning in our Dance Studio.

CLASSES FOR CHILDREN

Membership not required

Toddler Time Drop-off Program for 2-year olds

(Contact YWCA at 203-655-2535)

The YWCA Darien/Norwalk Toddler Time program is open to children born from January 1- December 31, 2009. The one day a week, drop-off enrichment program for two year olds offers a loving and nurturing setting. Children enjoy free play inside and out, arts and crafts, story time and song time. The program is run as a stepping stone to nursery school where children enjoy time with their peers, sharing and becoming comfortable away from home. The class runs for 2 hours and has up to 8 students and 2 teachers. Children do not need to be potty trained to participate. The program begins the week of September 6, 2011 and runs through the end of May 2012. YWCA Members receive a discount on tuition and priority registration, non-members are welcome. All classes take place at the YWCA Darien/Norwalk, 49 Old King's Highway North.



Summer Fun Drop-off Program (Contact YWCA at 203-655-2535)

Summer Fun, our summer program, runs in June and July and welcomes both Toddler Time recent "graduates" who may have already turned 3 and children who have just turned 2 in the Spring. Children must be 2 by the start of the program. Summer Fun is both a continuation of the year long program as well as an introduction to the upcoming program year. All classes take place at the YWCA Darien/Norwalk, 49 Old King's Highway North.

Darien School of Dance (203-912-4804 or dariendance@optimum.net)

Led by Brigita McLeod, an accomplished dancer and teacher, Darien School of Dance offers ballet for children ages 3 to 10. This popular program is in its second year and meets in the YWCA Darien/Norwalk Dance Studio.

Paint Studio and Gallery (www.paintstudioandgallery.com)

Classes cover all aspects of painting and drawing, utilizing materials from acrylics to oils. Classes are available for preschoolers through adults throughout the year. Summer camp available.

Music for Children (203-854-9797 or www.mfchome.com)

Children discover, explore and develop their natural musical abilities through Mary Ann Hall's nationally acclaimed program, including time at the piano at all levels. Parents participate in the classes for infants and toddlers. Classes are offered through rolling admissions for children from birth to ten years.

Pender-Keady School of Irish Dance (203-316-8337)

Pender-Keady Irish Dance offers beginner and advanced beginner classes to this traditional dance style. Children learn form, coordination, rhythm, and self-discipline in this remarkable dance class. Classes are available Tuesday and Wednesday afternoons in the YWCA Darien/Norwalk Dance Studio.

MEMBER ACTIVITIES

Winetasters

membership@ywcadariennorwalk.org

Additional fee of \$25 per couple applies

On five designated evenings, groups of five couples each gather to taste wines at member's homes using a wine tasting seminar developed by the Committee to help everyone sharpen their palates. The typical cost per bottle is \$20-\$30. The wine selections and tasting notes are posted to the password-protected Winetasters website. Select your own group or have the Committee form a group for you. No previous



wine tasting experience is necessary. *Newcomers have the option of joining a Newcomers-only group. And new this year: a women-only group!*

Gourmet

membership@ywcadariennorwalk.org

Additional fee of \$25 per couple applies

Five couples prepare and share five distinctive gourmet dinners on five designated Saturday nights. Each time, a different couple in the group hosts the dinner and provides beverages; the others are responsible for one course each. Menu selections are designed to be both varied and interesting without being intimidating to prepare. Recipes are posted to the password-protected Gourmet website. Select your own group or have the Committee form a group for you. *Newcomers have the option of joining a Newcomers-only group.*

Playgroups

playgroups@ywcadariennorwalk.org

YW playgroups are organized by children's date of birth and take place at members' homes. Joining is a great way for both moms and kids to make new friends. Current playgroups are as follows:

- Kangaroos (Oct.-Dec. 2009)
- Seals (Jan-March 2010)
- Zebras (April-June 2010)
- Dragonflies (July-Sept. 2010)
- Seals (Jan.-April 2010)
- Ladybugs (Oct.-Dec. 2010)
- Salamanders (Jan.-Mar. 2011)
- Dolphins (April-June 2011)
- Flamingos (July-Sept. 2011)
- Pandas (Oct.-Dec. 2011)
- Tigers (18 months-3 years)

Book Club

membership@ywcadariennorwalk.org

Book Club is for all YWCA members who enjoy reading and book discussion. It is a great opportunity to read a variety of different books chosen by the group and then discuss them with other members. Meetings are held at a member's home, which varies each month. Additional book clubs are offered through the Newcomers, Working Moms and International Clubs.

Paddle Tennis

membership@ywcadariennorwalk.org

November-March 2012

Weed Beach Paddle Tennis Courts

Paddle tennis offers an opportunity for women and men to exercise and socialize during the fall and winter. Beginners through advanced players are invited to play and are grouped by ability.

Women's Golf

membership@ywcadariennorwalk.org

May-July 2012

Oak Hills Golf Course, Norwalk

Test your skill and stamina and shave some points off your handicap! Join the ladies Wednesday mornings next Spring and Summer. Groupings of four will be assigned.

Monthly Member Coffees

Join other YWCA members over coffee in our Community Resource Room the third Thursday of every month at 9:30am. Infants are welcome. Learn about local resources for you and your family, engage in lively discussion about issues of concern to women, or just connect with others in our community. Topics address issues ranging from women's health to holiday toy recommendations. This is a great way to get out of the house during those winter months and keep your mind active!

First coffee will feature Dr. Jeanne Marconi speaking about immunization on September 15th.

**Community Resource Room**

Free and available to Members during YW hours, this Wi-Fi equipped conference room is a great spot to get a little work done or host a meeting. The perfect "pit stop" when you're out running around town, we welcome breastfeeding mothers. Please call the office to reserve the room for meetings.



Check out the weekly member eblast and our website for updates about these activities and member events! Questions? Email membership@ywcadariennorwalk.org or call our office at 203-655-2535.

COMMUNITY PROGRAMS

Parent Awareness

Parent Awareness is a family-focused program that provides support and education to parents and children to encourage the healthy, positive development of youth and families in Darien and surrounding areas. The evolution of the Parent Awareness Network has paralleled a national focus on using parent education as a positive, proactive approach to high-risk behaviors such as alcohol and substance abuse, eating disorders and teen depression; building self esteem; creating successful students; and fostering self reliance. We collaborate closely with parents, school administrators and community leaders to provide numerous programs each year on a broad range of topics affecting children from birth through high school. Parent Awareness presents high quality speakers and



develops hands-on parenting support programs. Parent Awareness program dates for 2011-2012 will be posted in the weekly eblast, newspapers and on our website.

Scholarships for Job Search

Assistance & Computer Classes

We offer scholarships for computer classes and job search assistance for women demonstrating a financial need. Information about these programs is available on the "Classes for Adults" page and our website. Computer classes are offered for Keyboarding and most Microsoft applications and are taught by trainers in our on-site Technology Training Center. Kate Foster, CSW, offers practical one-on-one job search assistance with resume writing, interview skills, job search website navigation, and everything needed to create a winning resume and land a job. Kate's background includes 12 years as a Human Resource Professional and 2 years as Coordinator of YWCA Darien/Norwalk's New Directions.

SAVE THE DATE FOR THESE EVENTS!

Newcomers Fall Party: Sept. 17, 2011

Kick off a great new year at this fun evening for Newcomers couples

Working Moms Kickoff: Sept. 13, 2011

Head to the Melting Pot at 7:30pm to catch up with old friends and meet new ones

Christmas Boutique at the Piedmont: Nov. 2011

Enjoy one of Darien's best boutiques while supporting the YWCA

Cookies Cocktails & a Cause:

Dec. 2011

Make cookies and enjoy cocktails to help us support women in Fairfield County



British Panto: Feb. 2012

Presented in "panto" style with lively dialogue and lots of laughs by the International Club's British Group, this variation on a children's fairy tale is not to be missed!

Spring Benefit: March 2012

Dance the night away at this popular annual couples event that includes dinner, cocktails and auction to benefit the YW

Stand Against Racism: April 2012

This annual national YWCA initiative is aimed at raising awareness and celebrating the richness of diversity. Local events include children's activities, film screenings and more!

Women of Distinction Awards & Luncheon: May 17, 2012

Women who made significant community contributions are honored.

Annual Push-n-Pull Parade: July 4, 2012

Decorate yourself and your non-motorized vehicle and join the parade!

Check out the weekly member eblast and our website for updates about these events and more!