

Discussion Groups

Read and Tell: Good Lit; Good Life!

Family Centers of Darien

A monthly (last Wednesday) literary treat (poem, story, philosophical or inspirational essay) will be shared as springboard into sharing from our own stories and concerns. As meetings progress, participants will also be invited (although not obliged) to share their own narratives, spoken or written, biographical or fictional and to share their own truths. We will explore how creativity motivates, comforts, unsettles and keeps us on our toes. We will share the stories which most move and keep us going, the ideas which nurture a good life and help us through tough times. Come listen, interact, share inspiration and have fun!

Reminisce, Remember, and Reflect with Geri Genovese

A fun and invigorating discussion group lead by Geri Genovese is being held once a week. Geri will lead the group in lively discussions about a myriad of different topics from yester year to famous people and places, inventions, customs and traditions, favorite past times and more. You might even discover you remember a whole lot more than you think!

Contemporary Issues

Discuss current and recent event found in newspapers and on the news channels. The group decides the topic and how the discussion will run. All inquiring and open minds are welcome!

Short Story Discussion Group

The short story discussion group reads a balance of contemporary fiction and classic works, featuring critically acclaimed authors such as William Faulkner, Ernest Hemmingway, and Mary Alice Monroe. Participants are encouraged to analyze the assigned short stories and come prepared to hear different interpretations from the group. Participants are given each an opportunity to pick a story for the group to read the following week.

Brain Twisters and Teasers

Beth Paris, Gerontologist

Mind games for seniors and mentally-stimulating leisure activities have been shown to help maintain cognitive abilities as people age. Along with reducing the risk of dementia, research suggests that playing mind games can help promote brain health and strengthen critical thinking. Beth will host an hour long, weekly brain twister and teasers group.

Historical Series

Art Gottlieb, LCSW, CSA

This series highlights how events, individuals, cultures and technology impact the course of history. Art Gottlieb, LCSW, CSA will present a fact filled PowerPoint program. This series will also focus on the architecture of notable structures, icons of transportation and public work projects, the naval architecture of famous ships, as well as the design history of other items of historical significance.

*There is a charge associated with program.