

Westport Center for  
**Senior Activities**

21 Imperial Avenue  
Westport, CT 06880  
203.341.5099

[seniorcenter@westportct.gov](mailto:seniorcenter@westportct.gov)



**NEWS AND UPDATES FROM THE  
WESTPORT CENTER FOR SENIOR ACTIVITIES**

*Dear WCSA Participants:*

*Happy PRIDE Month and congratulations to Pride founder Brian McGunagle for organizing the wonderful Pride Rally held on Jesup Green last Saturday.*

*Westport Pride's goal is to raise the visibility of LGBTQ residents and issues; increase understanding; provide mentors; inspire future leaders and share the LGBTQ community's culture and accomplishments. The WCSA strives to promote an open and welcoming atmosphere and environment for all and looks forward to working with Westport's Pride organization to better serve our older LGBTQ residents.*



*As we continue to inch closer to re-opening on July 1<sup>st</sup>, a friendly reminder that preregistration is required to participate in any program offered at the WCSA during this initial re-opening phase. You can do so on [MyActiveCenter](#). If you still need to obtain your MyActiveCenter log in ID, contact the front desk at 203.341.5099. The WCSA will adhere to all guidance and recommendations suggested by our local health department to ensure a safe and comfortable environment.*

*First Selectman, Jim Marpe will join us on July 1<sup>st</sup> to share in this glorious day. Details and how to register for this celebration will be in next week's Constant Contact.*

*Please continue to be safe and enjoy these fabulous summer-like days!*

**Sue**

Sue Pfister and the entire WCSA team

## UPDATE FROM GOVERNOR LAMONT



Please click [here](#) to read the most recent press release from Governor Ned Lamont regarding the State of Connecticut's Coronavirus Response Efforts.

## REGISTRATION FOR THE SUMMER 2021 SEMESTER HAS BEGUN!

Registration for the Summer 2021 semester began on June 7 for Westport residents and will start on June 14 for out-of-town residents.

Registration is available online via [myactivecenter.com](http://myactivecenter.com), by mail or drop box with your completed registration form and a check made out to WCSA; or by calling the WCSA at 203-341-5099. You can find the current Spring (April-May-June) calendar and other documents/sites at the links below.

Check out our **BRAND NEW July-August-September 2021 calendar**, the [April-May-June 2021 calendar](#), our [YouTube Channel](#), the [2021 Fitness Waiver](#), and other helpful documents and information here and on the WCSA [website](#).

For step-by-step instructions on how to register on **MyActiveCenter**, please click [here](#).



### New Programs On The WCSA YouTube Channel!



Check out some of our most recent programs on our YouTube Channel, including videos on How To Make Authentic Mexican Guacamole with our

Nutrition Coordinator, Jacqueline Corona, Earthplace's Critter Encounter, Composting with Joe Gloria from Gilbertie's and Holly Betts' Baking Demonstrations. To enjoy these videos, please click [here](#).



### Exercise with Patty Kondub on TV Channel 79 Every Friday!

Join Patty on Westport Public Access TV Channel 79 (Optimum) and Channel 6020 (Frontier) for a workout to music with chair and standing exercises, balance, brain building, memory games and posture exercises. Weights or cans and a pillow may be required. **Fridays from 10:00 to 11:00 AM. Cost: Free**



Note: Westport Public TV Access Channel 79 broadcasts to Westport households only. Out of town seniors can watch Patty's program on the Westport town [website](#) on Fridays at 10:00 AM.

## UPCOMING PROGRAMS



### Join Us for the Friends Sunday Spring Variety Series!

**Coming Up On Sunday, June 13, 20 and 27 at 1:00 PM - Pianist Chris Coogan**

Chris Coogan has spent a lifetime astounding audiences with his jazz and gospel music, having recorded 8 CDs featuring this music. The New York Times calls him "a masterful pianist." He has performed at Manhattan's Blue Note and the Montreaux Jazz Festival and has shared the spotlight with musical legends such as Bette Midler, Donna Summer, Paul Shaffer and others.



**Westport Public Access Channel 79. For more information on the other upcoming programs in this Spring Variety Series, please [here](#).**



## June 14: "Magna Carta's Legal Legacy"

King John of England at Runnymede placed his seal on the Magna Carta 806 years ago. For the 800<sup>th</sup> Anniversary, the Smithsonian interviewed and discussed the impact of the Magna Carta on U.S. government policy with Supreme Court Chief Justice John Roberts & the Honorable Lord Igor former Lord Chief Justice of England and Wales. (42 mins.) **For the YouTube link to this documentary, please click [here](#).** For more information on this and the other June documentaries, click [here](#).



## Virtual Coffee Hour/Afternoon Chat with WCSA Staff

Visit with members of the WCSA team from your home via Zoom. This is an opportunity for you to keep in touch with the staff and find out the latest news and happenings. This program will meet the third Tuesday of the month via Zoom. **Tuesday, June 15. Time: 3:30 to 4:15 PM. Zoom Meeting ID: 891 7866 8288 Passcode: Coffee**



## WCSA Caregiver Support Group

Terry Giegengack, MA, will lead the group twice a month on Zoom. She is a graduate of Fairfield University with a master's degree in counseling and continuing education. **Wednesday, June 16, from 10:00 to 11:00 AM. Pre-registration is required by contacting Holly Betts, MPS, RD, at 203-341-5096 or via email at [hbetts@westportct.gov](mailto:hbetts@westportct.gov).** Donations are accepted.

## Letting Go Of Stress and Tension

Let Go of Stress and Tension, with Deirdre Ekholdt, LCSW. Stress and tension take a toll on the body and mind, but you can learn to let go and relax. In this class you will be guided through proven stress techniques including mindfulness,



breathing and guided imagery to experience a state of deep relaxation. **Wednesday, June 16. Time: 1:30 to 2:30 PM. Pre-registration is required and is available online at [myactivecenter.com](http://myactivecenter.com).**

---



### **Join us for BINGO on June 17!**

The WCSA offers virtual BINGO via Zoom on the first and third Thursday of the month from **1:15 to 2:00 PM. The WCSA is offering a special to-go lunch for Westport residents for \$8.00 per person.** A volunteer will deliver a lunch and 4 BINGO cards to your home by Noon on BINGO day. **Please call 203-341-5099 to reserve your lunch at least 48 hours in advance.**

**Thursday, June 17 Menu:** Chicken salad on a soft bun, three-bean salad, potato chips, cookie, water.

---



### **Just for Women With Channe Fodeman**

This women's group will be an open forum for discussion. This group will meet twice a month. Personal stories shared within the group will remain strictly confidential. Facilitator: Channe Fodeman is a clinical social worker with over 46 years of experience in the field. The next session for this group will be **Thursday, June 17 from 3:30 to 4:15 PM. Pre-registration is required and is available online at [myactivecenter.com](http://myactivecenter.com). The Zoom link will be emailed to you prior to the presentation.**

---

### **Parkinson's Support Group**

Facilitated by Maureen Matuszewski and Alison Smith, this group will share challenges, techniques, support and knowledge. Professional guest speakers are often invited to share their knowledge and insights. Family and caregivers



are welcome. **Wednesday, June 23 from 10:15 to 11:00 AM.** Pre-registration is required and is available online at [myactivecenter.com](http://myactivecenter.com). No charge.



### Welcome Summer BBQ Drive-Thru on June 25

Celebrate the start of Summer with BBQ chicken, macaroni and cheese, broccoli salad and ice cream in honor of National Dairy Month. **Meals may be picked up between 11:00 and 12:30 pm. Cost: \$8.00 per meal.** Please order no later than Monday, June 21. Then join the WCSA staff from **1:30 to 3:00 pm** on Zoom for a watch party of **The CUKES Ukulele Band concert** (60 min.).  
Zoom Meeting ID: 889 7444 7789 Passcode: watch

## COMMUNITY RESOURCES

STATE OF CONNECTICUT

Elderly & Disabled

**RENTER'S**  
Rebate Program



### State of CT Renters Rebate Program

The State of Connecticut **Renters Rebate Program** provides an income-based reimbursement for seniors aged 65+ and/or individuals who are totally disabled and collecting Social Security income. Applicants can contact the Human Services Department at (203) 341-1067 or via email [Kwitt@westportct.gov](mailto:Kwitt@westportct.gov) to complete the application process. All documentation will be completed electronically or via mail. For additional information on this program, please click [here](#).

### Insulin Discounts Offered to All State of CT Residents

State of Connecticut Drug Discount Program cards are now available. State



government is using its purchasing power to help residents save on the cost of insulin, regardless of their insurance status. All consumers have to do is access an ID card to start saving. For more information on this cost-saving program, please click [here](#).



### Get Ready to Go to the Movies at the Remarkable Theater's Drive-In Movie Nights!

Westport's own drive-in movie theater is back! **Scheduled for Friday, June 11 is "Guardians of the Galaxy." And Saturday, June 12 is "Rocky Horror Picture Show." Both shows begin at 8:30 PM, with doors opening at 7:30 PM.** For more information on movie times, upcoming films, events, and how to get tickets, please visit the Remarkable Theater's website by clicking [here](#).



### Westport Museum for History and Culture Destination Westport: Walking Tours

Explore Westport on foot with the Westport Museum for History and Culture! Walk through cemeteries, public parks and well-known streets to hear stories from communities past.

**On Saturday, June 12, at 9:15 AM,** the walking tour is titled "In Gatsby's Shoes," where you will learn about the sleepy farm community that lured F. Scott and Zelda Fitzgerald to it's shores.

**On Saturday, June 19, at 2:00 PM,** is a walking tour titled "Hidden History, Black Stories" where you will traverse downtown Westport and learn the hidden history of Black Westport, based on the Museum's award-winning exhibit *Remembered*.

For more information about the walking tours and to view the entire schedule of the Westport Museum for History and Culture's walking tours, please click [here](#).

**Westport Country Playhouse Presents Virtual**

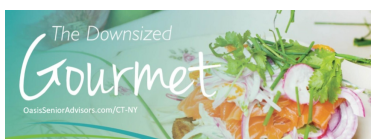
# WESTPORT COUNTRY PLAYHOUSE



## Script in Hand Playreading of the Comedy, "The Savannah Disputation"

Westport Country Playhouse will present a Script in Hand playreading of the comedy, "The Savannah Disputation," filmed on the Playhouse stage and broadcast virtually. The comedy is written by Evan Smith and directed by Mark Shanahan, curator of the Script in Hand series.

**Monday, June 14. Time: 7:00 PM.** Virtual tickets can be purchased, \$20 for one or \$40 for a pair. Each purchase entitles the ticket buyer to one individual link. The performance will also stream on-demand from **Tuesday, June 15 through Sunday, June 20.** For additional information about this event, please click [here](#).



## The Downsized Gourmet

Susan and Paul Doyle of Oasis Senior Advisors bring you a cooking demo via Zoom to solve the problem of how to enjoy cooking on a smaller scale during – and after - the pandemic. Learn to prepare easy and tasty dishes from the comfort of your own home. **Monday, June 21.**

**Time: 12:00 PM.** For more information on this program, and for the Zoom link, please click [here](#).



## COVID-19 Connecticut Vaccine Update

For the most up-to-date information on COVID-19 protocols, please visit the Westport Weston Health District website [here](#). Please click [here](#) to read a very informative flyer on "What You Need To Know" now regarding the COVID-19 vaccination, mask wearing and social distancing. For information on activities that are safest to participate in, please click [here](#).



## AAA's **FREE** Driving Improvement Classes are Back!

Tuesdays through July, AAA will be offering its **FREE** 4-hour classes **VIRTUALLY** to drivers 60



years of age and older, who need to obtain a certificate for up to 5% off on a portion of their insurance premiums. Classes are open to AAA members and non-members. For more information on this program, please click [here](#). To register for this class, please click into their Defensive Driving registration page [here](#), click on the drop down menu for Your Home State, then click "**Connecticut Virtual**" for both the state and county, then click on the **red** "See Classes" box on the right which will show you the available dates and times to schedule your free class. Choose a date and hit "next" to complete your registration.



### **The AARP Offers Virtual Events and Webinars on Wednesdays!**

For more information on AARP's Virtual Events and Webinar Wednesdays and how to register for events, please click [here](#).