

# WCSA NEWS!

## JUNE 2020

Dear WCSA Participants:

First and foremost, I hope this email continues to find you and your loved one's home, healthy and safe. I hope you all are finding creative ways to be active, engaged and socially connected while practicing social distancing during the coronavirus (COVID-19.) The WCSA staff and I have continued to work hard at providing you with programs to help meet your emotional, social, physical and nutritional well-being during this period of closure. I'm amazed at how many of you have successfully mastered Zoom and are partaking in our virtual learning offerings. It's the highlight of my day when I jump in on one and get to see your smiling faces!

In an effort to protect one of our most vulnerable populations and under the guidance of the CDC and the State of CT, the WCSA will remain closed for the summer and will review in August if it can reopen in September, 2020. The decision to remain closed was made with a considerable amount of thought and care by First Selectman Jim Marpe, Westport Weston Health Director, Mark Cooper, as well as, the Policy & Planning Board and the Commission for Senior Services.

I realize this is disappointing news, but know that your best interests and health were taken into consideration. Staff is committed and will continue to provide a diversified virtual learning experience for you and will be here for you as we get through this together. Believe me, I'm just as disappointed as you are but we have no choice right now. I know the time will come when our doors are opened and you will be welcomed back into this gorgeous facility. Let's all focus on that day and in the meantime, let's take care of ourselves and please, reach out to anyone who may need a quick cheer or phone call to get through these trying times. We're in this together!

As a reminder, many resources for Westport residents affected by COVID-19 can be found at [www.westportct.gov/COVID19](http://www.westportct.gov/COVID19). As always, please do not hesitate to contact the WCSA Monday-Friday from **8:30am – 4:30pm** by phone at **203.341.5099** should you have any suggestions, comments or concerns.

I admire your strength during this pandemic and I look forward to the day when I can welcome you back. In the meantime, please continue to follow the guidelines as stated by the Center for Disease Control ([www.cdc.gov](http://www.cdc.gov)) and practice social distancing if you have to go out.

With regards,



Susan L. Pfister, MSW  
Director, WCSA

### How to Contact Us?

The WCSA staff is available by telephone  
Monday—Friday from 8:30 am to 4:30 pm: **203-341-5099**

Our e-mail: [seniorcenter@westportct.gov](mailto:seniorcenter@westportct.gov)

Our News Letter is available on the Town's website:  
[www.westportct.gov/seniorcenter](http://www.westportct.gov/seniorcenter)

## Registration for Summer 2020 Classes Begins!

Registration for Westport residents for the Summer Quarter (July, Aug., Sept.) begins Monday June 8th. Out of town registration will begin on Monday June 15th. On the following pages, you will see a list of classes being offered via Zoom. Because the WCSA building remains closed to the public due to COVID-19, registration will take place by either calling the WCSA at 203.341.5099 Monday—Friday from 8:30 am—4:30 pm, or by mailing your registration form with a check made out to the WCSA. As noted on the list of classes, many classes are listed as “no limit” so it is not imperative that you call the first day of registration for those classes. You will only be able to register for yourself or one household member.

Please note: A \$10.00 late fee will be added for anyone registering after June 30<sup>th</sup> for any class that runs the entire semester.

Scholarships for Westport residents are available by contacting WCSA Director, Susan Pfister at 203-341-5098. All scholarship requests will be kept confidential.

If you have any questions regarding registration, please feel free to call the WCSA at 203.341.5099.



WCSA creates a YouTube channel with

**videos for seniors and classes with our own instructors!** Check out our new WCSA YouTube channel with fun and educational activities. Unlike Zoom, you only need access to the internet to participate in a variety of free classes, documentaries and fun activities. You'll even recognize some of our own instructors including **Shelley Moll with Aerobic Chair class**, **Ruth Sherman with Parkinson's Fitness**, **Dr. Paul Epstein with Mind as Healer** and **Art Gottlieb with Coping with COVID videos**. Simply click on the link below and it will take you to the WCSA's YouTube channel. Once there click on "Playlist" to see the WCSA videos. WCSA YouTube Channel: <https://www.youtube.com/channel/UCtWUG2WbaoYxUAWgxk9Rfig/playlists>

# June 2020



## Center's Phone Directory:

Main Number 203-341-5099

(answering machine after-hours)

Susan Pfister, MSW, Director

203-341-5098

Holly Betts, RD, Program Manager

203-341-5096

Jason Wilson, Assistant Program Manager

203-341-1066

Jaqueline Villapando, Nutrition Program  
Coord.

203-341-5097

Denise Puskas, Admin. Assistant

203-341-5095

Felicia Smith, Reception Desk:

203-341-5099

Casey McNally, Reception Desk:

203-341-5037

**Documentaries** -As part of the WCSA's regular programming free documentary films are offered every Wednesday. We know many of you look forward to these films, so we are posting links for future documentaries here each week on our free YouTube channel.

\*The week of June 8: 100 years of the Lincoln Hwy. (57 min)

\*The week of June 15: Attenborough & the Empire of the Ants (59 min)

\*The week of June 22: I Am Johnny Cash/BBC (79 min)

\*The week of June 29: A Centennial Celebration of I. M. Pei at the National Gallery of Art (56 min)

## 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.

<b>Art and Writing Classes Summer 2020</b>	<b>Instructor</b>	<b>Dates</b>	<b>Cost</b>	<b>Total sessions</b>	<b>No Class Dates</b>
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. 10:00 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. 2:00 pm. <i>Limit 35</i>	Jan Bassin	7/8-9/9	\$40	10	

# Westport Center for Senior Activities

## Zoom Classes Summer 2020

July-August-September

**\*All Zoom Classes Require Pre-registration\***



<b>Exercise Classes Summer 2020</b>	<b>Instructor</b>	<b>Dates</b>	<b>Cost</b>	<b>Total sessions</b>	<b>No Class Dates</b>
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	

## Westport Center for Senior Activities

### Zoom Classes Summer 2020

July-August-September

\*All Zoom Classes Require Pre-registration\*



Exercise Classes Summer 2020	Instructor	Dates	Cost	Total Sessions	No Class Dates
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 pm. <i>No Limit</i>	Jon Fox	7/10-9/25	Free	12	
Parkinsons Support 4 <sup>th</sup> 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 <sup>rd</sup> 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 <sup>rd</sup> Tues. of the Month 10:00 am. <i>No Limit</i>	Staff	7/21,8/18,9/15	Free	3	
SWCAA Caregiver Support 1 <sup>st</sup> & 3 <sup>rd</sup> 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	

# NEW CLASSES ONLINE!

**\*All Zoom Classes Require Pre-registration\***

## **Parkinson's Memory & Movement**

This is a three-part series for seniors with neuromuscular disorders.

Part One is a four-week session on **Body in Motion - Mobility, Balance and Strength Training at Home** taught by Physical Therapist, Stacy Williams of Rehabilitation Associates. This small group (max **ten** participants) is an interactive training on how to keep your body mobile and strong at home. The class will focus on sitting and standing strength exercises, sitting mobility exercises and standing balance training.

Part Two is a four-week session on **Exercising your Brain - Memory and Cognitive Training at Home** taught by Heather Overland. Heather will focus on how to keep your memory and cognition active and strong at home. Heather Oberhand is a Connecticut licensed speech and language pathologist with Rehabilitation Associates.

Part Three is **Mobility & Flexibility**. This session is designed to improve your range of motion, increase muscular strength and flexibility while reducing the probability of falls and fall related injuries. Part three will be lead by Nancy Gollinger. Nancy is a multi-certified fitness professional who focuses on improving the health of special populations. Class will meet on Tuesdays from 10:00 — 10:45 am. July 7 — September 22.

Cost: \$48.00 for 12 sessions. Limit: 10 persons.

**Knit One Nibble One** is back! Ellen Lane and the knitters are meeting online at their regular time of 1:00 pm. every Tuesday. Pre-registration is required. If you would like to knit a shawl for cancer patients, please contact Ellen at: [enalnelle@gmail.com](mailto:enalnelle@gmail.com).

## **Book Talk: God is Not One**

Join Linda Bruce to discuss the book "God is Not One" by Stephen Prothero. The book explores the eight rival religions of the world and why their differences matter. Participants will be asked to read the assigned chapters before class. The Introduction and Chapter One, Islam, will be discussed during week one. Author Prothero writes: "Pretending that the world's religions are the same does not make our world safer. Like all forms of ignorance, it makes our world more dangerous." Facilitator Linda Bruce received her Master of Divinity degree from Yale. She is currently a chaplain at Griffin Hospital. Through Linda's work at Griffin Hospital, Norwalk Hospital and Westchester Medical Center, Linda's ministry has encompassed a wide range of care seekers, requiring an understanding and respect of many belief systems. Class meets on Mondays from 10:30 to noon: July 13 - September 21. No class 8/3, 8/31. Cost: \$32.00



## **Write with Us! -- A Writing Prompt**

Writing prompts spark memory, inspire creativity, and help writers and non-writers alike find out what they think and feel. They unlock doors. A writing prompt can be almost anything -- a single word, an image, a statement or question. Join Jan Bassin for this fun, enriching and evocative workshop. Those with little to no experience in writing, as well as seasoned writers, are sure to benefit! Wednesday's from 2:00 pm. to 3:00 pm.

July 8 — September 9.

Cost: \$40.00 for 10 sessions. Limit 35 persons.



# NEW CLASSES ONLINE!

[\\*All Zoom Classes Require Pre-registration\\*](#)

## Mindful Healing Find Peace in the Storm

Learn how to face and transform stress, pain and illness, manage anxiety and be comfortable with uncertainty. Cultivate resilience to respond to life's challenges with wisdom, humor, compassion and a positive attitude. Connect with and develop inner resources and learn practical skills to work with and process difficult emotions of fear, grief and anger. Learn mindfulness meditation as we train the mind and open the heart to awaken joy, develop equanimity, and deepen loving kindness and compassion. Bring mindfulness and heartfulness into daily life for peace, health and happiness. The best of time is now. The class will combine discussion, sharing, Q &A and guided meditation practice. Class meets on Thursdays from 11:00 to Noon. July 9 - September 24. No class 8/6. Cost: No charge

## Nature's Reset/Somatic Movements

This class focuses on a gentle movement practice that retrains the nervous system to release involuntary tension and relieve chronic pain. Somatic movements are designed to re-educate and strengthen the body's (Soma) brain-to-muscle memory. Attention to natural posture and enhancing mobility, flexibility and balance. Suitable for all levels of mobility. This class is guided by Paula Schooler, R.N., Certified Yoga Therapist. Class meets on Thursdays from 11:30 to 12:30 pm.

July 9 - September 10. Cost: \$40.00.

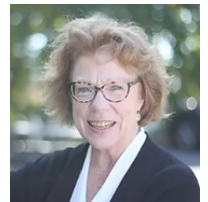


## Coffee Hour with WCSA Staff !

Join members of the WCSA team for coffee hour from your home. Take this opportunity for you to keep in touch with the staff. The group will meet the 3rd Tuesday of the month from 10:00 to 11:00 am. via zoom. July 21, August 18, September 15. Zoom information will be announced in the prior week's Constant Contact.

## SWCAA Caregiver Support

The Southwestern CT Agency on Aging (SWCAA) is sponsoring a caregiver support group. The group will meet twice a month on Zoom. Terry Giegengack, MA. from Positive Directions will be facilitating the support group. Terry's professional experiences include casework and administrative positions, both in Westport and Fairfield's Departments of Human Services. She is a graduate of Fairfield University with a Masters degree in counseling and continuing education. If you are interested in joining the group please contact Holly Betts, MPS. RD. at 203-341-5096 or via email [hbetts@westportct.gov](mailto:hbetts@westportct.gov). Cost: Donations accepted. Dates: Wed. July 1, 15, Aug. 5, 19, Sept. 2, 16. Time: 10:00 – 11:00 am.



## Pet Chat

Join fellow pet owners and share your favorite pet stories and, of course, your pet is invited. We will include guest speakers. The group will meet the 3<sup>rd</sup> Friday of the month from 10:30 to 11:30 am. via Zoom. July 24, August 21, September 18.

# NEW CLASSES ONLINE!

**\*All Zoom Classes Require Pre-registration\***

## Computer Tech Help

### Monday Tech Help with Owen Spangler

Owen is a student from UCONN, and will be available for tech help on Monday's from 9:00 – 11:15 am. for one-on-one assistance. With your permission, Owen can access your computer to help resolve the issue you are having. Please call 203-341-5099 to make an appointment. Appointments must be made by Friday at 2 pm. Please see the weekly email newsletter for Owen's availability .

## Exercise Your Mind & Body with Patty Kondub

Patty Kondub will be conducting a fun exercise class on the Westport Public Access Channel 79 every Friday from 10:00 am. To 11:00 am. Join Patty 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. Patty is the girls golf coach at Staples High School and teaches water aerobics at the Westport YMCA. Note: Channel 79 is available to Westport Residents only.



## 3-D Origami with Nor

Nor Smitobol will be teaching a class in 3-D origami sculpture. Learn to make the basic fold and then create 3-dimensional sculptures. This class will meet July 8<sup>th</sup> to September 23<sup>rd</sup> from 10:00 to 11:00 am. Materials fee: \$7.00. Material delivery will be arranged.



## Summer Concert Series Sponsored by the Friends

The Friends of the WCSA are hosting a summer concert series on Friday afternoons in July, August and September. The concerts will feature musicians from our local area. You will be able to view them free of charge on the internet. Look for more information in our monthly newsletter, our WCSA website or in our weekly Constant Contacts newsletter. *(If you wish to be added to the newsletter distribution list please call the reception desk or email: [dpuskas@westportct.gov](mailto:dpuskas@westportct.gov).)*



Dates: Friday, July 10, July 24, August 14, August 28, September 11 and September 25.



## Holiday Closings

The WCSA will not hold classes on Friday, July 3<sup>rd</sup> for the Independence Day holiday and Monday, September 7<sup>th</sup> for Labor Day.





# June Celebrations!

**Father's Day, Sunday, June 21st**

## Achieving "Pop" Honors

Each year we celebrate Father's Day on the third Sunday in June. However, while Mother's Day has been celebrated since the 1860s and became a federal holiday in 1914, Father's Day was not granted national recognition until 1972. It all started with Sonora Scott Dodd, a Spokane resident who was raised by a widower, who sought to establish a holiday specifically for fathers – the male equivalent of Mother's Day. With support from her local government, churches, businesses, and the YMCA, she was able to take the idea statewide, and the first Father's Day was celebrated on June 19, 1910 in Washington State. The idea of the holiday spread, and by 1924, President Calvin Coolidge pushed for state governments to recognize Father's Day.

## Father's Day Creamy Mushroom & Leek Pasta

*How about some fungi, for your fun guy?*

Serves 2-3

### Ingredients

6 oz long pasta of your choosing  
4 oz shiitake mushrooms  
1 leek, trimmed  
2 cloves garlic, peeled  
¼ oz fresh thyme  
2 tbsp cream cheese  
½ cup vegetable stock  
2 tbsp olive oil  
1 tbsp butter  
1 oz shredded parmesan

Bring a large pot of water to a boil.

Half the leek lengthwise, then thinly slice.

Place the sliced leeks in a strainer and rinse to remove any sand (remember to wash the leeks well, they can be very sandy!). Mince or grate the garlic. Strip the thyme leaves off the stem. Slice the mushrooms. Add the pasta to the boiling water and cook for 8-10 minutes, until al dente. Strain and set aside.



### Instructions con't

Heat the oil in a large pan over medium heat. Add the leeks and cook, for 5-6 minutes, stirring occasionally, until soft and slightly caramelized. Add the mushrooms and cook for 4-5 minutes until soft, stirring occasionally. Add the garlic and thyme to the pan and cook until fragrant, about 30 seconds.

Add the ½ cup of stock to the pan (with the heat still on), and stir to combine all ingredients. Remove the pan from heat and stir in the cream cheese. Mix thoroughly to combine.

Return the pan to medium heat and toss in the drained pasta until it is coated in the sauce. Stir in the butter and half of the Parmesan cheese. Season with salt and pepper to taste. Serve garnished with remaining Parmesan.

**Mushroom Nutrients:** Mushrooms contain protein, vitamins, minerals, and antioxidants and may have an anti-inflammatory effect on the body.

## ~PROGRAMS TO ENJOY FROM HOME~

The Westport Museum offers virtual programs & exhibits: The Westport Museum, (formerly the Westport Historical Society) is closed during Covid-19, however the staff has put together some interesting programs and exhibits that can be accessed through the internet.



These include an Oral History Project, History Happy Hour, Book Reviews and Tuesday Treasure: Historical or Hoax. For more information, go to <https://westporthistory.org/>

Stuck at Home ...with so much to do - The Westport Public Library.

## The Westport Library...

The Westport Public Library website has lots of fun activities and programs online. If you want to start a new hobby or get a refresher on an activity you used to do, check out this website: <https://westportlibrary.libguides.com/stuckathome>

You may want to join the Westport Summer Reading Challenge, or check out the library's YouTube channel for lectures and how-to videos: <https://www.youtube.com/user/WestportPubLib/videos>.

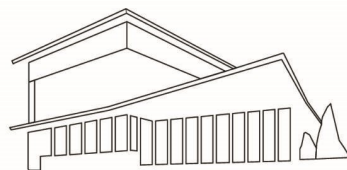
## MoCA High School Student Art

### Exhibition 2020

MoCA Westport is a visual and performing arts organization dedicated to creating arts experiences that enrich the lives of area residents and the entire community. Now at 19 Newtown Turnpike in Westport, exhibitions and performances from visual arts to classical music are featured year round to inspire art enthusiasts of all ages and skill levels. In addition, a unique education program, The Academy @MoCA Westport, provides semi-private instruction weekly to allow students to discover their own interpretations of the current gallery exhibitions. The museum is closed due to COVID-19, but if you go to their website you can see a slide show of art by high school students from Fairfield County. Link: <https://mocawestport.org/>



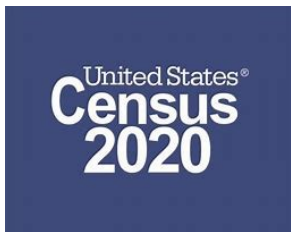
## NEW BRITAIN MUSEUM OF AMERICAN ART



The NBMAA collection represents the major artists and movements of American art. Today it numbers about 8,274 paintings, works on paper, sculptures, and photographs, including the Sanford B.D. Low Illustration Collection, which features important works by illustrators such as Norman Rockwell, Howard Pyle, and Maxfield Parrish. The website allows you to view the collection online. The NBMAA website is featuring an in-depth tour of the Museum's newest special exhibition *In Thread and On Paper: Anni Albers in Connecticut*. Learn all about pioneer artist Anni Albers and view her extensive catalogue of groundbreaking works in textiles in this video tour of the exhibition: <https://nbmaa.org/lectures>.

# IMPORTANT INFORMATION & HELPFUL RESOURCES

**Resources for Westport residents affected by COVID-19:** The Town of Westport's Department of Human Services continues to provide remote services to residents, Monday through Friday from 8:30am-4:30pm. The department staff are monitoring inquiries and working closely with the Incident Management Team to address the essential needs of residents in a timely fashion. Please contact Human Services at 203-341-1050 or [humansrv@westportct.gov](mailto:humansrv@westportct.gov) if you or a neighbor has an emergency need of food or medications. For up-to-date COVID-19 information and information on Re-Open Westport, go to the Town of Westport's website ([www.westportct.gov](http://www.westportct.gov)) and you will see links to both COVID-19 information and Re-Open Westport.



## There's still time to shape the future for your community.

The 2020 Census is underway and the most important and safe thing you can do is respond online, by phone, or by mail. It has never been easier to respond to the 2020 Census. Responding now will minimize the need for the Census Bureau to send census takers to your home to follow up with households.

You can complete the #2020Census now online, by phone, or by mail. There are 10 questions and Federal law protects your responses, which cannot be shared with law enforcement, immigration agencies, or housing authorities. Visit [2020Census.gov](http://2020Census.gov) or call 1-844-330-2020 now to complete your census!

**Taxes are Due July 15!** The US Tax filing deadline has been extended to July 15 due to the COVID-19 pandemic. Virtual tax preparation is now being offered by AARP and VITA, the IRS companion to the free volunteer income tax preparation to residents without in-person contact. The new virtual platform is available to taxpayers by connecting them via a secure portal to a remote certified tax preparer. The site and requisite document exchange mechanisms are encrypted for safety, and the methodology conforms to IRS policy and procedures. Participants will need a smartphone or computer, access to the internet, a working phone number and email address to complete the form.

For more information go to: <https://www.westportct.gov/government/departments-a-z/human-services/tax-preparation-assistance-online>



# IMPORTANT INFORMATION & HELPFUL RESOURCES



The Southwestern CT Agency on Aging and Independent Living is here to help seniors and their families maintain and improve the quality of life in their community. SWCAA can help you navigate options to help you or your loved one remain in the community regardless of age. Their website has a wealth of information on:

- COVID -19
- Medicare, & health insurance
- Legal services
- Veterans services
- Nutrition programs
- Elder abuse
- Financial assistance
- Transportation
- Healthcare and mental health services

You may contact The Southwestern Connecticut Agency on Aging at 203-333-9288.

Website: <https://www.swcaa.org/>



## Important FAQ's about Facemasks

Westport officials are concerned that improper use of cloth face masks will reduce the effectiveness of the masks. According to the CDC, cloth face coverings should:

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape
- Do not place hands on front of mask when placing on or taking off. Use ear loops or attached ties to secure or remove.

### "HELLO, NEIGHBOR!" A WESTPORT CARING CALLER PROGRAM



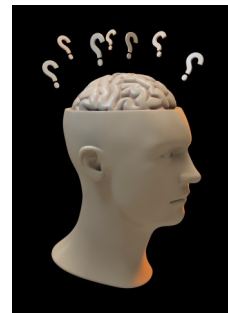
The Department of Human Services and the WCSA is excited to announce a new community program that connects caring volunteers with Westport seniors. "Hello, Neighbor" provides a warm community connection through weekly phone calls, encouraging fellowship, and combating loneliness. Phone calls are purely social and conversational. Get to know your neighbors! We are all in this together. Once paired, you can establish a mutually convenient time to chat with your volunteer partner. To sign up for calls, please [click here](#) to complete the request form or contact Casey McNally at 203-341-5037 or via email at [helloneighbor@westportct.gov](mailto:helloneighbor@westportct.gov) for details. If you know of someone who would benefit from a friendly conversation, please let them know that many Westporters are ready to chat!

## TRIVIA FOR SPORTS FANS



1. What Chicago Bears coach learned you could break your hand by putting your fist through a locker?
2. What ballpark was Pete Rose playing in when he broke Ty Cobb's career hits record?
3. What professional team was the first to bring a national championship to New Jersey?
4. What male golfer's worst finish in the British Open from 1966 to 1980 was 6<sup>th</sup>?
5. What legend gave up 11 runs in the sixth innings he pitched in the last game of his career?
6. In 1977, the 12 meter yacht Courageous defended the America's cup in Newport R.I. Who was the skipper?
7. Who was Secretariat's jockey for the Triple Crown Races in 1973?

## WCSA TRIVIA TEST



1. Who was expected to be paid 2,000 £ for surrendering West Point to the British?
2. What movie gave Julie Andrews a chance to play a man?
3. What is a polygon with 4 unequal sides called?
4. What author's first and middle names were Alan Alexander?
5. What five foot tall birds are the tallest in North America?
6. What is the southernmost country in Central America?
7. What breakfast cereal celebrated its 125th anniversary in 2019?

Answers:  
 1. Mike Ditka, 2. Riverfront Stadium, 3. The New Jersey Devils, 4. Jack Nicklaus, 5. Cy Young, 6. Ted Turner 7. Ron Turcotte

Answers:  
 1. Benedict Arnold, 2. Victor Victoria, 3. Quadrilateral 4. A.A. Milne 5. Whopping Crane, 6. Panama 7. Kellogg's Corn Flakes



# The Westport Center for Senior Activities

## Registration Worksheet

Summer 2020

Westport Residents: Registration Starts Monday, June 8 at 8:30 am.

Out-of-Town: Registration Starts Monday, June 15 at 8:30 am.

Registration for the July – September quarter will be done by either calling the WCSA at 203-341-5099 or by mailing your completed registration form with a check made out to WCSA or with your credit card information. Phone registrations will be available from 8:30am to 4:30pm Monday – Friday. There will be **no** in-person registrations, as the Center remains closed due to COVID-19. As noted on the list of classes, many classes are listed as “no limit.” Please do not call on day one of registration for these classes. It’ll be easier for all if you call later in the week as there are no class limitations. If you register by phone, you may pay with a credit card or you may mail in a check. Please do not leave your registration requests on the answering machine as they will not be honored.

*Please note: A \$10.00 late fee will be added for anyone registering after June 30<sup>th</sup> for any class that runs the entire semester.* Scholarships for Westport residents are available by contacting WCSA Director, Susan Pfister at 203-341-5098. All scholarship requests will be kept confidential.

If you are registering for more than one class and paying by check, one check may be written for the sum of the registration fees. Checks are made payable to WCSA .

<u>Class</u>	<u>Day(s)</u>	<u>Time(s)</u>	<u>Instructor</u>	<u>Fee</u>
				\$
LATE FEE...				
TOTAL PAYMENT DUE.....				\$

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Westport Resident? \_\_\_\_\_ Yes \_\_\_\_\_ No      Date: \_\_\_\_\_

\*Email address: \_\_\_\_\_

*\*Required for all online classes*