



Westport Center for Senior Activities News!

September/October 2020

Tropical Storm Isaias certainly has been a challenge. I hope everyone has gotten their power back and survived the storm with minimal or no damage. The Department of Human Services worked hand-in-hand with other departments to check on the welfare of many and to assist with charging centers, cooling centers, showers, welfare checks, food deliveries and many calls and home visits to ensure everyone was safe and accounted for. Although some suffered without power longer than others, I continue to be amazed at the resiliency and independency many of you demonstrated throughout Tropical Storm Isaias. You all are my heroes!

Despite this weather emergency, we must remain vigilant and not lose sight of COVID-19 concerns. To prevent infection and to slow transmission of COVID-19, please remember to do the following:

- Wash your hands regularly with soap and water, or clean them with alcohol-based hand sanitizer.
- Maintain at least six feet distance between you and people coughing or sneezing.
- Avoid touching your face.
- Cover your mouth and nose when coughing or sneezing.
- Stay home if you feel unwell.
- Refrain from smoking and other activities that weaken the lungs.
- Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people.

Although the WCSA continues to remain closed until further notice, I encourage you to visit our web site at www.westportct.gov/seniorcenter to view our wide array of virtual class offerings. There are a lot of new and exciting programs in this newsletter, so please take advantage of them. Thank you Program Manager, Holly Betts and Assistant Program Manager, Jason Wilson for planning and scheduling these wonderful activities.

Please don't hesitate to contact me directly at 203.341.5098 or by email at spfister@westportct.gov if you have any questions or simply want to say hello. I'd love to hear from you!

In the meantime, stay safe, stay positive and know that I miss and think about you often.

With regards,

Sue



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
Our newsletter is available on the Town's web-
site: www.westportct.gov/seniorcenter

Search us on Facebook by typing in

Westport Senior Center.

Sept./Oct. 2020

Registration for Fall 2020 Classes!

Registration for Westport residents for the Fall Quarter (Oct.,Nov.,Dec.) begins Monday Sept. 14. Out of town registration will begin on Monday Sept. 21. On the following pages, you will see a list of classes being offered via Zoom for the Fall quarter. The WCSA will have online registration available for the fall quarter. (See the next column for online registration info.) Registration will also be available by phone (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 and one household member. Please note: A \$10.00 late fee will be added for anyone registering after Sept. 30th 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 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

Jacqueline Villapando, Nutrition Program Coordinator

203-341-5097

Denise Puskas, Administrative Assistant

203-341-5095

Felicia Smith, Administrative Assistant

203-341-5099



myseniorcenter™
innovation at the center

**Westport Center for Senior Activities
to Begin Online Registration!**

MySeniorCenter is an easy-to-use, secure software program that senior centers across the U.S. use to manage their different programs. With a MySeniorCenter account, you will be able to sign up for classes and special programs online. The MySeniorCenter website allows you to browse hundreds of activities happening at senior centers in your area. Each participant of the WCSA will be issued their own log-in ID. Couples who share an email address can share one log-in ID. If you register online you will pay for your classes and programs with a credit card. There is a convenience fee of 2.65% to use a credit card. **To obtain your MySeniorCenter log-in ID so you can register for your Fall classes online, please contact Felicia Smith, Admin. Assistant by email (Fsmith@westportct.gov or by phone (203-341-5099).** The link for MySeniorCenter is:

<https://myactivecenter.com/>.

Fall Semester Holidays

The WCSA and Town Hall will be closed for the following Town of Westport Holidays:

Mon. Oct. 12: Columbus Day

Wed. Nov. 11: Veteran’s Day

Thurs. & Fri. Nov. 26 & 27: Thanksgiving

Thurs. & Fri. Dec. 24 & Dec. 25: Christmas

Thurs. & Fri. Dec. 31 & Jan. 1: New Years



Special Programs

Sept./Oct. 2020



Friday, Sept. 4: Labor Day Drive-Thru BBQ

Seniors and their guests can order a BBQ lunch to go to celebrate Labor Day weekend. Meals can be picked up at the WCSA on **Friday, Sept. 4 from 11:30 am.—12:30 pm.** **Menu:** hotdog, cheeseburger, cole-slaw, potato chips, ice cream and watermelon. Folks may socially distance in the new parking lot and enjoy their meal. CDC guidelines will be strictly enforced. Cost: \$8.00 **Please order by Tuesday, Sept. 1.**

**“Friday’s With Friends”
Summer Concert Series**

The Friends of the WCSA are continuing to host a summer concert series on Friday afternoons in August and September. The pre-recorded concerts recorded exclusively for the Friends of the WCSA will feature musicians from our local area. You will be able to view them free of charge on the internet. **Time: 1:30—2:15 pm.** Internet access information will be provided a week prior to the event. Cost: Free. Zoom Link for concerts: <https://us02web.zoom.us/j/89091350654?pwd=TjMvQTNueUxwRUVTY3BOeTM4NWNzdz09>

Friday, Sept. 11: Jessica Schwartz is a sophomore at George Washington University studying speech, language and hearing sciences. She started playing piano when she was 7 and started composing songs when she was 13. Jessica will play classical music for us.



Friday Sept. 25: Wendy Kerner, harpist, maintains an active teaching studio in Wilton, CT and she is an Adjunct Professor of Harp at Sacred Heart University. Ms. Kerner, who began the harp at the age of seven, was a scholarship student at The Juilliard School where she studied with Susann McDonald and received her Bachelor and Master of Music Degrees in Harp Performance.



Labor Day Concert

Friday, Sept. 4

Heather “Lil’ Mama” Hardy is a native of Westport who lives in Arizona where she was inducted into the Arizona Blues Hall of Fame. She attended the Manhattan School of Music in New York and formed the Lil’ Mama Band in 1998. Heather is the daughter of Judy Hardy, a Friends board member. **The concert will be aired at 1:30 pm. on Zoom and Facebook live.** Cost: Free. Zoom Link: <https://us02web.zoom.us/j/89091350654?pwd=TjMvQTNueUxwRUVTY3BOeTM4NWNzdz09>

September is National Fall Prevention Month

It is estimated that in the United States one-third of seniors over the age of 65 and one-half of seniors over the age of 80 will fall each year, resulting in medical costs exceeding \$27 billion annually. Most falls are preventable. Join Carli Lee Spinola, the Injury Prevention Coordinator at Norwalk Hospital and learn how to prevent slips and fall. **This program will be on Zoom on Tuesday, Sept. 1 from 10:00 to 11:00 am.** Cost:Free. Zoom Link: <https://us02web.zoom.us/j/82928757833?pwd=NW96YWw4UnYwaDE3cnF4dFJNeFJ1Zz09>

October is Eye Safety Awareness Month

Dr. Barbara Manion of Westport Eyecare Associates will be presenting a program on eye health including macular degeneration, glaucoma and whether eye vitamins are worth it. Dr. Manion, OD Diplomate, American Board of Optometry, specializes in the treatment of surgical, pathological and dry eye cases. **This program will be on Zoom on Thursday, October 15 from 9:45-10:45 am.** Cost: Free. Zoom Link: <https://us02web.zoom.us/j/84610015376?pwd=Rnp0Zm0xRFE2b2E3eUVkT0FlU1sZz09>

Westport Center for Senior Activities

Zoom Classes Fall 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.** The WCSA will also offer online registration available for the Fall Semester. See “MySeniorCenter” on page 2 for more info. Staff will also 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: Some classes have limited space and will be filled on a first come first basis. Westport resident registration begins on Mon. Sept. 14th and out-of-town registration begins on Mon. Sept. 21st. **All classes on Zoom require pre-registration.**

WCSA On-Line Classes Fall 2020: Writing & Art	Instructor	Dates	Cost	Total sessions	No Class Dates
Bringing the Outdoors In, Thurs. 1:00 pm. <i>Limit 20</i>	Chris Goldbach	10/8-12/17	\$40	10	
Still Life, Thurs. 4:00 pm. <i>Limit 15</i>	Chris Goldbach	10/8-12/17	\$40	10	
Drawing Flowers, Tues. 1:00 pm. <i>Limit 15</i>	Dick Rauh	10/6-11/10	\$24	6	
Creating with Colored Pencils, Fri. 10:00 am. <i>Limit 12</i>	Lisa Arnold	10/2-11/20	\$32	8	
3-D Origami w/Nor, Wed. 10 am. <i>Limit 6</i>	Nor Smitobol	10/7-12/30	\$7	12	
Knit One Nibble One, Tues. 1:00 pm. <i>No Limit</i>	Ellen Lane	10/6-12/29	Free	13	
Learn to Play the Ukulele, Tues. 1:00 pm.	Uncle Zac	10/6-12/29	\$52	13	
Advanced Writers Workshop, Tues 10:30 am. <i>Limit 8</i>	Jan Bassin	10/6-12/15	\$80	10	11/24
Advanced Writers Workshop, Tues 1:30 pm. <i>Limit 8</i>	Jan Bassin	10/6-12/15	\$80	10	11/24
Advance Writers Workshop, Wed. 10:30 am. <i>Limit 8</i>	Jan Bassin	10/7-12/16	\$80	10	11/25
Advance Writers Workshop, Thurs 10:30 am. <i>Limit 8</i>	Jan Bassin	10/8-12/17	\$80	10	11/26
Advance Writers Workshop, Thurs 1:30 pm. <i>Limit 8</i>	Jan Bassin	10/8-12/17	\$80	10	11/26
Write with Us/ Writing Prompts! Wed. 2:00pm <i>Limit 50</i>	Jan Bassin	10/7-12/16	\$40	10	11/25

Westport Center for Senior Activities

Zoom Classes Fall 2020

Oct. Nov. & Dec.

All Zoom Classes Require Pre-registration



WCSA On-Line Classes Fall 2020: Exercise	Instructor	Dates	Cost	Total sessions	No Class Dates
Tai Chi Reinforcement, Mon. 10:30 am. <i>No Limit</i>	Mari Lewis	10/5-12/21	\$44	11	
Tai Chi Beginner's, Wed. 10:00 am. <i>No Limit</i>	Mari Lewis	10/7-12/23	\$44	11	
Tai Chi Advanced, Fri. 11:15 am. <i>No Limit</i>	Mari Lewis	10/2-12/18	\$44	11	
Weights in Motion, Mon. 9:30 am. <i>No Limit</i>	Shelley Moll	10/5-12/21	\$44	11	
Zen Flow, Wed. 9:30 am. <i>No Limit</i>	Shelley Moll	10/7-12/23	\$44	11	
Cardio Strength, Fri. 9:30 am. <i>No Limit</i>	Shelley Moll	10/2-12/18	\$44	11	
Dance & Stretch, Tues. 1:00 pm. <i>No Limit</i>	Sandy Adamczyk	10/6-12/29	\$52	13	
Strength Training, Mon. 1:00 pm. <i>No Limit</i>	Sandy Adamczyk	10/5-12/28	\$48	12	
Strength Training, Wed. 10:00 pm. <i>No Limit</i>	Sandy Adamczyk	10/7-12/30	\$48	12	
Pilates, Mon. 3:15 pm. <i>No Limit</i>	Jeannie Labate	10/5-12/28	\$48	12	
Pilates, Thurs. 10:45 am. <i>No Limit</i>	Jeannie Labate	10/1-12/17	\$44	11	
Yoga, Total Health Mon. 8:45 am. <i>No Limit</i>	Denise O'Hearn	10/5-12/21	\$44	11	
Yoga, Total Health Wed. 8:45 am. <i>No Limit</i>	Denise O'Hearn	10/7-12/23	\$44	11	
Yoga, Total Health Fri. 8:45 am. <i>No Limit</i>	Denise O'Hearn	10/9-12/18	\$40	10	
Yoga/Core Strength, Sat. 10:00 am. <i>No Limit</i>	Maria Vailakis-Wippick	10/3-12/26	\$52	13	
Yoga Gentle, Sat 11:15 am. <i>No Limit</i>	Maria Vailakis-Wippick	10/3-12/26	\$52	13	

Westport Center for Senior Activities

Zoom Classes Fall 2020

Oct. Nov. Dec.

All Zoom Classes Require Pre-registration



WCSA On-Line Classes Fall 2020: Exercise	Instructor	Dates	Cost	Total sessions	No Class Dates
Yoga Beginning, Thurs. 3:00 pm. <i>No Limit</i>	Maria Vailakis -Wippick	10/1-12/17	\$44	11	
Yoga Wellbeing, Tues. 7:45 am. <i>No Limit</i>	Paula Schooler	10/6-12/29	\$52	13	
Yoga for Wellness, Sat. 8:45 am. <i>No Limit</i>	Paula Schooler	10/3-12/26	\$52	13	
Slow Flow Yoga, Thurs. 11:45 am. <i>No Limit</i>	Paula Schooler	10/8-12/17	\$40	10	
Therapeutic Yoga, Thurs. 7:45 am. <i>No Limit</i>	Paula Schooler	10/1-12/17	\$44	11	
Essentrics, Mon. 11:00 am. <i>No Limit</i>	Dyan DeCastro	10/5-12/28	\$48	12	
Essentrics, Thurs. 10:30 am. <i>No Limit</i>	Dyan DeCastro	10/1-12/17	\$44	11	
Zumba Gold, Wed. 10:30 am. <i>No Limit</i>	Karen Liss	10/7-12/30	\$48	12	

WCSA On-Line Classes Fall 2020: Language/Wellness	Instructor	Dates	Cost	Total sessions
Intermediate French, Wed. 2:30 pm. <i>No Limit</i>	Nell Mednick	10/7--12/30	\$48	12
Conversational French, Wed. 1:00 pm. <i>No Limit</i>	Nell Mednick	10/7--12/30	\$48	12
Mindful Healing: Finding Peace in the Storm, Thurs. 11:00 am. <i>No Limit</i>	Dr. Paul Epstein	10/1-12/17	Free	11
Current Events, Fri. Noon <i>No Limit</i>	Jon Fox	10/2-12/18	Free	11
Parkinson's Support, Wed. 10:00 am. <i>No Limit</i>	Maureen & Alison	10/28,11/18,12/16	Free	3
Just for Women, Thurs. 3:30 pm. <i>No Limit</i>	Muriel Levine	10/1,10/15, 11/5, 11/19, 12/3, 12/17	Free	6
Happy Hour with Senior Center Staff, 3 rd Tues. of the Month 3:30 pm. <i>No Limit</i>	Staff	10/20,11/17,12/15	Free	3
Caregiver Support, 1 st & 3 rd Wed. of the Month 10:00 am. <i>No Limit</i>	Terry Giegengack	10/7,10/21,11/4, 11/18,12/2,12/16	Donation Suggested	6
The Words We Live By: A Study of the U.S. Constitution, <i>Limit 30</i> . <i>Non-residents purchase their own book. Mon. 10:30 am.</i>	Art Gottlieb	10/5-11/30	\$46/\$32	8

NEW PROGRAMS ONLINE!



BINGO IS BACK!

The WCSA will be offering virtual BINGO. The game will be played via Zoom. If you do not have access to the internet you can also call in from your telephone. BINGO cards can be downloaded online and printed at home. We will send you a link with instructions when you register. There is no charge for playing BINGO. Prizes will be awarded for each game winner. **BINGO will meet the first and third Thursday of the month from 1:15 pm. to 2:00 pm.**



Special Lunch Offer for Westport Residents: The WCSA is offering a to-go lunch for \$8.00 per person on BINGO day. On BINGO day, a volunteer will deliver a lunch and 4 BINGO cards to your home by Noon. Please call 203.341.5099 to reserve your lunch at least 48 hours in advance.

Menu: Thurs. Sept. 3: Italian Chicken Cutlet, lettuce and tomato on soft bun, potato chips, cookie, watermelon, and water.

Menu: Thurs. Sept. 17: Cranberry Chicken Salad Sandwich, broccoli salad, potato chips, cookie, and water.

All BINGO participants must register at least 48 hours in advance by calling the WCSA at 203-341-5099.

Lifetime Learners Courses

The Bigelow Center for Senior Activities in Fairfield, CT offers the Lifetime Learners program. Lifetime Learners is a series of courses on a variety of topics such as opera, economics, art appreciation, ethics, archeology and more. To participate, you will need to register for membership (free) with the Bigelow Center by calling 203-256-3166. There is a \$15.00 Lifetime Learners registration fee and classes cost \$20.00 for the series. Lifetime Learners Fall session begins September 8. For a list of Fall 2020 Lifetime Learners Courses and the registration form click here:

<https://fairfieldct.org/bigelowcenternews/?FeedID=3683>

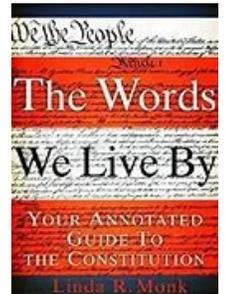
Live with Probate Judge Lisa Wexler

Join Probate Judge Lisa Wexler as she discusses a variety of matters heard in Probate Court. Judge Wexler will also address the probate court process in terms of function of the court and jurisdiction. **This program will be on Zoom on Wednesday, Sept. 9 from 1:00 pm. — 1:45 PM. We will provide you with a call-in number to Zoom and Zoom link one week prior to the program. Pre-registration is required. Cost: Free**



The Words We Live By: A Study of the U.S. Constitution

Historian, Art Gottlieb will be leading a course on understanding this complex document and how the seven articles of the Constitution formed our government and shaped our countries' history. This class will focus on the Preamble and the seven articles of the Constitution. Required reading: "The Words We Live By -Your Annotated Guide to the Constitution" by Linda R. Monk. (ISBN-13: 978-0786886203) **Pre-registration is required and drop-ins are not allowed. Registration deadline: Noon on Sept. 25. Cost for Westport residents (\$46.00) includes the cost of the book. Non-Westport residents must purchase their own book. Cost for non-residents is \$32.00. This class is co-sponsored by Friends of the WCSA. Dates: Mon. Oct. 5—Nov. 30. No class Oct. 12. Time: 10:30—11:30 am. Limit: 30 participants**



MORE CLASSES/PROGRAMS ONLINE!

All Zoom Classes Require Pre-registration



Each Fall the Alzheimer's Association hosts walks around the country to raise funds to support the Alzheimer's Association Walk to End Alzheimer's®. The Walk to end Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. The world may look a little different right now, but one thing hasn't changed: our commitment to ending Alzheimer's. Your health and safety are our top priorities. This year's event won't be a large in-person gathering - instead, we invite you to walk in small teams of friends and family in your neighborhood or town on **Sun. Oct. 11, 2020**. We are all still walking and fundraising for the same thing: A world without Alzheimer's and all other dementia. If you would like to join the WCSA team "Reality Check" or donate to our team, please click [here](#).

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 third Tuesday of the month from 10:00 to 11:00 am. via Zoom. Tuesday, Sept. 15, Oct. 20, Nov. 17, Dec. 15. You can use this Zoom link for all Coffee Hours:

<https://us02web.zoom.us/j/89178668288?pwd=SnROtnFvOThjUnBvUCtDa1N6QS93QT09>



Mindful Healing: Finding 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 and keep 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, kindness and compassion. Facilitator: Dr. Paul Epstein. **This program meets every Thurs. from 11:00 am. to Noon. Pre-registration is required. Cost: Free. Zoom Link:** <https://us02web.zoom.us/j/81552809140?pwd=d3BibWw2Qmp5aGx1ZUxqQkFOSVVuZz09>

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. Please contact Holly Betts, Program Manager at 203-341-5096 or via email:



hbetts@westportct.gov to register. Donations accepted. **The group meets Wed. Sept. 2, Sept. 16. Time: 10:00 – 11:00 am.**

MORE CLASSES/PROGRAMS ONLINE!

All Zoom Classes Require Pre-registration

Andree Brooks: Jewish History Lecture Series

The Evil Eye, Amulets, Ghosts and Demons: exploring Jewish superstitions and mystical practices through the ages.

From biblical times to the present time, Jews have had their superstitions. Where and how did these beliefs originate? How did the rabbis react? Have they changed over the centuries? This two part lecture series is an excursion into the world of Jewish mystical ways. Andree Brooks is a journalist, lecturer and for 18 years was a contributing columnist for The New York Times. **This program will be on Zoom, Tues. Oct. 20 & Oct. 27 from 10:30 am. to 11:30 am. Pre-registration is required. Cost :Free**

Weekly Documentaries



As part of the WCSA's regular programming, free documentary films are offered every week. 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:

https://www.youtube.com/channel/UctWUG2WbaoYxUAwgxk9Rfig/playlists?view_as=subscriber

A list of the current month's documentaries can be found in our weekly email newsletter.

Medicare Information



CHOICES: Medicare Information: CHOICES helps Connecticut's older adults with Medicare understand their Medicare and health care options. Volunteer Jerry Demner will provide information (free of charge) on Medicare, Medigap, Medicare Managed Care, Medicaid, Long Term Care Insurance and other related State & Federal programs. **Please call 203-341-5099 to schedule a virtual appointment.**

New to Medicare: Nancy Lombard, Long Term Options Specialist with the Southwestern CT Agency on Aging will be here to explain how Medicare works. Topics include how and when to sign up for Medicare, premium costs and supplemental insurance. **This program will meet on Zoom. Thurs. Sept. 24 from 5:30—7:00 pm. Pre-registration is required.**

Medicare Part D Enrollment Screenings: Open enrollment for Medicare Part D is Oct. 15—Dec. 7. CHOICES certified counselors will be available to assist seniors to help you review your current coverage and to see if you are in the plan that best fits your needs in 2020. Please have your Medicare Card, your Medicare.gov account ID and password, your current Part D plan card and a list of all current prescriptions, including quantity and dosage information. For more information visit the Medicare.gov website at

<https://www.medicare.gov/sign-up-change-plans/joining-a-health-or-drug-plan>

Please call 203-341-5099 to schedule a virtual appointment. Cost: Free

How to Set-up a Medicare.gov Account

MyMedicare.gov is Medicare's free, secure, online service to help you manage your personal Medicare benefits and services. Medicare beneficiaries can create an account with MyMedicare.gov and use it to check information about their coverage, enrollment status, and Medicare claims. Integrated with Medicare.gov, MyMedicare.gov keeps your Medicare information private and only accessible to you. You can help your doctor get access to all the necessary information about your Medicare coverage, drugs, and health records to provide you with the care you need. **Get your MyMedicare.gov On the Go Report** and keep it with you so doctors can help you. You never know when you might need to see a doctor while you're out of town, and not every doctor has your personal list of medications.

To set up your account for the first time, you'll need to provide the following information:

- Your Medicare number (found on your Medicare card)
- Mailing address
- Date of birth



Effective date for Medicare Part A or Part B

You will then be asked to select a user name, password and answer a couple security questions, in the event that you forget your password and need to re-set it.

Make sure that your mailing address matches the address that the Social Security Administration or Railroad Retirement Board has on file for you.

Once you've set up an account, you'll be able to use MyMedicare.gov to manage your Medicare benefits, including:

- Checking the status of your Medicare claims
- Reviewing your personal health records, your prescription drugs, and preventive services.
- Finding information on your Medicare costs, eligibility, and enrollment.

Printing an "On the Go Report" that summarizes your medical information for your doctors.

Having a MyMedicare.gov account will help you when it comes time to comparing Medicare Part D or Medicare Advantage plans for 2021. The Annual Enrollment Period is just around the corner (October 15th – Dec. 7th) and with a MyMedicare.gov account, you will be able to pull up a list of all prescription medications you filled in the past year, which will save you time when it comes to doing a personal plan comparison to determine what Prescription drug plan is best for you in 2021.

If you have questions, go to [MyMedicare.gov Help](#) for access to some important features of MyMedicare.gov, including information on what to do when you've forgotten your MyMedicare.gov password and how to get technical assistance.

You can use the Live Chat service to get assistance with a customer service representative, or call 1-877-607-9663 to reach MyMedicare.gov technical support.

For a video on how to sign up a Medicare.gov account click here: <https://www.youtube.com/watch?v=ubkMZBNr8-I>

Help with Technology

OnLine Tech Help With Andree Brooks

Andree Brooks from our Tech Club is now available for one-on-one tech help. Andree will assist you over the phone with your computer tech questions such as signing in, password re-set, downloading and uploading files. For an appointment please call the Center at 203-341-5099.



Zoom 101: Learn to Use Zoom

Zoom is a video-conferencing service offered on the Web. Many businesses, organizations and families are using this website to stay connected during the COVID-19 pandemic. Assistant Program Manager, Jason Wilson will be available every Wednesday on Zoom to help you learn to use the Zoom website. Zoom 101 will meet from **12:00 –1:00 pm. on Wednesdays.** To sign up, please email Jason at jwilson@westportct.gov.

Classes on YouTube & Channel 79

Check out the WCSA 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/UcTWUG2WbaoYxUAwgxk9Rfjg/playlists>



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 morning 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 girl's Golf Coach at Staples High School and teaches water aerobics at the Westport Weston Family YMCA. **Note:** Channel 79 is available to Westport Residents only. No need to sign up, you just need to turn on Channel 79. Cost: Free

Art Gottlieb on the WCSA YouTube Channel



Many of you know Art Gottlieb for his fascinating history lectures. Art is also a licensed counselor (LCSW) with a private practice in Norwalk. Art has 5 YouTube videos on the WCSA YouTube channel. His videos include a talk on SpaceX and NASA, as well as videos on coping skills during COVID-19.





IMPORTANT INFORMATION & HELPFUL RESOURCES

Be Prepared for an Emergency

Hurricane season has officially begun. Now is a good time to make sure you are prepared in the event of an emergency. The Department of Homeland Security recommends every household has a disaster emergency kit. Being prepared means having your own food, water and other supplies to last for several days. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency. Make sure your emergency kit is stocked with non-perishable food (3-day supply) and water (one gallon per person, per day for at least three days, for drinking and sanitation), flashlight, extra batteries, battery operated radio, a whistle to signal for help, manual can opener, first-aid kit, medications and a spare pair of glasses or contacts. Most of the items are inexpensive and easy to find and any one of them could save your life. To assemble your kit store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag. It is a good idea to have a list of printed phone numbers in a zip lock bag in your emergency kit. For more information on creating a disaster emergency kit go to : www.ready.gov/kit.

Westport Continuing Education

Online Learning: Westport Continuing Education offers a wide range of affordable and convenient courses that you can take online in partnership with [ed2go](http://ed2go.com). We invite you to explore opportunities to gain new skills or hobbies at <https://www.ed2go.com/westport>. Due to COVID-19, staff are currently working remotely. If you have any questions please email conted@westportps.org

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 email : humansrv@westportct.gov if you or a neighbor has an emergency need of food or medication. For up-to-date COVID-19 information and information on Re-Open Westport, go to the Town of Westport's website (www.westportct.gov) and you will see links to both COVID-19 information and Re-Open Westport.



"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 the WCSA at 203-341-5037 or via email at 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!



~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/>



Take a Tour of Colonial Williamsburg

Colonial Williamsburg is the largest outdoor living museum in the country, upholding their educational mission through immersive, authentic 18th-century experiences and programming for their guests. In 1926, the Reverend Dr. William Archer Rutherford Goodwin, with the financial backing of John D. Rockefeller Jr., began to restore Williamsburg to its original colonial state, starting with the purchase of the historic Ludwell-Paradise House. Today, Colonial Williamsburg's historic area houses restored and historically preserved buildings, 88 of which are originals. For a virtual tour of the historic buildings of Williamsburg go to <https://www.colonialwilliamsburg.org/learn/virtual-tours/>



Colonial Williamsburg also has two art museums: The Dewitt-Wallace Museum of Decorative Arts and the Abby Aldrich Rockefeller folk Art Museum. To view the collections of both museums visit:

<https://emuseum.history.org/>

The Library is open!

The Westport Public Library is open on a limited basis. You can access the library through the entrance on the upper level (Levitt Pavilion). To allow extra time for disinfection and cleaning of communal spaces each day, the Library will operate with reduced hours.

The Westport Library...

Curbside Service:

- Monday through Friday: 10am to 1pm
- Closed Saturday & Sunday

In-Library Service:

- Monday through Friday: 2pm to 6pm
- Saturday: 12pm to 4pm
- Closed Sunday

Phone Service:

- Monday through Friday: 10am to 6pm
- Saturday: 12pm to 4pm
- No Sunday

For more information, see the library website: <https://westportlibrary.org/covid-19-phase-two-reopening-faq/>

At Home with the Cleveland Symphony

The Cleveland Orchestra was founded in 1918. Over the ensuing decades, the ensemble quickly grew from a fine regional organization to being one of the most admired symphony orchestras in the world. Seven music directors have guided and shaped the ensemble's growth and sound: Nikolai Sokoloff, 1918-33; Artur Rodzinski, 1933-43; Erich Leinsdorf, 1943-46; George Szell, 1946-70; Lorin Maazel, 1972-82; Christoph von Dohnányi, 1984-2002; and Franz Welser-Möst, since 2002. This website features "Mindful Music Moments". These are short videos of classical music with relaxing nature videos. You can also listen to members of the symphony perform their "Living Room Concerts."

<https://www.clevelandorchestra.com/Education-and-Community/athome-with-the-cleveland-orchestra/>



Celebrate Fall with Pumpkin & Apples!



Eating The Rainbow: Why Eating a Variety of Fruits and ... Eating a diversity of colorful foods can be an easy way to get a complete range of the vitamins and minerals your body needs to thrive. Apples are high in vitamin C, pumpkin is high in vitamin A and red cabbage is a powerhouse of vitamin content, with significant amounts of vitamin C, vitamin K, vitamin A, vitamin B6 and folate.

As the air turns crisp and the leaves begin to change, we bid goodbye to a hot summer and welcome Autumn. This season not only brings holidays like Halloween and Thanksgiving, but also gifts us with fall foods such as pumpkins and apples, which provide a lot of opportunity to cook something new and fun. Below are two fall recipes, one more savory and one sweet. If you're looking to add a little spice to your Fall, you should definitely try these recipes out! (submitted by: Eliza Oren)

Baked Apple Cider Chicken & Cabbage

INGREDIENTS

4 skinless, bone-in chicken legs (thighs and drumsticks)
1/2 tablespoon olive oil
1-1/4 cups apple cider
1/4 cup apple cider vinegar
1 tsp kosher salt
1/4 tsp fresh black pepper
4 sprigs fresh thyme
1-1/2 tablespoons fresh rosemary, finely chopped
4 garlic cloves, chopped
1/2 medium head red cabbage, cored and sliced into 8 wedges
1 large granny smith apple, peeled, cored and cut into 8 wedges
3 tablespoons Dijon mustard

PREPARATION

1) Place chicken, olive oil, apple cider, apple cider vinegar, salt, pepper, thyme, rosemary & garlic in a large ziplock bag. Marinate overnight.
2) Pre-heat oven to 400F.
3) Place the chicken and marinade in a 13x9 inch casserole dish. Nestle the apples and cabbage around the chicken.
Bake for 30 min. remove from oven and brush with mustard. Bake until chicken is cooked through and apples are tender. (about 35 minutes) Serves 4.

<https://www.skinnytaste.com/baked-apple-cider-chicken-and-cabbage/>

Pumpkin Bread

INGREDIENTS

1 stick unsalted butter, room temperature
1 cup granulated sugar
2 large eggs
1 can pumpkin puree (15.5 oz)
2 1/2 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon ground cinnamon
1/2 teaspoon grated nutmeg
1/2 teaspoon kosher salt

PREPARATION

1) Preheat the oven to 350F. Line an 8 1/2-inch loaf pan with parchment paper and set aside.
2) Cream the butter and sugar together in a stand mixer until light and fluffy; add in the eggs, one at a time, until evenly combined.
3) Mix in the canned pumpkin puree.
4) Whisk together the dry ingredients and gradually add to the pumpkin mixture; stir until smooth and evenly combined.
5) Transfer the batter to the prepared loaf pan and bake in the preheated oven until a skewer inserted in the bread comes out mostly clean, about 70 to 80 minutes.

<https://www.thehungryhutch.com/savory-pumpkin-bread-recipe-moist/>

FAMOUS MOVIE LINES!

Here are 24 famous quotes from American films. These lines were so memorable that they are often used in everyday speech. Can you match the quote with the movie!

1. "May the Force be with you."
2. "There's no place like home."
3. "I'm the king of the world!"
4. "Carpe diem. Seize the day, boys. Make your lives extraordinary."
5. "Elementary, my dear Watson."
6. "It's alive! It's alive!"
7. "Rosebud."
8. "I'll be back."
9. "You're gonna need a bigger boat."
10. "Here's looking at you, kid."
11. "My precious."
12. "Houston, we have a problem."
13. "There's no crying in baseball!"
14. "Made it ma, top of the world."
15. "You can't handle the truth!"
16. "A martini. Shaken, not stirred."
17. "Life is a banquet, and most poor suckers are starving to death!"
18. "If you build it, he will come."
19. "The stuff that dreams are made of."
20. "Magic Mirror on the wall, who is the fairest one of all?"
21. "Keep your friends close, but your enemies closer."
22. "I have always depended on the kindness of strangers"
23. "Just keep swimming."
24. "Today, I consider myself the luckiest man on the face of the earth."

- a. A Few Good Men
- b. A League of Their Own
- c. Apollo 13
- d. Auntie Mame
- e. Casablanca
- f. Citizen Kane
- g. Dead Poets Society
- h. White Heat
- i. Field of Dreams
- j. Finding Nemo
- k. Frankenstein
- l. Goldfinger
- m. Jaws, 1975
- n. Snow White and the Seven Dwarfs
- o. A Street Car Named Desire
- p. Star Wars
- q. The Adventures of Sherlock Holmes
- r. The Godfather Part II
- s. The Lord of the Rings: Two Towers
- t. The Maltese Falcon
- u. The Pride of the Yankees
- v. The Terminator
- w. The Wizard of Oz
- x. Titanic

Answers: 1-p, 2-w, 3-x, 4-g, 5-q, 6-k, 7-f, 8-v, 9-m, 10-e, 11-s, 12-c, 13-b, 14-h, 15-a, 16-l, 17-d, 18-i, 19-t, 20-n, 21-r, 22-o, 23-j, 24-u

The Westport Center for Senior Activities

Registration Worksheet

Fall 2020

Westport Residents: Registration Starts Monday, Sept. 14 at 8:30 am.

Out-of-Town: Registration Starts Monday, Sept. 21 at 8:30 am.

Registration for the October – December 2020 semester will be done online, by 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 8:30 am to 4:30 pm 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 online or 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 Sept. 30th 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*