



friendsnews

Summer 2021



Dear Friends and WCSA Participants:

It's hard to believe that the Westport Center for Senior Activities has been mainly operating virtually for over a year. I continue to be so impressed and amazed with the creative programs that Program Manager Holly Betts and Assistant Program Coordinator Jason

Wilson have developed over the past year. Our entire staff has shown tremendous dedication and resiliency in providing services and supports to our community since the pandemic began. Through the support of the Friends, the WCSA has been able to offer themed drive-thru events and additional programs on Channel 79. I hope you've participated and enjoyed some of these fun activities.

The WCSA is proud to have collaborated with the Westport Weston Health District to host numerous COVID vaccination clinics to support our community's efforts to ensure access to vaccinations. As of this writing, WCSA will host clinics through May, and we stand ready to help the WWHD, as needed, in the future.

I'm cautiously optimistic that come summer, the WCSA will be able to offer both virtual and in-person programs, thanks to a newly purchased canopy for the terrace and upgrades to the interior space allowing for limited indoor programming. We cannot wait to take advantage of the park's scenic acreage and the freshly paved parking lot. All activities and visits will be by appointment and reservation only. Westport's Public Works Department has installed UV lights in all air-handling units that sanitize the air as it passes through the system. We've purchased plenty of Personal Protective Equipment

(PPE) and placed stanchions in the hallways to ensure safe distancing. Please note that the WCSA will require strict adherence to safety protocols, including face masks, social distancing, and other pertinent CDC guidelines and recommendations upon re-opening. Thank you in advance for following our guidelines, as required for participation.

I have a lot of faith and hope that as more folks get vaccinated with each day's passing, we'll continue to see a downward trend in the number of COVID cases. I want nothing more than to see each one of you in person. I know that day is soon and I can hardly wait! In the meantime, the WCSA staff is here to answer your calls and to assist you in any matter.

Summer is coming upon us, so get outside and enjoy!

Stay safe,
Sue

Sue Pfister, Director and the entire WCSA Team



PLEASE SUPPORT THE SENIOR CENTER
USING THE ENCLOSED ENVELOPE OR BY DONATING ONLINE AT
WSCFRIENDS.ORG

letter from the chairman

TO ALL OUR WONDERFUL SENIORS



As I write this letter to you in early Spring, I can only begin to feel all of the pent up frustration and “ready to get up and go” feelings that you have had to live with over the past six months since the last Friend’s Newsletter. We’ve all missed seeing kids and grandkids, socializing with friends at the WCSA, walks and beach cookouts, travel and all those Westport activities that we once took for granted. Well, now that most are vaccinated, trees and flowers are in bloom, and “June is busting out all over” in Westport, it’s time to move forward!

And that’s the theme of my message today - moving forward and making up for lost time. The WCSA is ready to get back in business as Director, Sue Pfister has written about in her letter to you all. Plans are underway for a “soft” re-opening this month with an ever-increasing activity level as Connecticut approves wider opening plans with increased improvement in safety provisions and more vaccinations across all age levels. Meanwhile, The Friends will continue to sponsor ZOOM programs like the ones you have been enjoying over these past months PLUS we have now scheduled an hour of programming every Sunday at 1:00 PM on public access TV Channel 79.

But, we continue to need your financial support as we seek out more programs and performers for future entertainment later this year. Local stars like Chris Coogan, popular bands and well-respected speakers are already being scheduled for your enjoyment. If you wish to donate by check, please use the enclosed envelope. Or, if you prefer to donate by credit card or to donate stock, please visit our website at: www.wscfriends.org.

Now, in conclusion, put on your dancing shoes, loosen up your vocal chords and all join in with our theme song for the Summer...

“HAPPY DAYS ARE HERE AGAIN

THE SKIES ABOVE ARE CLEAR AGAIN

LET US SING A SONG OF CHEER AGAIN

HAPPY DAYS ARE HERE AGAIN”

Continue to stay safe and enjoy the nice weather!

Jack Klinge, Chairman



Chairman, Jack Klinge with WCSA Director, Sue Pfister at the Opening Day of MLB barbeque.

Sunset at Compo Beach



Photo courtesy of the late Phyllis Groner

INCOMPARABLE COMPO

It would be hard to imagine a more relaxing or pleasant day than to spend part of it at Westport's beautiful Compo Beach. Remember to purchase a parking emblem at the senior rate of \$25 that will be required for admittance from May 1 through September 30. The new café named Hook'd on the Sound is scheduled to open in late May for your enjoyment. Go to the beach in the early morning hours and get yourself some coffee or tea to take with you as you stroll by the Sound. A perfect way to begin the day.

Mid-day is probably less appealing to seniors, when the sun is hottest, and the crowds are greater. But if that time of day appeals to you, take a picnic lunch or buy something at Hook'd, and remember to bring a hat or an umbrella to provide a little shade.

You will be happy to know that there are two new restrooms at South Beach, so there is no need to take a long walk to the ones near the playground.

There is also a convenient and level new walkway which extends from Hook'd all the way over to South Beach. The walkway makes it so much easier and more comfortable to power walk, or just to stroll along it instead of slogging through the sand. The Long Island Sound is just steps away and adds a great backdrop for your walk.

Stop to watch the action on the two Pickleball courts – a sport much like tennis, that has become wildly popular. Devotees are hoping there might be a few more courts one day. If as a senior, you are still actively playing this kind of sport you can make a reservation by calling Parks and Recreation to reserve your time.

Sunset is a favorite time at the beach. If you like to have a glass of wine, or a cocktail around dinnertime, meet friends or family on South Beach (the only area of Compo that allows alcohol) – set up a chair near the point, and watch the sunset. Lots of others do the same thing, (social distancing required) and it is lovely to be among a whole group sipping whatever you like, as the sun slowly sets over the beach. Most of the time, if the weather cooperates, there are spectacular streaks of gold, red, and blue streaming across the sky as the day gradually darkens into night.

What a lovely way to end the day.



New walkway at Compo Beach

highlight of past events

On March 12th, 2020 the WCSA closed its doors with the arrival of the COVID-19 pandemic. The very next day Program Manager, Holly Betts and Assistant Program Coordinator, Jason Wilson began to make plans to engage seniors with virtual programming and to provide nutritious meals while staying safe at home. By April, the WCSA was offering 40 classes a week on Zoom!

Programs included studio art, exercise, wellness programs, current events, a multi-generational discussion group, several support groups and culinary demonstrations, to mention a few. A WCSA YouTube channel was launched with diversified class offerings and recordings were aired on public access Channel 79 for seniors who were less tech-savvy.

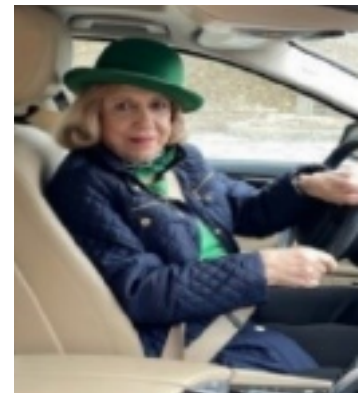
In addition, 16 themed drive-thru meals were offered including opening day of MLB season, Earth Day, St. Patrick's Day, Hanukkah Celebration and Hot Pastrami Day.



Earth Day Drive Through Luncheon



**First Selectman,
Jim Marpe handing
out meals at a drive
through.**



**Friends Board Member,
Virginia Ferrari
St. Patrick's Day
Drive Through**



Menorah Zoom Watch Party



**Meal Program Coordinator,
Jacqueline Corona packing meals.**

UPCOMING EVENTS

Pre-register online at myactivecenter.com

Zoom Link: Meeting ID: 889 7444 7789 Passcode: watch

Friday, June 25, Welcome Summer BBQ Drive Thru

Celebrate the start of Summer with BBQ chicken, macaroni and cheese, broccoli salad and ice cream in honor of National Dairy Month.

Log onto Zoom and enjoy a virtual concert with local ukulele band "The Cukes" at 1:30 to 2:30 PM.

Cost: \$8.00 per meal

Thursday, July 22, National Ice Cream Day Celebration Drive-Thru & Name that Tune

Enjoy a made to order ice cream sundae.

The Ice Cream Emergency truck will be here from 12:30 to 1:30 PM.

Cost: \$6.00 per person

Then join the WCSA staff from 2:15 to 3:15 PM. at the WCSA for a "Name that Tune" Contest with pianist, Lorriane DeFelice.



Thursday, September 2, Labor Day BBQ & Watch Party

Heather Hardy Concert: Close out the Summer with a BBQ in Sue's Café followed by a watch party of local Westporter and professional violinist Heather Hardy's Lil 'Mama Band concert video.

Menu: hamburger, hotdog, coleslaw, potato chips, ice cream cup, water.

Lunch is served at Noon | Suggested donation \$5.00 - \$7.00

Join the program staff from 1:30 to 2:45 PM for the pre-recorded concert. (77 min.)

Westport Museum of History & Culture Treasures

Join the program staff for a watch party of the Westport Museum of History & Culture's "Antique Treasures" videos. We will view a virtual presentation by the Museum's program director, Nicole Carpenter, followed by live Q&A with Nicole.

Dates: Wednesday, July 14: Teatime Trimmings, and Wednesday, August 18: Tin Toys

Time: 1:30 to 2:30 PM

If you have an item in one of these categories, you are encouraged to have it handy to share with the group. Please note Nicole is not an appraiser and cannot value your item.

Summer Writing Program on Zoom: The Art of Brevity:

Westport Poet Laurate, Diane Lowman, will be teaching a three-part series to help writers communicate their ideas in a succinct and effective manner. The program includes the challenge of writing 300 words or less, Haiku poetry and will conclude with a short story writing contest of less than ten words.

Dates: Wednesday, July 14, August 11, September 8 | Time: 10:00 AM - Noon

Cost: \$12.00



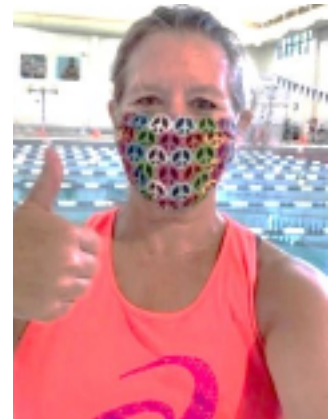
in the spotlight

PATTY KONDUB



This issue’s spotlight shines on Patty Kondub, the enthusiastic, upbeat provider of exercise programs for seniors and others. Currently, she can be found every Friday morning at 10:00 AM on TV Channel 79 hosting a one-hour workout specifically tailored for her philosophy, which is “having fun while getting fit.” Patty has been known to dress up in costume and include an occasional dog as her co-host. Her love of life and of exercise is contagious.

Patty is a Westport native, and is a proud graduate of Staples High School and the University of Connecticut. She worked in marketing for many years, but gradually veered into the field of teaching sports. She began 34 years ago teaching water aerobics at the



Y, a position she still holds. An avid golfer, Patty is a former President of the Longshore Women’s Golf Association and for the past 14 years she has been the coach of the girls’ golf team at Staples. “They are the nicest kids,” she says of her golfers.

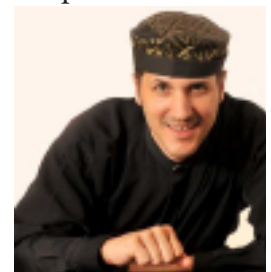
As soon as the WCSA re-opens, Patty can return to teaching her popular class, “Mind and Muscle.” This interactive program combines exercises to improve memory as well as balance. The WCSA is indeed fortunate to have Patty Kondub as an important part of their fitness program.

FRIENDS PROGRAMS NOW ON PUBLIC ACCESS CHANNEL 79



We have partnered with public access Channel 79 on TV to show entertainment programs every Sunday from 1:00 – 2:00 PM. In past months we have featured Patty Kondub, “Try to Remember” concerts and a terrific interview with Diane Farrell, who was the First Selectman, and was responsible for helping to develop our new WCSA. You can learn more about programs on Channel 79 through streaming as well as through announcements in the weekly WCSA Constant Contact e-blast. We are delighted to

announce that popular entertainer Chris Coogan will be featured on June 13th, 20th, and 27th at 1:00 PM on Channel 79. He will be displaying his own unique style on the piano as he plays songs from Broadway, the Jazz world, and the Great American Songbook.



Did You Know?

That during COVID, the Westport Center for Senior Activities:

- Delivered over 14,623 meals to home-bound residents?
- Served over 600 drive through meals celebrating holidays and special celebrations?
- Broadcasted fitness and educational programs on public access channel 79 on Fridays and Sundays?
- Hosted COVID vaccination clinics with the Westport Weston Health District?
- Held numerous food distributions for individuals suffering with food insecurities?
- Started the "Hello Neighbor" program which expanded to grocery shopping, too?



COVID Vaccination Clinic



Fire Personnel Helping Out



USDA Food Boxes

— TRIVIA —

Fun Westport Trivia by Dan Woog

1. What is the name of the section of Hillspoint Road between Compo Beach and Old Mill?
2. You've gotten bagels there since 1958. Where?
3. Who was William Cribari, for whom the Bridge Street Bridge is named?
4. Which of these famous authors did NOT live in Westport? F. Scott Fitzgerald, J.D. Salinger, John Hersey.

ANSWERS: 1. Schlaet's Point 2. Gold's 3. Longtime traffic cop at the Bridge Street/Riverside Avenue intersection 4. They all did!

Dan Woog, '06880' blog

HOW WE'VE GROWN!

Did you know the WCSA has an organic garden?



Our garden took root in 2004 with a generous donation from the Green Village Initiative with the support of community philanthropist, Dan Levinson.



The garden was an Eagle Scout project! Jason Wu, revamped our garden by constructing a garden bench, trellis and garden box for the Garden Club at the Center.



Today our beautiful and healthy garden continues to be maintained by our own Garden Club along with help from Assistant Program Coordinator, Jason Wilson. Our senior gardeners reap the benefit of a bountiful crop every season.

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