



# friendsnews

Fall/Winter 2020



Dear Friends and  
WCSA Participants:

I hope this letter finds you and your loved ones safe, healthy and happy given the current times. These past seven months have been challenging to all of us in so many ways. My thoughts go out to all those who have been

impacted by COVID-19 and a special prayer to those who have suffered a loss due to this horrific virus.

I never imagined our closure in March would extend into the fall season. My number one priority all along the way has been to ensure the safety and well-being of you, the WCSA's participants, as well as our instructors, staff and volunteers. Program Manager, Holly Betts and Program Assistant, Jason Wilson are to be commended for quickly transitioning the WCSA into a "senior center without walls" by bringing many of the programs you enjoy right into your homes via Zoom, YouTube, Channel 79 (Optimum) and Channel 6020 (Frontier).

I also want to commend all the instructors who flipped the switch and jumped on board with virtual instruction.

I know, it was a challenge and I am so proud of all of you for succeeding and persevering. I don't know about you, but I never heard of Zoom before March!

As we continue to remain closed until further notice, Governor Lamont has issued guidance for senior centers to

begin to re-open once they can ensure that all the necessary guidelines and protocols can be followed. Working closely with town leaders, the staff has begun to take the beginning steps needed to re-open the WCSA in a safe and meaningful manner. I remind you all that everyone should continue down the right path by continuing to wear our masks in public, practice and respect social distancing, avoid gatherings in large crowds, especially inside and continue to wash your hands frequently.

Please visit our website at [www.westportct.gov/seniorcenter](http://www.westportct.gov/seniorcenter) for the latest information as we will continue to update our status. Be assured that we will continue to provide classes virtually as well for those who may feel uncomfortable returning to the WCSA during the reopening phase.

Hopefully, COVID cases will continue to decline so that we can gradually offer a slow reopening with on-site classes and programs in a safe and comfortable environment.

Know that I miss you all and can't wait for the day (when the time is right) for us to be back together in this beautiful facility. In the meantime, please continue to participate in our numerous Zoom offerings, or YouTube links. Better yet, give me a call anytime and say hello (203-341-5098.)

Stay safe!

*Sue*

**Sue Pfister**, Director

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



I welcome this opportunity to speak to you through the Friends of the Westport Center for Senior Activities' official Newsletter. Coping with the pandemic over these past ten months has been stressful and difficult, and I join the Friends Board in congratulating all of you for your patience and adherence to all the published "best health practices" for staying safe.

The Center has been closed since March, and it now appears we will be closed throughout the Fall as well. I hope you have tried to take advantage of the many Zoom and virtual programs that the Director and her staff have continued to make available. Please do get in touch with the Center by phone and they will be happy to instruct you on how to use this new technology. Don't be afraid – you can do it!

The Friends Board has continued to meet monthly via Zoom and we have been working closely with the Center's Director, Sue Pfister on creating and funding programming. Just last month the Friends donated \$16,000 to the Center to help pay for program expenses not covered in the Town budget, as well as funding a much needed upgrade of our entertainment sound system.

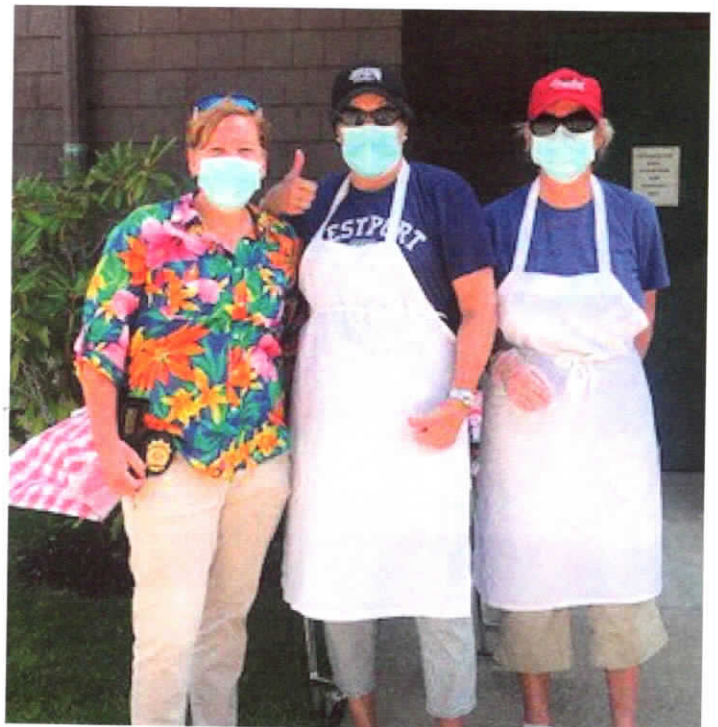
Last year, the Friends lost a major supporter with the passing of Mimi Levitt, whose Foundation grant of \$15,000 a year, over the past decade, came to an end. Thus, your financial support is so much more needed and important at this time. If you wish to send a check, our donation envelope is enclosed. If you prefer to pay by credit card, or donate stock, please visit our website at [www.wscfriends.org](http://www.wscfriends.org).

Your generosity is much appreciated,  
and will be well spent as we move forward into 2021!

In closing, and with apologies to  
British legend Vera Lynn;

"WE'LL MEET AGAIN, DON'T KNOW WHERE,  
DON'T KNOW WHEN, BUT I KNOW  
WE'LL MEET AGAIN ONE SUNNY DAY!"

Stay safe and Happy Holidays!  
**Jack Klinge, Chairman**



**Volunteers at the WCSA's Labor Day drive-through barbecue.** Westport Police Detective, Erin Shaw, and volunteers Ellen Wentworth, and Regina Masterson.





Jason Wilson, Program Assistant, dishes it up at the Labor Day drive-through barbecue.

## — TRIVIA —

1. Who was the first United States President to be impeached?
2. What figure of speech meaning "including everything" comes from three major parts of a musket?
3. Which bird has eyes that are larger than its brain?
4. What are the two South American countries that belong to OPEC?
5. In what country were the Winter Olympics first held?
6. Who starred alongside Eddie Albert in the TV sitcom "Green Acres"?
7. Alexander the Great was taught by which Greek Philosopher?
8. In Frank Baum's novel, "The Wonderful World of Oz" on which the film is based, what color are Dorothy's shoes?

Answers: 1. Andrew Johnson, 1868. - 2. Lock, Stock, and Barrel. - 3. Ostrich. - 4. Venezuela and Ecuador. - 5. France - 6. Eva Gabor. - 7. Aristotle - 8. Silver

# holly betts

Dear Friends:

In the beginning of March, as the days were getting longer, the Westport Center for Senior Activities (WCSA) began registration for the spring quarter. Then COVID-19 arrived on U.S. soil. On March 11, the WCSA canceled all classes and the facility was closed to the public until further notice. Staff began to plan virtual programs in an effort to engage, challenge, and stimulate seniors while the "Stay Home, Stay Safe" directive was imposed. Instructors and seniors quickly flipped the switch and by March 25, the WCSA was offering 40 classes via Zoom. All in all, close to 500 participants registered for virtual classes for the spring 2020 quarter. Assistant Program Manager, Jason Wilson, was able to master new technology and created the WCSA YouTube channel while also working with the Town's public access Channel 79 to air a Mind and Muscle exercise program every Friday at 10:00 am.

As it became apparent that the WCSA programs would continue to be virtual throughout the summer, staff developed more programs for seniors to enjoy. In July, the Friends sponsored a Friday afternoon summer concert series. Local musicians recorded their performances which then aired via Zoom. Many of the performances were also posted on YouTube for future viewing. In addition to the concerts, the Friends sponsored a light meal program with curbside pick-up for Westport residents to enjoy while listening to the concerts from their homes. For the Labor Day holiday, the WCSA sponsored its first drive-thru meal. Staff prepared a traditional barbecue meal for 55 guests.

It was a great opportunity for the seniors and staff to see one another and share a smile, albeit, behind a mask! Heather Hardy of the "Lil Mama" band recorded a concert which was aired later that afternoon for all to enjoy. To date, the Friends have sponsored six concerts. In October, the Friends will be sponsoring a photojournalism program with photographers Larry Untermeyer and Bill Balch, as well as, a concert with Broadway actress and voice teacher Susan Terry and her students. Presently, the fall quarter offers 43 programs and will run through December. Upcoming special events include holiday to-go meals and virtual entertainment for Halloween, Veteran's Day, Thanksgiving, Hanukkah and Christmas.

The WCSA staff is committed to offering a diversified virtual program until we can once again, all come together. Until then if you have any program ideas or suggestions, feel free to call me anytime at 203-341-5096. I would love to hear from you.

Holly Betts, Program Manager





# in the spotlight

## SUE PFISTER



**Sue Pfister, Director, with her three adorable grand nephews. Colton with helmet - 5, Hudson - 4, and in Sue's arms, Owen 2.**

This issue's spotlight shines on Sue Pfister, Director of the Westport Center for Senior Activities. Sue's professional ties to the Center reach back to 1987, when she graduated from Fordham University with a Master's Degree in Social Work. Sue has been a part of all of the Center's development including moves from the old downtown YMCA, Green Farms Elementary School, Longshore during the summer months, Staples High School and now to its permanent, beautiful building at 21 Imperial Avenue. Sue has received numerous acclamations over her tenure including the Westport's Sportsman Citizenships Award, Sacred Heart University's Pioneer Award and for being an active board member of the Southwestern Connecticut Area Agency on Aging.

Sue is an avid sports fan and was playing softball up until last year. Sue and many of her friends look forward to attending the NCAA Women's Basketball Final Four every year, a tradition that is entering its 18th year. It is this kind of loyalty, dedication and enthusiasm that contribute to her daily oversight of the Center's many activities. Any of Sue's spare time is spent adoring her three great-nephews, Colton, Hudson and Owen.

Although we don't know what the future holds regarding the pandemic, rest assure that Sue Pfister will be out there doing the very best she can for our Westport seniors.





## Yarn Bombing Takes Over Westport

Many of us have enjoyed seeing the colorful yarn bombs decorating many trees in town. They are created by the Yarn Bomber, a woman who keeps her identity a secret. She creates the bombs and then installs them secretly after dark. Molly Alger, Friends' Board Member, learned to knit the bombs from the Yarn Bomber and created one for a tree on her own property, and then another for a 102-inch tree! Watch to see if a yarn bomb appears on one of the trees in the Westport Center for Senior Activities soon!



## Good Luck to Dana Johnson

Longtime community activist and volunteer Dana Johnson is moving to Massachusetts to be closer to his daughter and grandchildren. For years, Dana helped organize the Italian Festival in Saugatuck as well as the annual Friendship through Fitness intergenerational golf tournament. He is pictured with Margaret Pinheiro of the Department of Human Services riding a golf cart at the last tournament.

Dana was a dedicated volunteer in Sue's Café at the WCSA as well as the Bingo caller every Thursday afternoon. Dana is also the proud recipient of the Friends' Outstanding Service to the WCSA Award. On a side note, Dana's Boston Red Sox's magnetic banner on his car door will be much better received in Massachusetts! Dana, thanks for being a true gentleman and for always making those around you feel so much better. We will miss you!

## A Life Well Lived

We are sad to note the death of Martha Aasen, who was a great and loyal friend for many years to the WCSA. Martha was a long-standing member of the Board, volunteering as one of the leaders in the recent fund raising efforts to renovate and expand the Center's burgeoning activities. In accordance with her wishes, in lieu of flowers, donations in any amount may be made to the Friends of the WCSA in Martha's memory.



[www.wscfriends.org](http://www.wscfriends.org)

Photo by Dave Matlow



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11/1/2019 - 10/31/2020

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Y's Men's Bridge Group

## UPCOMING VIRTUAL PROGRAMS SPONSORED BY THE FRIENDS

**The Westport Center for Senior Activities is  
planning three Holiday To-Go Meals in December!**

Celebrate the Festival of Lights on **Monday, December 14th** with beef brisket, glazed carrots, potato pancakes, sweet noodle kugel, and milk followed by a special Hanukkah program on Zoom from 1:30 to 2:30 pm. Please plan to share your menorah for show & tell on Zoom.

On **Tuesday, December 22nd** the WCSA will be celebrating Christmas with a dinner of roast beef, twice baked potato, green beans and carrots, dinner roll, holiday cookie and milk followed by a Holiday Zoom concert by pianist Lorraine DeFelice from 1:30 to 2:15 pm.

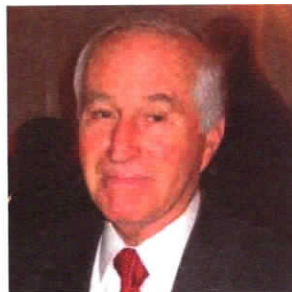
On **Tuesday, December 29th** celebrate the end of 2020 and the beginning of 2021 with a New Year's meal featuring chicken roulade stuffed with spinach and cheese and a Dijon sauce, rice pilaf, roasted vegetables, dinner roll, apple crisp and milk followed by a watch party on Zoom featuring Handel's "Messiah", Part I (Christmas), with the Dream Orchestra conducted by Daniel Suk from 1:30 to 2:30pm.

To make a reservation, please call the WCSA at 203-341-5099 or you may reserve online at [www.myactivecenter.com](http://www.myactivecenter.com).

Cost: \$8.00 per person for dinner per event.  
All Holiday programs on Zoom are free.

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Panera Bread  
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Stop & Shop  
The Fresh Market  
Trader Joe's Company  
Wafu Asian Bistro



**Friday, Nov. 29** - Dr. Irwin Lebish returns for an encore piano performance. The Friends will host a pre-recorded Piano concert with Dr. Irwin Lebish. He will discuss and play selections from "The Great American Songbook" as well as a selection of Holiday songs. He will also talk about the major composers of this period and some of the history of this era of American music.



# our board



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Chairman



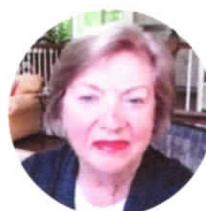
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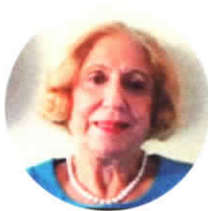
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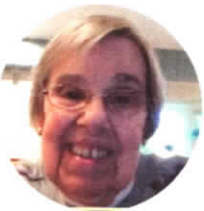
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