



Let's Get Engaged!

No, not that kind of engaged! The kind of engagement that is available to you every day at The Residence at Westport. "Today's Engagement Events" can be seen all over the community. It can be seen in the elevators, on our Connected Living screens near the mail room and Engagement Room, at Reception, outside the dining room, and even right outside your own front door! The Daily, as we like to call it, is a wonderful way to see what's happening here at The Residence. There are outings, concerts, guest lecturers, exercises, meditation, continued learned opportunities, and Signature Series events (like the ones we're having on Dec. 3rd and 18th). We love seeing residents and families get involved. We learn so much about each other at events. If something on the daily has been postponed, or moved to a new location, we will post it. So keep an eye out for the daily and any changes coming your way!



Inclement Weather and Transportation

Regarding outings and inclement weather, the bus will be following the Westport Public Schools' delays and closings. If there is a delay, outings will be delayed until safe to travel. If there is a school closing, the bus will not be making any trips. This is for the safety of the residents and associates. Thank you for understanding.



Residents at the Veterans Museum in West Haven



Let's Work Together!

It's nearly time to usher in another new year. The changing seasons may have changed our interests. But what if there is nothing on the calendar that sparks my newfound curiosity or creativity? There may be an app for that, but here at The Residence at Westport, we have a committee for that!

Do you want to help new residents as they navigate the community? Join the Welcoming Committee every fourth Thursday. Join the Event Planning Committee on the first Tuesday of every month, and you can help brainstorm special community events, everyday events, learning opportunities, and outings. Are you a movie buff? The Movie Critics Committee helps choose the evening films every second Tuesday. The Food Committee meets every second Thursday of the month with our Restaurant Operations Director. All residents are encouraged to join the committees! Engagement opportunities strive to include all residents, and we are excited to learn about the things that are important to you.

THE RESIDENCE AT WESTPORT Associates

Addie Ricci

Executive Director

Nicole Ashby

Resident Care Director

Cathy Coppola

Senior Business Office Director

Alex Lopez

Senior Maintenance Director

Meredith Ledney

Reflections Director

Lindsay Faulkner

Resident Engagement Director

Roberto Pagan

Restaurant Operations Director

Irene Fazio

Leasing Director

Deck the Halls!

Sometimes, the holiday season can be a challenge. This year, we hope to share happy memories and create new ones. We will deck the halls with festive décor and enjoy each other's company on December 3rd at 2pm. This Signature Series event will bring everyone together with food and warm



drinks to keep the chill away. All beliefs are welcome and celebrated as we come together to create a winter wonderland. We encourage everyone to join us, if it's a minute or an hour, we look forward to seeing you.



Good Times. Good Friends. *Great Care!*

DECEMBER 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 Celebrate Iris!

10:00 Protestant Virtual Serv.
10:00 Yoga-Pilates Fusion
10:45 Selfcare: Hand Spa
11:15 NY Times Word Challenges
1:30 Move to the Music
2:15 Crosswords Crossover
3:00 PBS Passport to Learning
3:30 Westport Pub Happy Hour
3:30 Boys on the Sound Perform
7:00 Sappy Sunday Feature Film

2

10:00 Chair Yoga with Mary
10:45 News of the World Quiz
11:00 Jeopardy!
1:15 Outing: Trader Joe's
1:30 Barre & Balance
2:15 Sports Roundtable
2:15 Create with Kaitlyn
3:30 Westport Pub Happy Hour
7:00 Musical Monday

3

10:00 Stretch & Strengthen
10:45 FlowerArrangement Society
11:00 Short Story & Discussion
1:30 Tai Chi for Arthritis
2:00 Deck the Halls!
3:30 Deck the Halls Happy Hour
4:30 Events Committee
7:00 Thriller Tuesday Film

4

10:00 Yoga-Pilates Fusion
10:45 Jeopardy!
11:15 Outing: Lunch at Dockside
1:30 TheraBands Workout
2:15 Learn and Play: BUNCO
2:30 Communion with St. Luke's
3:00 REACT Neuro
3:30 Westport Pub Happy Hour
7:00 Wonderful Wednesday Film

5 Celebrate Ann Z!

10:00 Weights for Bone Density
10:45 Word Extraction
11:45 SHIELD Check in
1:30 Barre & Balance
2:15 TED Talks & Discussion
3:30 Westport Pub Happy Hour
7:00 Throwback Thursday Film

6 Celebrate Irena!

10:00 Stretch & Strengthen
10:45 Westport Theatre Troupe
10:45 Guest Lect: Pearl Harbor
12:00 Pizza Parlor Experience
1:15 Outing: Westport Museum
1:30 TheraBands Fitness
2:00 Energy & Reiki Healing
2:00 Knowledge Challenge
3:00 Community Shabbat
3:30 Westport Pub Happy Hour

7 Celebrate Patty G!

10:00 Weights for Bone Density
10:45 Jeopardy!
11:45 Guided Mindful Meditation
1:00 Westport Digital Library
1:30 Tai Chi for Arthritis
2:30 Design&Personalize a Tote
3:30 Westport Pub Happy Hour
7:00 Sporty Saturday Film

8 Celebrate Ginger!

10:00 Protestant Virtual Serv.
10:00 Yoga-Pilates Fusion
10:45 Selfcare: Hand Spa
11:15 NY Times Word Challenges
1:30 Move to the Music
2:15 Crosswords Crossover
3:00 PBS Passport to Learning
3:30 Westport Pub Happy Hour
7:00 Sappy Sunday Feature Film

9

10:00 Weights for Bone Density
10:45 News of the World Quiz
11:00 Jeopardy!
1:00 Outing: DollarTree&TJMaxx
1:30 Barre & Balance
2:15 Sports Roundtable
2:15 Create with Kaitlyn
3:30 Westport Pub Happy Hour
7:00 Musical Monday

10 Celebrate Joan B!

10:00 Stretch & Strengthen
10:45 FlowerArrangement Society
11:00 Short Story & Discussion
1:30 Tai Chi for Arthritis
2:00 Warren Bloom Performs
3:30 Westport Pub Happy Hour
4:30 Movie Critics Committee
7:00 Thriller Tuesday Film

11

10:00 Yoga-Pilates Fusion
10:45 Jeopardy!
11:00 Calming Aromatherapy
11:00 Outing: Terrain
1:30 TheraBands Workout
2:30 Communion with St. Luke's
2:30 Town Hall w/Chris Spencer
3:30 Westport Pub Happy Hour
7:00 Wonderful Wednesday Film

12

10:00 Weights for Bone Density
10:45 Word Extraction
1:30 Vocalist Sheri Z Performs
1:30 Tai Chi for Arthritis
2:15 TED Talks and Discussion
2:30 Food Committee
3:30 Westport Pub Happy Hour
5:00 Family Holiday Party
7:00 Throwback Thursday Film

13

10:00 Stretch & Strengthen
10:45 Westport Theatre Troupe
11:00 Calendar/Event Planning
12:00 Pizza Parlor Experience
1:15 Outing: MoCA Westport
1:30 TheraBands Fitness
2:00 Energy & Reiki Healing
2:00 Knowledge Challenge
3:00 Community Shabbat
3:30 Westport Pub Happy Hour

14 Celebrate Margaret!

10:00 Weights for Bone Density
10:45 Jeopardy!
11:45 Guided Mindful Meditation
1:00 One Day University
1:30 Tai Chi for Arthritis
2:30 Create an Ornament
3:30 Westport Pub Happy Hour
7:00 Sporty Saturday Film

15

10:00 Protestant Virtual Serv.
10:00 Yoga-Pilates Fusion
10:45 Selfcare: Hand Spa
11:15 NY Times Word Challenges
1:30 Move to the Music
2:15 Crosswords Crossover
3:00 PBS Passport to Learning
3:30 Westport Pub Happy Hour
7:00 Sappy Sunday Feature Film

16

10:00 Barre Fitness with Sue
10:45 News of the World Quiz
11:00 Jeopardy!
1:00 Outing: Walgreens & Chase
1:30 TheraBand Workout
2:15 Sports Roundtable
2:15 Create with Kaitlyn
3:30 Westport Pub Happy Hour
7:00 Musical Monday

17

10:00 Stretch & Strengthen
10:45 FlowerArrangement Society
11:00 Short Story & Discussion
1:30 Tai Chi for Arthritis
2:15 Exploring Our Histories
3:30 Westport Pub Happy Hour
7:00 Thriller Tuesday Film

18 Celebrate Marliese!

10:00 Yoga-Pilates Fusion
10:45 Jeopardy!
11:00 Calming Aromatherapy
11:00 Outing: Big Y
1:30 TheraBands Workout
2:00 Over Easy Performs
2:30 Communion with St. Luke's
3:00 REACT Neuro
3:00 Decadent Dessert Happy Hr
7:00 Wonderful Wednesday Film

19 Celebrate Bobbie!

10:00 Weights for Bone Density
10:45 Word Extraction
10:45 The Bard & Mental Health
1:30 Barre & Balance
2:15 TED Talks and Discussion
3:30 Westport Pub Happy Hour
3:45 Holiday Sing-Along w/NCL
7:00 Throwback Thursday Film

20

10:00 Stretch & Strengthen
10:45 Westport Theatre Troupe
10:45 Guest Lect: Moscow 1941
12:00 Pizza Parlor Experience
1:00 Outing: Wilton Hist. Soc.
1:30 TheraBands Fitness
2:00 Energy & Reiki Healing
3:00 Community Shabbat
3:30 Westport Pub Happy Hour
7:00 Friday Funnies Film

21

10:00 Weights for Bone Density
10:45 Jeopardy!
11:45 Guided Mindful Meditation
1:00 Westport Digital Library
1:30 Tai Chi for Arthritis
2:30 Create! Cardmaking
3:30 Westport Pub Happy Hour
7:00 Sporty Saturday Film

22 Celebrate Barry!

10:00 Protestant Virtual Serv.
10:00 Yoga-Pilates Fusion
10:45 Selfcare: Hand Spa
11:15 NY Times Word Challenges
1:30 Move to the Music
2:15 Crosswords Crossover
3:00 PBS Passport to Learning
3:30 Westport Pub Happy Hour
7:00 Sappy Sunday Feature Film

23

10:00 Weights for Bone Density
10:45 News of the World Quiz
11:00 Jeopardy!
1:00 Outing: Stop & Shop
1:30 Barre & Balance
2:00 Museum to You w/Darby
2:15 Sports Roundtable
3:30 Westport Pub Happy Hour
7:00 Musical Monday

24

10:00 Stretch & Strengthen
10:45 FlowerArrangement Society
11:00 Short Story & Discussion
1:30 Tai Chi for Arthritis
2:15 Exploring Our Histories
3:30 Westport Pub Happy Hour
7:00 Thriller Tuesday Film

25 Celebrate Holly!

10:00 Yoga-Pilates Fusion
10:45 Jeopardy!
11:00 Calming Aromatherapy
1:30 TheraBands Workout
2:15 Learn and Play: BUNCO
3:30 Westport Pub Happy Hour
7:00 Wonderful Wednesday Film

26

Kwanzaa Begins
10:00 Weights for Bone Density
10:45 Word Extraction
1:15 Welcoming Committee
1:30 Barre & Balance
3:30 Westport Pub Happy Hour
7:00 Throwback Thursday Film

27

10:00 Stretch & Strengthen
10:45 Westport Theatre Troupe
12:00 Pizza Parlor Experience
1:15 Outing: Westport Library
1:30 Page Turners Book Club
1:30 TheraBands Fitness
2:00 Energy & Reiki Healing
2:00 Knowledge Challenge
3:00 Community Shabbat
3:30 Westport Pub Happy Hour

28 Celebrate Benay!

10:00 Weights for Bone Density
10:45 Jeopardy!
11:45 Guided Mindful Meditation
1:00 One Day University
1:30 Tai Chi for Arthritis
2:30 New Year's Art
3:30 Westport Pub Happy Hour
7:00 Sporty Saturday Film

29

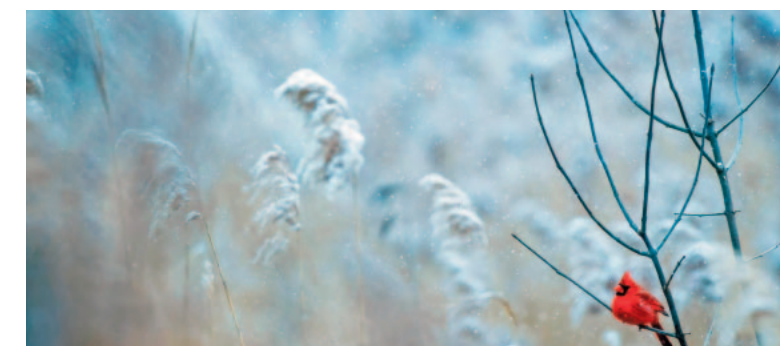
10:00 Protestant Virtual Serv.
10:00 Yoga-Pilates Fusion
10:45 Selfcare: Hand Spa
11:15 NY Times Word Challenges
1:30 Move to the Music
2:15 Crosswords Crossover
3:00 PBS Passport to Learning
3:30 Westport Pub Happy Hour
7:00 Sappy Sunday Feature Film

30

10:00 Weights for Bone Density
10:45 News of the World Quiz
11:00 Jeopardy!
1:15 Outing: Westport Library
1:30 Barre & Balance
2:15 Sports Roundtable
2:15 Create with Kaitlyn
3:30 Westport Pub Happy Hour
7:00 Musical Monday

31

New Year's Eve
10:00 Stretch & Strengthen
10:45 FlowerArrangement Society
11:00 Short Story & Discussion
1:30 Tai Chi for Arthritis
2:15 Exploring Our Histories
3:00 NYE Party w/Frank Porto!
3:30 Westport Pub Happy Hour
7:00 Thriller Tuesday Film
7:00 NewYear's Eve Celebration



Weekly

Transportation Schedule

Mon, Wed, Fri:
Cultural Excursions,
Errands, Scenic
Drives

(See Binder for Sign-
Up and Details)

Tues & Thurs:
Doctors' Appts.
9:30am - 2:30pm

Rummikub &
Scrabble Clubs
Meet Daily

Our engagement
program is built upon
both our residents'
interests and our Five
Principles for Vitality.

By providing quality
and choice, we hope to
encourage socialization
and well-being for mind,
body, and spirit.

Continued Learning
Arts & Culture
Physical Fitness
Community Connections
Wellness & Self-Care