CENTER FOR SENIOR ACTIVITIES
Westport, Connecticut
21 Imperial Avenue, Westport, CT 06880 | 203.341.5099

October 23, 2026

Visit our Website

Hello Friends,

This weekend's forecast looks wonderful, with crisp, sunny days perfect for spending time outdoors. One final reminder about this weekend's events: On Saturday, October 24, from 10:00 AM to 2:00 PM, the Westport Police Department will host its annual drive-through Drug Take Back event. On Sunday, October 25, we will join the Walk to End Alzheimer's at Sherwood Island. You still have time to be part of our team, Team Reality Check, whether you join us for the walk or donate in support of this important cause.

Next week, we have several interesting and informative programs planned. On Tuesday at 10:30 AM, Marcella Modugno will join us to discuss the ever-important topic of digestive health. Marcella is an experienced registered dietitian with extensive knowledge of this subject, and there will be time for questions at the end of her presentation. More details can be found below.

On Wednesday, Katie Wheeler, CHOICES Manager at the Southwestern Connecticut Agency on Aging (SWCAA), will review upcoming changes

to Medicare and Medigap that may affect your health care coverage and prescription drug costs. More information is below, including details on how to schedule an individual appointment to review your coverage.

We will also continue our Artificial Intelligence series on Wednesday at 2:45 PM with Adam Konowitz, who will show us how to use "Hey Siri." Learn how to ask Siri to find information in your emails, texts, and photos. Please note that access to the newest Siri features will depend on your iPhone model and software. Even if your phone isn't compatible, this is a great chance to learn more and decide whether an upgrade might be right for you.

If you would like a little extra help with technology, remember that drop-in help is available every Thursday between 2:00 and 4:00 PM. In addition, volunteers from the Staples Students Tech Club will join us periodically for short, informative technology sessions. The first session is Thursday, October 29, at 3:30 PM. The topic will be phishing: how to recognize common scams, spot warning signs, and protect yourself online.

Next Friday, we look forward to our "Friday with Friends" Halloween event! Walter D. Matis of the Fairfield Museum returns for a second year to share the chilling history, mysterious legends, and eerie happenings. We hope this is a fun way to get into the Halloween spirit. Please be sure to pre-register.

Have a wonderful weekend!

Wendy
Holly, Joe, Felicia, Paulina, Meghan, Diana, Stacie, Nicole, Dulce, Lawrie, David, Joe

FALL 2026 SEMESTER INFORMATION

Fall 2026 Course Catalog

November Monthly Special Programs

October Monthly Special Programs

Registration for the Fall 2026 Semester is ongoing.

You can access our **Waiver,** the **October** and **November** monthly lunch menus, as well as additional information here and on the **WCSA website**.

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PLEASE NOTE: Pre-registration is required for ALL classes and programs either online at ***MyActiveCenter.com*** or by calling the WCSA at 203-341-5099.

Changing or switching classes will not be allowed after the second class has met.

TECH HUB

WCSA Tech Help Thursdays

Tech Hub offers technical assistance. **The hours will have volunteers available for drop-in aid and will operate from 2:00 to 4:00 PM on Thursdays.**

On Thursday, October 29 at 3:30 PM, volunteers from the Staples Students Tech Club will be at the WCSA Tech Hub to teach us about the common types of phishing and how to spot and avoid them.

Adam Konowitz is available for half-hour appointments on **Thursday mornings from 10:00 AM to 12:00 PM.** Please contact the front desk to make your appointment.

For more information on the WCSA Tech Hub please call the WCSA at 203-341-5099.

UPCOMING PROGRAMS

Painting a Self-Portrait with Alanna Fagan

Wednesdays, October 5 to November 16
Time: 2:00 to 4:00 PM

Please click here for additional information.

This is Your Life: An Interview with Frederick Chiu and Jeanine Esposito

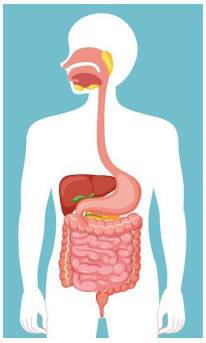
Friday, October 23
Time: 1:30 to 2:30 PM

Please click here for additional information.

Ask the Nurse

Tuesday, October 27
Time: 9:00 to 10:00 AM

Please click here for additional information.



Trust Your Gut: Understanding Digestive Health

Tuesday, October 27
Time: 10:30 AM to 11:30 AM

Please click here for additional information.

CT State Government: How It Works - A Four-Part Series with Jonathan Steinberg

Tuesday, October 27
Time: 2:45 to 4:00 PM

Please click here for additional information.

Caregivers Support Group

Wednesday, October 28
Time: 9:45 to 11:15 AM

Please click here for additional information.

Parkinson's Disease Support Group

Author Steve Yellen Book Chat: Explore the Living Parkinson's Framework

Wednesday, October 28
Time: 10:15 to 11:00 AM

Please click here for additional information.

CHOICES: Medicare Update

Wednesday, October 28
Time: 10:30 to 11:30 AM

Please click here for additional information.

AI - "Hey Siri" Just Got So Much Smarter

Wednesday, October 28
Time: 2:45 to 3:45 PM

Please click here for additional information.

Diebenkorn Workshop with Tom Stvan

Wednesday, November 4
Time: 10:00 AM to 3:15 PM

Please click here for additional information.

Bereavement Support Group

Wednesday, November 4
Time: 10:00 to 11:00 AM

Please click here for additional information.

Finding YOUR Calm

Wednesday, November 4
Time: 10:45 to 11:45 AM

Please click here for additional information.

Letting Go of Stress

Wednesday, November 4
Time: 1:30 to 2:30 PM

Please click here for additional information.

Follow the Leader Lecture Series with Barbara Kellerman

Thursdays, November 5 through December 10
Time: 2:30 to 3:30 PM

Please click here for additional information.

Just for Men

Thursday, November 5
Time: 3:00 to 4:00 PM

Please click here for additional information.

Irwin Lebish: The Great American Songbook Presentation Series

Fridays, November 6 and 20
Time: 1:30 to 2:30 PM

Please click here for additional information.

FRIENDS OF THE WESTPORT CENTER FOR SENIOR ACTIVITIES

New Friends of the WCSA Website!

Please click **here** to see the new Friends of the Westport Center for Senior Activities website.

Friday with Friends: Local Legends and Hauntings

Friday, October 30
Time: 1:30 to 2:30 PM

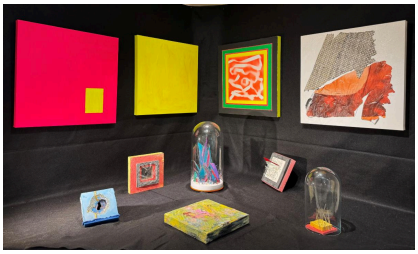
Please click here for additional information.

Y's MEN PHOTO CONTEST

Y's Men 22nd Annual Photo Contest Drop-Off - October 19 through November 5

The Y's Men Photo Club and the WCSA will be co-sponsoring a photo contest open to Y's Men, their spouses, and WCSA participants. Entrants should classify images into one of the following categories: Landscape, Waterscape, Architectural, Human Portrait, Nature, Critter, General, Black & White, and Action/Motion. Photos will be judged, and the award-winning images will be announced at the photo gala on Friday, November 13, from 1:30 to 2:30 PM. Application forms are available on Y's men's website and at the WCSA. All entries should be dropped off at the WCSA during operating hours. Contest rules and applications are available at the front desk or online. If you have further questions, please email William Weiss - **william.wweiss@gmail.com**. For the Y's Men website, please **click here (Camera Club - Y's Men of Westport / Weston (ysmenwestportweston.org)**.

WCSA ART NEWS AND EXHIBITS



Current Featured Art Exhibit: George Radwan

Please see the beautiful art exhibit this month in the display case across from Art Rooms 1 and 2. To learn more about George, please click **here**.

Current Featured Art Exhibit: Jo Ann Davidson

Please see the beautiful art exhibit on display this month in Art Rooms 1 and 2. To learn more about Jo Ann, please click **here**.

Current Featured Art Exhibit: Jena Maric

Please see the beautiful art exhibit on display this month in the display cases across from Art Rooms 1 and 2. To learn more about Jena, please click **here**.

WCSA RECURRING PROGRAMS AND HIGHLIGHTS

LECTURE: Wednesday, October 28: Artificial Intelligence: "Hey Siri" Just Got So Much Smarter

To view October lectures, please click here.

Pre-register online at *MyActiveCenter.com* or by calling the WCSA at 203-341-5099.

The LEGACY PROJECT USA

This Is Your Life Interviews at the WCSA

Rozanne Gates of the Legacy Project USA has been facilitating interviews with various community members at the WCSA. If you weren't able to attend,

you may click this **link** to listen to the audio interviews. Special thanks to Rozanne Gates for facilitating these fascinating interviews.

DEPARTMENT OF HUMAN SERVICES

Connecticut Energy Assistance Program Applications - Connecticut Energy Assistance Program (CEAP) Applications accepted by Westport Human Services starting October 1, 2026

Westport Department of Human Services Director, Elaine Daignault, announces that applications for the 2026–2027 Connecticut Energy Assistance Program (CEAP) will be accepted beginning October 1, 2026 in Westport. CEAP helps income-eligible Connecticut households with winter heating costs. For additional information on this program and how to apply, please click **here**.

COMMUNITY RESOURCES

Alzheimer's Walk at Sherwood Island State Park, Sunday, October 25

The Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support, and research. Held annually in more than 600 communities nationwide, this inspiring event calls on participants of all ages and abilities to reclaim the future for millions. Together, we can end Alzheimer's disease, the nation's sixth-leading cause of death. For the fifth year, the WCSA is sponsoring Team "Reality Check!" You can get involved by joining our team and walking on October 25, or you can donate to Team "Reality Check" to show your support. To register or donate, click this link: **Team Reality Check 2026**. Time: 8:30 AM – Registration, 10:00 AM – Ceremony, and 10:30 AM – Walk. For information on this walk, please contact Team Captain Jan Dinerstein at dinersteinjan@gmail.com.

National Drug Take Back Day

The National Drug Enforcement Agency and the Westport Police Department are sponsoring National Drug Take Back Day. Turn in unneeded medication for safe disposal at the Westport Center for Senior Activities on **Saturday, October 24 from 10:00 AM to 2:00 PM.**

Wheels2U Expands Its Services - Again!

Wheels2U, Westport's premier on-demand shuttle service, is supercharging its midday service to give Westporters and visitors more time, more destinations, more convenience, more freedom and a brand-new way to connect with the rest of the town and region. For additional information on Wheels2U latest expansion, please click **here**.

Town of Westport - Human Services | 21 Imperial Avenue 110 Myrtle Avenue | Westport, CT 06880 US

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