

Welcome, Antonetta! Restaurant Op. Director

Antonetta joined the Residence at Westport in December, 2024 as the Executive Chef and now serves at the Restaurant Operations Director. After attaining her culinary degree in 2006, she went on to work at TPC River Highlands in Cromwell, CT for 6 seasons before taking time off to begin raising her two children, Evan and Olivia. Upon returning to work in 2018, she joined LCB Senior Living at the Residence at Brookside in Avon, CT as a chef.



Antonetta focused on pastry arts after Brookside back at TPC River Highlands and then Elim Park in Cheshire, CT. As chef manager for 2 years at a non-profit assisted living facility, Antonetta honed her skills in leading a team and creating a positive experience for senior care. She is dedicated to listening to resident's needs and hopes to get to know many of you. Antonetta resides in Cromwell, CT and enjoys spending time with her children, crocheting, cooking with her family and cuddling up with her three cats.

Welcome, Tony! Maintenance Director

Tony joins the team at The Residence at Westport with extensive background in assisted living. He has 7 years of experience where he started as a maintenance assistant and worked his way up to director three years ago. He has a great passion for what he does every day. He recently purchased and finished renovating his home. He has a wonderful dog who is great with people. In his free time, he loves spending time with his nieces and nephews.




THE RESIDENCE at Westport

Women's History Month



THE RESIDENCE AT WESTPORT *Associates*

Addie Ricci

Executive Director

Nicole Ashby

Resident Care Director

Cathy Coppola

Senior Business Office Director

Tony Rojas

Maintenance Director

Meredith Ledney

Reflections Director

Lindsay Faulkner

Resident Engagement Director

Antonetta Torcasio

Restaurant Operations Director

Irene Fazio



Leasing Director

Every year, March is designated Women's History Month by presidential proclamation. The month is set aside to honor women's contributions in American history. This year's theme is "Moving Forward Together! Women Educating & Inspiring Generations." Women's History Month began as a local celebration in Santa Rosa, California. The Education Task Force of the Sonoma County Commission on the Status of Women planned and executed a "Women's History Week" celebration in 1978. The movement spread across the country as other communities initiated their own Women's History Week celebrations the following year. In 1980, a consortium of women's groups and historians—led by the National Women's History Project (now the National Women's History Alliance)—successfully lobbied for national recognition. In February 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8th 1980 as National Women's History Week. Subsequent Presidents continued to proclaim a National Women's History Week in March until 1987 when Congress passed Public Law 100-9, designating March as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month. Since 1995, each president has issued an annual proclamations designating the month of March as "Women's History Month."

<https://www.womenshistory.org/womens-history/womens-history-month>



MARCH 2025

March	Sunday	March	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	Celebrate Duckie! 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	31 10:00 Barre & Balance 10:45 News of the World Quiz 11:00 Jeopardy! 11:00 Bea Smith Clothing Sale 1:30 Weights for Bone Density 1:30 Outing: Big Y 2:15 Sports Roundtable 3:30 Westport Pub Happy Hour 7:00 Musical Monday			1 Celebrate Myles! 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 2:15 Create: Try Water Colors 3:30 Westport Pub Happy Hour 7:00 Sporty Saturday Film			
2 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	3 10:00 Chair Yoga with Mary 10:45 News of the World Quiz 11:00 Jeopardy! 1:30 Weights for Bone Density 1:30 Outing: Trader Joe's 2:15 Sports Roundtable 3:30 Westport Pub Happy Hour 7:00 Musical Monday	4 Mardi Gras 10:00 Stretch & Strengthen 10:45 FlowerArrangement Society 11:00 Short Story & Discussion 1:30 Tai Chi for Arthritis 2:00 Museum to You w/Darby 2:15 Outing: Staples Orchestra 3:30 Westport Pub Happy Hour 7:00 Thriller Tuesday Film	5 Ash Wednesday 10:00 Yoga-Pilates Fusion 10:45 Jeopardy! 11:00 Create w/Lindsay: Acrylic 1:30 TheraBands Workout 1:30 Outing: Fairfield U Art 2:30 Communion with St. Luke's 3:30 Westport Pub Happy Hour 7:00 Wonderful Wednesday Film	6 10:00 Weights for Bone Density 10:30 Flower Arranging w/ Allie 10:45 Word Extraction 10:45 Lecture: 19th Amendment 1:00 Event Planning Committee 1:30 Barre & Balance 2:00 Airborne Jazz Perform 3:00 PBS Passport to Learning 3:30 Westport Pub Happy Hour 7:00 Throwback Thursday Film	7 Celebrate Betsy! 10:00 Stretch & Strengthen 10:45 Westport Theatre Troupe 12:00 Pizza Parlor Experience 1:30 TheraBands Fitness 2:00 Energy & Reiki Healing 2:00 Knowledge Challenge 3:00 Community Shabbat 3:30 Westport Pub Happy Hour 7:00 Friday Funnies Film	8 International Women's Day 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 2:15 Create: Try Expressionism 3:30 Westport Pub Happy Hour 7:00 Sporty Saturday Film		
9 Daylight Savings Begins 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	10 Celebrate Phil & Audrey S! 10:00 Barre & Balance 10:45 News of the World Quiz 11:00 Jeopardy! 1:00 Outing: Walgreens 1:30 Weights for Bone Density 2:15 Sports Roundtable 3:30 Westport Pub Happy Hour 7:00 Musical Monday 7:00 Larry Batter Performs	11 10:00 Stretch & Strengthen 10:45 FlowerArrangement Society 10:45 Art Therapy w/Sophie 11:00 Short Story & Discussion 1:30 Tai Chi for Arthritis 2:15 Exploring Our Histories 3:30 Westport Pub Happy Hour 4:30 Fireside Chat w/Lindsay 7:00 Thriller Tuesday Film	12 10:00 Yoga-Pilates Fusion 10:45 Jeopardy! 11:00 Jewelry Making w/Lindsay 1:30 TheraBands Workout 2:00 Taste of Culture Event 2:30 Communion with St. Luke's 3:00 REACT Neuro-by appt. 3:30 Westport Pub Happy Hour 7:00 Wonderful Wednesday Film	13 Purim Begins at Sundown 10:00 Weights for Bone Density 10:45 Word Extraction 1:30 Barre & Balance 2:00 Billy G. Performs 3:00 PBS Passport to Learning 3:00 Food Committee 3:30 Westport Pub Happy Hour 7:00 Throwback Thursday Film	14 10:00 Stretch & Strengthen 10:45 Westport Theatre Troupe 11:00 Calendar/Event Planning 12:00 Pizza Parlor Experience 1:30 TheraBands Fitness 2:00 Energy & Reiki Healing 2:00 Knowledge Challenge 3:00 Community Shabbat 3:30 Westport Pub Happy Hour 7:00 Friday Funnies Film	15 Celebrate Lynne! 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 2:15 Create: Try Abstract Art 3:30 Westport Pub Happy Hour 7:00 Sporty Saturday Film		
16 Celebrate Joan S! 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	17 St. Patrick's Day 10:00 Barre & Balance 10:45 News of the World Quiz 11:00 Jeopardy! 1:30 Weights for Bone Density 1:30 Outing: CVS & Post Office 2:15 Sports Roundtable 3:30 Westport Pub Happy Hour 7:00 Musical Monday	18 10:00 Stretch & Strengthen 10:45 FlowerArrangement Society 11:00 Short Story & Discussion 1:30 Tai Chi for Arthritis 2:00 Warren Bloom Performs 2:15 Exploring Our Histories 3:30 Westport Pub Happy Hour 7:00 Thriller Tuesday Film	19 10:00 Yoga-Pilates Fusion 10:45 Jeopardy! 11:00 Create: Mix Med w/Lindsay 1:30 TheraBands Workout 1:30 Outing: MoCA 2:30 Communion with St. Luke's 3:30 Westport Pub Happy Hour 7:00 Wonderful Wednesday Film	20 Spring Equinox 10:00 Weights for Bone Density 10:45 Word Extraction 10:45 Lecture: Alice Paul 1:30 Barre & Balance 2:15 TED Talks and Discussion 2:30 Town Hall Meeting 3:00 PBS Passport to Learning 3:30 Westport Pub Happy Hour 7:00 Throwback Thursday Film	21 10:00 Stretch & Strengthen 10:45 Westport Theatre Troupe 12:00 Pizza Parlor Experience 1:30 TheraBands Fitness 2:00 Energy & Reiki Healing 2:00 Knowledge Challenge 3:00 Community Shabbat 3:30 Westport Pub Happy Hour 7:00 Friday Funnies Film	22 Celebrate Ann! 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 2:15 Create: Try Mixed Media 3:30 Westport Pub Happy Hour 7:00 Sporty Saturday Film		
23 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	24 10:00 Barre & Balance 10:45 News of the World Quiz 11:00 Jeopardy! 1:30 Weights for Bone Density 1:30 Outing: Westport Library 2:15 Sports Roundtable 3:30 Westport Pub Happy Hour 7:00 Musical Monday	25 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	26 10:00 Yoga-Pilates Fusion 10:45 Jeopardy! 11:00 Jewelry Making w/Lindsay 1:30 TheraBands Workout 2:30 Communion with St. Luke's 2:30 Vintage Showcase 3:00 REACT Neuro-by appt. 3:30 Westport Pub Happy Hour 7:00 Wonderful Wednesday Film	27 10:00 Weights for Bone Density 10:45 Word Extraction 1:15 Movie Planning Committee 1:30 Barre & Balance 2:00 Over Easy Perform 3:00 PBS Passport to Learning 3:30 Westport Pub Happy Hour 7:00 Throwback Thursday Film	28 10:00 Stretch & Strengthen 10:45 Westport Theatre Troupe 12:00 Pizza Parlor Experience 1:30 TheraBands Fitness 2:00 Energy & Reiki Healing 2:00 Knowledge Challenge 3:00 Community Shabbat 3:30 Westport Pub Happy Hour 7:00 Friday Funnies Film	29 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 2:15 Create: Try Still Life 3:30 Westport Pub Happy Hour 7:00 Sporty Saturday Film		

Weekly

Transportation Schedule

Mon, Wed, Fri:
Cultural Excursions,
Errands,
Scenic Drives
(See Binder for
SignUp & Details)

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

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