

Engagement Updates

In addition to our Signature Series events, we have a lot of wonderful music coming to us and a Residents' BBQ for Memorial Day (on the Friday before). There will be two seatings and a sign-up, which we've done in the past.

We have also had some added programming. Robert will be driving us to some wonderful outings and continuing his billiards club; we are getting crafty with Nicole; Gian is bringing us some Italian lessons with a theme; Jessica will be doing some specialty baking on Mondays. Lindsay will be leading resident committees like event planning and Resident Ambassadors.

There are now scheduled drives to the Senior Center on Mondays and Fridays (9:15am departure and 12pm pick up) See you there!

Also, come check out our new plant wall outside the Engagement Room!



Let's Get Outside & Have Some Fun!

With the weather warming up, expect to see some fun games on your Daily!

If there is something you don't see that you would be interested in, please let the Engagement Team know! All games can be done seated or standing, so please join us.

We will have games like:

- cornhole
- bocce
- ladder golf
- lawn darts
- wiffle ball
- pitch and putt golf
- table tennis
- badminton



Memorial Day



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

While many people enjoy cookouts, parades, and a day off, Memorial Day is much more than that. Originally known as Decoration Day, the tradition began after the Civil War as a way to commemorate fallen Union soldiers. Over time, the observance expanded to honor all American military personnel who died in service.

In 1971, Memorial Day became an official federal holiday and was moved to create a three-day weekend. Many Americans mark the occasion by visiting cemeteries and memorials, participating in parades, and holding moments of silence. The holiday also signals the unofficial start of summer, with families gathering for barbecues, outdoor events, and travel.

While it's often associated with leisure, the heart of Memorial Day lies in reflection and gratitude. It is a time to pause and remember the sacrifices that have secured the freedoms enjoyed today. Memorial Day isn't just a day off — it's a day to look up, to come together, and to say thank you.

It is a solemn day dedicated to honoring and remembering the men and women of the U.S. Armed Forces who lost their lives while serving their country.



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Weekly

Transportation Schedule
Mon, Wed, Fri:
Cultural Excursions,
Errands, Scenic
Drives
(See Binder for
SignUp & Details)
Tues & Thurs:
Doctors' Appts.
9:30am-2:30pm
If there are no ap-
pointments, we will
head out on a drive,
so keep a look out!

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



4
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 Exploring Our Histories
3:30 Westport Pub Happy Hour
7:00 Sappy Sunday Feature Film

5 Cinco de Mayo
10:00 Chair Yoga with Mary
10:30 Specialty Baking w/Jess
11:00 Jeopardy!
1:30 Weights for Bone Density
1:30 Outing: Trader Joe's
2:15 Sports Roundtable
2:30 Positive News Briefing
3:30 Westport Pub Happy Hour
7:00 Musical Monday

11 Carla & Maryann Bday!
Mother's Day
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 Exploring Our Histories
3:30 Westport Pub Happy Hour
7:00 Sappy Sunday Feature Film

12
10:00 Barre & Balance w/Sue
10:30 Specialty Baking w/Jess
11:00 Jeopardy!
1:30 Weights for Bone Density
1:30 Outing: Compo Beach
2:15 Sports Roundtable
2:30 Positive News Briefing
3:30 Westport Pub Happy Hour
7:00 Musical Monday

18
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 Exploring Our Histories
3:30 Westport Pub Happy Hour
7:00 Sappy Sunday Feature Film

19
10:00 Barre & Balance w/Sue
10:30 Specialty Baking w/Jess
11:00 Jeopardy!
1:30 Weights for Bone Density
1:30 Outing: Westport Library
2:15 Sports Roundtable
2:30 Positive News Briefing
3:30 Westport Pub Happy Hour
7:00 Musical Monday

25
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 Exploring Our Histories
3:30 Westport Pub Happy Hour
7:00 Sappy Sunday Feature Film

26 Memorial Day
10:00 Barre & Balance
10:30 Specialty Baking w/Jess
11:00 Jeopardy!
1:30 Weights for Bone Density
2:15 Sports Roundtable
2:30 Positive News Briefing
3:30 Westport Pub Happy Hour
7:00 Musical Monday

6
10:00 Stretch & Strengthen
11:00 Short Story & Discussion
11:00 FloralArrangement Society
11:45 SHIELD Check in
1:30 TheraBands Workout
2:00 Museum to You w/Darby
3:30 Westport Pub Happy Hour
7:00 Thriller Tuesday Film

13
10:00 Stretch & Strengthen
11:00 Short Story & Discussion
11:00 FloralArrangement Society
1:30 TheraBands Workout
2:00 Calendar/Event Planning
2:15 Exploring Our Histories
2:30 Get Creative with Nicole
3:30 Westport Pub Happy Hour
4:30 Fireside Chat w/Lindsay
7:00 Thriller Tuesday Film

20 Celebrate Mary Z!
10:00 Stretch & Strengthen
11:00 Short Story & Discussion
11:00 FloralArrangement Society
1:30 TheraBands Workout
2:15 Exploring Our Histories
2:30 Get Creative with Nicole
3:30 Westport Pub Happy Hour
7:00 Thriller Tuesday Film

27 Celebrate Laila!
10:00 Stretch & Strengthen
11:00 Short Story & Discussion
11:00 FloralArrangement Society
1:30 TheraBands Workout
2:00 Over Easy Perform
2:15 Exploring Our Histories
2:30 Get Creative with Nicole
3:30 Westport Pub Happy Hour
7:00 Thriller Tuesday Film

7
10:00 Yoga-Pilates Fusion
11:00 Jeopardy!
11:00 Learn Italian: Colors
1:30 Barre & Balance
1:30 Outing: Stappa Winery
2:30 Communion with St. Luke's
3:00 REACT Neuro-by appt.
3:30 Westport Pub Happy Hour
7:00 Wonderful Wednesday Film

14
10:00 Yoga-Pilates Fusion
11:00 Jeopardy!
11:00 Learn Italian: Colors
1:30 Barre & Balance
1:30 Outing: Maritime Aquarium
2:30 Communion with St. Luke's
3:30 Westport Pub Happy Hour
7:00 Wonderful Wednesday Film

21
10:00 Yoga-Pilates Fusion
11:00 Jeopardy!
11:00 Learn Italian: Colors
1:30 Barre & Balance
1:30 Outing: Silverman's Farm
2:30 Communion with St. Luke's
3:00 REACT Neuro-by appt.
3:30 Westport Pub Happy Hour
7:00 Wonderful Wednesday Film

28
10:00 Yoga-Pilates Fusion
11:00 Jeopardy!
11:00 Learn Italian: Colors
1:30 Barre & Balance
1:30 Outing: Stratford Antique
2:30 Communion with St. Luke's
3:30 Westport Pub Happy Hour
7:00 Wonderful Wednesday Film

8
10:00 Weights for Bone Density
11:00 Word Extraction
1:30 Tai Chi for Arthritis
2:00 Music by Grigory
3:00 Food Committee
3:30 Westport Pub Happy Hour
7:00 Throwback Thursday Film

15
10:00 Weights for Bone Density
11:00 Word Extraction
1:30 Tai Chi for Arthritis
2:30 Frank Porto Band Performs
3:30 Westport Pub Happy Hour
4:30 Opera & Dinner w/Gian
7:00 Throwback Thursday Film

22 Celebrate Roberta!
10:00 Weights for Bone Density
11:00 Word Extraction
1:15 Movie Planning Committee
1:30 Tai Chi for Arthritis
2:00 Opera Experience w/Gian
2:30 Town Hall Meeting
3:30 Westport Pub Happy Hour
3:30 Billy G Performs
5:30 Opera Recap w/Gian
7:00 Throwback Thursday Film

29 Celebrate Babs!
9:00 Horticulture Event
10:00 Weights for Bone Density
11:00 Word Extraction
1:30 Tai Chi for Arthritis
2:00 Opera Experience w/Gian
3:30 Westport Pub Happy Hour
5:30 Opera Recap w/Gian
7:00 Throwback Thursday Film

1
10:00 Weights for Bone Density
10:30 Flower Arranging w/ Allie
11:00 Word Extraction
1:30 Tai Chi for Arthritis
2:00 Opera Experience w/Gian
3:30 Westport Pub Happy Hour
5:30 Opera Recap w/Gian
7:00 Throwback Thursday Film
7:00 NightMusic w/Larry Batter

8
10:00 Weights for Bone Density
11:00 Word Extraction
1:30 Tai Chi for Arthritis
2:00 Music by Grigory
3:00 Food Committee
3:30 Westport Pub Happy Hour
7:00 Throwback Thursday Film

15
10:00 Weights for Bone Density
11:00 Word Extraction
1:30 Tai Chi for Arthritis
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7:00 Throwback Thursday Film

22 Celebrate Roberta!
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3:30 Westport Pub Happy Hour
5:30 Opera Recap w/Gian
7:00 Throwback Thursday Film

9
10:00 Stretch & Strengthen
11:00 World News Quiz
11:00 Mother's Day Garden Party
11:15 Jeopardy!
1:30 TheraBands Workout
1:30 Outing:HomeGoods/Michaels
2:00 Energy & Reiki Healing
2:00 Knowledge Challenge
3:00 Community Shabbat
3:30 Westport Pub Happy Hour

16
10:00 Stretch & Strengthen
11:00 World News Quiz
11:15 Jeopardy!
1:30 TheraBands Workout
1:30 Outing: Walgreens & P.O.
2:00 Energy & Reiki Healing
2:00 Knowledge Challenge
3:00 Community Shabbat
3:30 Westport Pub Happy Hour
7:00 Friday Funnies Film

23
10:00 Stretch & Strengthen
11:00 World News Quiz
11:00 Resident Memorial Day BBQ
11:15 Jeopardy!
1:30 TheraBands Workout
2:00 Energy & Reiki Healing
2:00 Knowledge Challenge
3:00 Community Shabbat
3:30 Westport Pub Happy Hour
7:00 Friday Funnies Film

30 Celebrate Gordon!
10:00 Stretch & Strengthen
11:00 World News Quiz
11:15 Jeopardy!
1:30 TheraBands Workout
1:30 Outing: Ice Cream Shoppe
2:00 Energy & Reiki Healing
2:00 Knowledge Challenge
3:00 Community Shabbat
3:30 Westport Pub Happy Hour
7:00 Friday Funnies Film

2
10:00 Stretch & Strengthen
11:00 Westport Theatre Troupe
11:00 World News Quiz
11:15 Jeopardy!
1:30 TheraBands Workout
1:30 Outing: CVS & Post Office
2:00 Energy & Reiki Healing
2:00 Knowledge Challenge
3:00 Community Shabbat
3:30 Westport Pub Happy Hour

9
10:00 Stretch & Strengthen
11:00 World News Quiz
11:00 Mother's Day Garden Party
11:15 Jeopardy!
1:30 TheraBands Workout
1:30 Outing:HomeGoods/Michaels
2:00 Energy & Reiki Healing
2:00 Knowledge Challenge
3:00 Community Shabbat
3:30 Westport Pub Happy Hour

16
10:00 Stretch & Strengthen
11:00 World News Quiz
11:15 Jeopardy!
1:30 TheraBands Workout
1:30 Outing: Walgreens & P.O.
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2:00 Knowledge Challenge
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11:00 World News Quiz
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7:00 Friday Funnies Film

30 Celebrate Gordon!
10:00 Stretch & Strengthen
11:00 World News Quiz
11:15 Jeopardy!
1:30 TheraBands Workout
1:30 Outing: Ice Cream Shoppe
2:00 Energy & Reiki Healing
2:00 Knowledge Challenge
3:00 Community Shabbat
3:30 Westport Pub Happy Hour
7:00 Friday Funnies Film

10
10:00 Weights for Bone Density
11:00 Jeopardy!
11:45 Guided Mindful Meditation
1:00 One Day University
1:30 Tai Chi for Arthritis
2:15 Afternoon of Theatre
2:30 Melody Makers
3:30 Westport Pub Happy Hour
7:00 DramaSoaked Saturday Film

17 Celebrate Murray!
Armed Forces Day
10:00 Weights for Bone Density
11:00 Jeopardy!
11:45 Guided Mindful Meditation
1:00 One Day University
1:30 Tai Chi for Arthritis
2:15 Afternoon of Theatre
2:30 Melody Makers
3:30 Westport Pub Happy Hour
7:00 DramaSoaked Saturday Film

24
10:00 Weights for Bone Density
11:00 Jeopardy!
11:45 Guided Mindful Meditation
1:15 Westport Digital Library
1:30 Tai Chi for Arthritis
2:15 Afternoon of Theatre
2:30 Melody Makers
3:30 Westport Pub Happy Hour
7:00 DramaSoaked Saturday Film

31 Celebrate Eileen!
10:00 Weights for Bone Density
11:00 Jeopardy!
11:45 Guided Mindful Meditation
1:00 One Day University
1:30 Tai Chi for Arthritis
2:15 Afternoon of Theatre
2:30 Melody Makers
3:30 Westport Pub Happy Hour
7:00 DramaSoaked Saturday Film

3 Celebrate Gail K!
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 Afternoon of Theatre
2:30 Melody Makers
3:30 Westport Pub Happy Hour
7:00 DramaSoaked Saturday Film

10
10:00 Weights for Bone Density
11:00 Jeopardy!
11:45 Guided Mindful Meditation
1:15 Westport Digital Library
1:30 Tai Chi for Arthritis
2:15 Afternoon of Theatre
2:30 Melody Makers
3:30 Westport Pub Happy Hour
7:00 DramaSoaked Saturday Film

17 Celebrate Murray!
Armed Forces Day
10:00 Weights for Bone Density
11:00 Jeopardy!
11:45 Guided Mindful Meditation
1:00 One Day University
1:30 Tai Chi for Arthritis
2:15 Afternoon of Theatre
2:30 Melody Makers
3:30 Westport Pub Happy Hour
7:00 DramaSoaked Saturday Film

24
10:00 Weights for Bone Density
11:00 Jeopardy!
11:45 Guided Mindful Meditation
1:15 Westport Digital Library
1:30 Tai Chi for Arthritis
2:15 Afternoon of Theatre
2:30 Melody Makers
3:30 Westport Pub Happy Hour
7:00 DramaSoaked Saturday Film

31 Celebrate Eileen!
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11:00 Jeopardy!
11:45 Guided Mindful Meditation
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1:30 Tai Chi for Arthritis
2:15 Afternoon of Theatre
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7:00 DramaSoaked Saturday Film