How to Protect Yourself from Germs



Avoiding people and germs is not always an easy thing to do, but with some of the following tips and tricks, you can boost your immune system and keep those colds at bay.

The following things are easy for everyone to do and will help us stay healthy this season. Protect yourselves and others!

Wash your hands for at least 20 seconds; this includes before eating, after using the bathroom, before and after caring for someone who is ill, and after blowing your nose, coughing, or sneezing. (*Coughing or sneezing into the elbow has been widely recommended as an intervention to reduce respiratory virus transmission.*)

Get enough sleep, stay hydrated, and exercise! All of these are important for our immune systems.

More Tips to Stay Healthy

Staying hydrated doesn't only mean water. Herbal teas are a wonderful way to warm up and stay hydrated this season. "A number of studies have shown that certain teas, such as green tea, can boost your immune system, fight off inflammation, promote cardiovascular health, and even prevent the development of certain cancers. These health benefits are associated with specific antioxidants found in tea, known as polyphenols." (Harvard Medical School)



A healthy diet is essential to a strong immune system. The American Academy of Nutrition and Dietetics recommends including foods rich in the following nutrients to strengthen immune system health:

- Protein – seafood, lean meats, poultry, eggs, beans, peas
- Vitamin A – sweet potatoes, carrots, broccoli, spinach
- Vitamin C – citrus foods, strawberries, certain cereals
- Vitamin E – almonds, hazelnuts, peanut butter
- Zinc – lean meats, poultry, milk, whole grain products, beans

THE RESIDENCE at Westport

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Department Leaders

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
Engagement Director

Gary Seri
Restaurant Operations Director

Irene Fazio
Leasing Director



Collecting Items for Operation Hope



Operation Hope provides over 123,000 meals a year to neighbors in need. They also provide food & necessities to more than 800 families and individuals each month. The Pantry is almost completely stocked and run by generous volunteers.

Operation Hope's programs and services focus on eliminating hunger and homelessness, and are designed to help people solve their crises and build stability in an environment where compassion inspires dignity and hope."

You will find a wish list of items in the lobby near the "Food Drive" sign and basket. So when you're at Walgreens or Trader Joe's, remember this organization and the people it serves. We will be collecting the whole month of November, so please consider donating if you can. Thank you! Please see Lindsay with questions

Signature Series to Honor Residents

Important Signature Series Dates:

Wednesday, November 11th at 12pm:
Veterans Luncheon

Tuesday, November 17th at 2pm:
Artisan Showcase



Our Signature Series this month will honor and celebrate residents in different ways. Wednesday, Nov 11th will be our Veterans Day Luncheon. Every veteran in our community are invited and we encourage you to join us. You'll receive your invitations soon!

Tuesday, Nov 17th will be our Resident Artisan Showcase, featuring our talented residents' creations. Needlework, paintings, crafts, and other art that you have done is requested for the Showcase. Lindsay will keep everything safe!

Good Times, Good Friends, Great Care!

NOVEMBER 2026

THE RESIDENCE at Westport

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daylight Savings Time Ends **01** **10:00** Protestant Virtual Service **10:00** Stretch & Strengthen **10:45** Self-Care: Hand Spa **11:15** NYT WordChallenges **1:30** Move to the Music **2:15** Crossword Crossover **2:30** Bean Bag Toss Championship **3:30** Mix & Mingle Happy Hour **7:00** Sappy Sunday Feature Film	**02** **9:30** Shuttle to Senior Center **10:00** Yoga with Mary **10:45** Outing: Walgreens/CVS **11:00** Jeopardy! **1:00** Outing: Westport Library **1:30** Barre & Balance **2:15** Murder Mystery Monday **2:30** Sports Roundtable **3:30** Mix.Mingle.Compete Happy Hr **7:00** Musical Monday	**Happy Birthday Dr. Light L.** **03** **10:00** Ken Burns Presents **10:00** Stretch & Strengthen **11:00** Short Story & Discussion **11:00** Open Campus: Artist Within **1:30** Resistance Band Workout **2:30** Communion w/ St. Luke's **2:45** Afternoon Tea Social **3:30** Mix & Mingle Happy Hour **4:30** Dinner & A Movie **7:00** True Story Tuesday Film	**04** **10:00** Weights for Bone Density **10:45** Outing: Scenic Drive **11:00** Jeopardy! **1:30** Circuit Walk **2:15** Bean Bag Toss Championship **2:15** Expressive Arts Wkshp **3:30** Mix, Mingle & BINGO **7:00** Wonderful Wednesday Film	**05** **10:00** Stretch & Strengthen **10:45** Guest Lect: James Madison **10:45** Smart Board-You Choose! **1:30** Tai Chi for Arthritis **2:00** Over Easy Performs **3:00** Mix & Mingle Happy Hour **4:00** Opera & Dinner **7:00** Throwback Thursday Film	**06** **10:00** Resistance Band Workout **10:45** Outing: Trader Joe's **11:00** Jeopardy! **1:00** Outing: MoCA Westport **1:30** Barre & Balance **2:00** Let's Learn and Play **2:00** One Day University **3:00** Community Shabbat **3:30** Mix & Mingle Happy Hour **7:00** Funny Friday Film	**07** **10:00** Weights for Bone Density **10:45** New York Times Quiz **11:00** Jeopardy! **1:00** National Theatre at Home **1:30** Tai Chi for Arthritis **2:15** Melody Makers **3:30** Mix & Mingle Happy Hour **7:00** Suspenseful Saturday Film
08 **10:00** Protestant Virtual Service **10:00** Stretch & Strengthen **10:45** Self-Care: Hand Spa **11:15** NYT WordChallenges **1:30** Move to the Music **2:15** Crossword Crossover **2:30** Bean Bag Toss Championship **3:30** Mix & Mingle Happy Hour **7:00** Sappy Sunday Feature Film	**09** **9:30** Shuttle to Senior Center **10:00** Resistance Band Workout **10:45** Outing: Walgreens/CVS **11:00** Jeopardy! **1:00** Outing: Big Y **1:30** Barre & Balance **2:15** Murder Mystery Monday **2:30** Sports Roundtable **3:30** Mix.Mingle.Compete Happy Hr **7:00** Musical Monday	**10** **10:00** Ken Burns Presents **10:00** Stretch & Strengthen **11:00** Short Story & Discussion **11:00** Open Campus: Artist Within **1:30** Calendar Committee **2:30** Communion w/ St. Luke's **2:45** Afternoon Tea Social **3:30** Mix & Mingle Happy Hour **4:30** Dinner & A Movie **7:00** True Story Tuesday Film	**Veterans Day** **11** **10:00** Weights for Bone Density **10:45** Outing: Scenic Drive **11:00** Jeopardy! **12:00** Veterans Luncheon **2:15** Expressive Arts Wkshp **2:15** Smart Board Open Hour **3:30** Mix, Mingle & BINGO **7:00** Wonderful Wednesday Film	**12** **10:00** Stretch & Strengthen **10:45** Rummikub Club **1:30** Tai Chi for Arthritis **2:15** Word Extraction **3:00** Mix & Mingle Happy Hour **4:00** Opera & Dinner **7:00** Throwback Thursday Film	**13** **10:00** Resistance Band Workout **10:45** Outing: Trader Joe's **11:00** Jeopardy! **1:00** Outing: **1:30** Barre & Balance **2:00** Hoot Owls Perform **2:00** One Day University **3:00** Community Shabbat **3:00** REACT Neuro-by appt. **3:30** Mix & Mingle Happy Hour **7:00** Funny Friday Film	**14** **10:00** Weights for Bone Density **10:45** New York Times Quiz **11:00** Jeopardy! **1:00** National Theatre at Home **1:30** Tai Chi for Arthritis **2:15** Melody Makers **3:30** Mix & Mingle Happy Hour **7:00** Suspenseful Saturday Film
15 **10:00** Protestant Virtual Service **10:00** Stretch & Strengthen **10:45** Self-Care: Hand Spa **11:15** NYT WordChallenges **1:30** Move to the Music **2:15** Crossword Crossover **2:30** Bean Bag Toss Championship **3:30** Mix & Mingle Happy Hour **7:00** Sappy Sunday Feature Film	**16** **9:30** Shuttle to Senior Center **10:00** Resistance Band Workout **10:30** Food Committee **10:45** Outing: Walgreens/CVS **11:00** Jeopardy! **1:00** Outing: Marshalls **1:30** Barre & Balance **2:00** Warren Bloom Performs **2:15** Murder Mystery Monday **2:30** Sports Roundtable **3:30** Mix.Mingle.Compete Happy Hr **7:00** Musical Monday	**17** **10:00** Ken Burns Presents **10:00** Stretch & Strengthen **11:00** Short Story & Discussion **11:00** Open Campus: Artist Within **1:30** Resistance Band Workout **2:00** Artisan Showcase **2:30** Communion w/ St. Luke's **2:45** Afternoon Tea Social **3:30** Mix & Mingle Happy Hour **4:30** Dinner & A Movie **7:00** True Story Tuesday Film	**18** **10:00** Weights for Bone Density **10:30** Food Committee Meeting **10:45** Outing: Scenic Drive **11:00** Jeopardy! **1:30** Circuit Walk **2:15** Bean Bag Toss Championship **2:15** Expressive Arts Wkshp **3:30** Mix, Mingle & BINGO **7:00** Wonderful Wednesday Film	**19** **10:00** Stretch & Strengthen **10:45** Smart Board-You Choose! **1:00** Town Hall Meeting **1:30** Tai Chi for Arthritis **2:15** Word Extraction **3:00** Mix & Mingle Happy Hour **4:00** Opera & Dinner **7:00** Throwback Thursday Film	**Happy Birthday Eugene B.** **20** **10:00** Resistance Band Workout **10:45** Guest Lect: Midterms **11:00** Jeopardy! **11:30** Lunch Outing: Little Pub **1:30** Barre & Balance **2:00** Let's Learn and Play **2:00** One Day University **3:00** Community Shabbat **3:30** Mix & Mingle Happy Hour **7:00** Funny Friday Film	**21** **10:00** Weights for Bone Density **10:45** New York Times Quiz **11:00** Jeopardy! **1:00** National Theatre at Home **1:30** Tai Chi for Arthritis **2:15** Melody Makers **3:30** Mix & Mingle Happy Hour **7:00** Suspenseful Saturday Film
22 **10:00** Protestant Virtual Service **10:00** Stretch & Strengthen **10:45** Self-Care: Hand Spa **11:15** NYT WordChallenges **1:30** Move to the Music **2:15** Crossword Crossover **2:30** Bean Bag Toss Championship **3:30** Mix & Mingle Happy Hour **7:00** Sappy Sunday Feature Film	**23** **9:30** Shuttle to Senior Center **10:00** Resistance Band Workout **10:45** Outing: Walgreens/CVS **11:00** Jeopardy! **1:00** Outing: TJMaxx&DollarTree **1:30** Barre & Balance **2:15** Murder Mystery Monday **2:30** Sports Roundtable **3:30** Mix.Mingle.Compete Happy Hr **7:00** Musical Monday	**24** **10:00** Ken Burns Presents **10:00** Stretch & Strengthen **11:00** Short Story & Discussion **11:00** Open Campus: Artist Within **1:30** Movie Committee **2:00** Frank Porto Band Performs **2:30** Communion w/ St. Luke's **3:30** Mix & Mingle Happy Hour **4:30** Dinner & A Movie **7:00** True Story Tuesday Film	**25** **10:00** Weights for Bone Density **10:45** Outing: Scenic Drive **11:00** Jeopardy! **1:30** Circuit Walk **2:15** Expressive Arts Wkshp **2:15** Smart Board Open Hour **3:30** Mix, Mingle & BINGO **7:00** Wonderful Wednesday Film	**Thanksgiving Day** **26** **10:00** Stretch & Strengthen **10:45** Rummikub Club **1:30** Tai Chi for Arthritis **2:15** Word Extraction **3:00** Mix & Mingle Happy Hour **4:00** Opera & Dinner **7:00** Throwback Thursday Film	**27** **10:00** Resistance Band Workout **10:45** Outing: Trader Joe's **11:00** Jeopardy! **1:00** Outing: Westport Library **1:30** Barre & Balance **2:00** Let's Learn and Play **2:00** One Day University **3:00** Community Shabbat **3:00** REACT Neuro-by appt. **3:30** Mix & Mingle Happy Hour **7:00** Funny Friday Film	**28** **10:00** Weights for Bone Density **10:45** New York Times Quiz **11:00** Jeopardy! **1:00** National Theatre at Home **1:30** Tai Chi for Arthritis **2:15** Melody Makers **3:30** Mix & Mingle Happy Hour **7:00** Suspenseful Saturday Film
29 **10:00** Protestant Virtual Service **10:00** Stretch & Strengthen **10:45** Self-Care: Hand Spa **11:15** NYT WordChallenges **1:30** Move to the Music **2:15** Crossword Crossover **2:30** Bean Bag Toss Championship **3:30** Mix & Mingle Happy Hour **7:00** Sappy Sunday Feature Film	**30** **9:30** Shuttle to Senior Center **10:00** Resistance Band Workout **10:45** Outing: Walgreens/CVS **11:00** Jeopardy! **1:00** Outing: Stratford Antique Center **1:30** Barre & Balance **2:15** Murder Mystery Monday **2:30** Sports Roundtable **3:30** Mix.Mingle.Compete Happy Hr **7:00** Musical Monday	**Birthdays** 3rd - Dr. Light L. 20th - Eugene B.				**Transportation Schedule** ***Sign-Up Required*** **Mon**: Local Shopping, Errands **Wed**: Spirit of Westport Scenic Drive **Fri**: Library, Museums, Lunch **Tues & Thurs**: Doctors' Appts.-Request at Reception 9:30am-2:30pm

Our Engagement program is built upon both our residents' interests and our Five Principles for Vitality:
Continued Learning – Arts & Culture – Physical Fitness – Community Connections – Wellness & Self Care

AN LCB SENIOR LIVING COMMUNITY