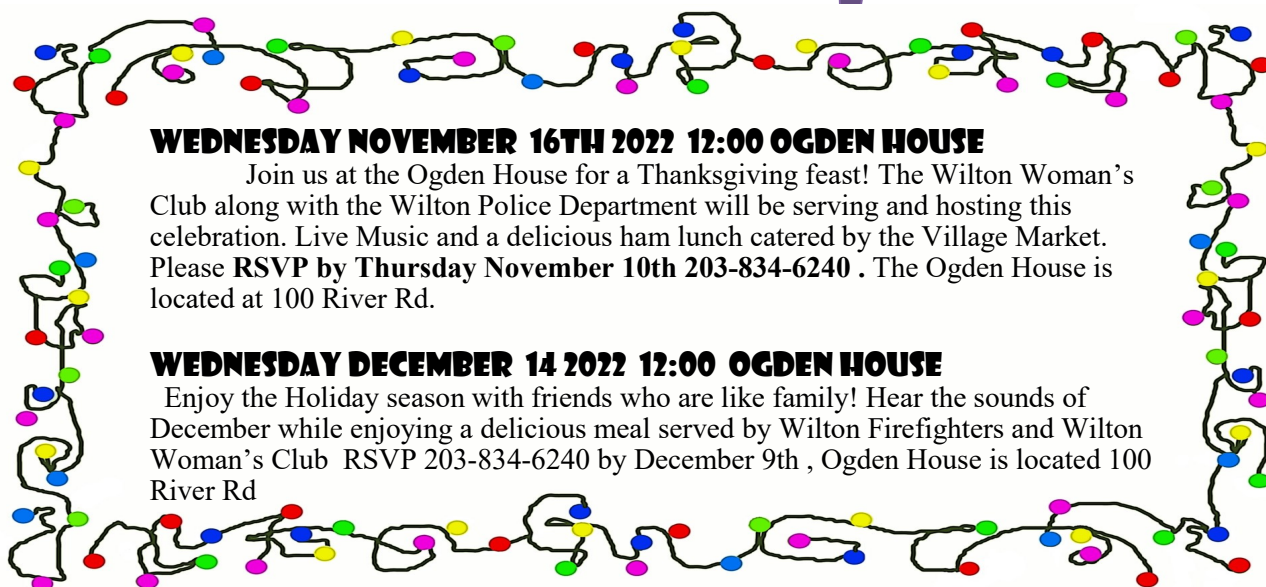




CORRIDORS

NOVEMBER-DECEMBER 2022

Celebrate the Holidays with us!



WEDNESDAY NOVEMBER 16TH 2022 12:00 OGDEN HOUSE

Join us at the Ogden House for a Thanksgiving feast! The Wilton Woman's Club along with the Wilton Police Department will be serving and hosting this celebration. Live Music and a delicious ham lunch catered by the Village Market. Please **RSVP by Thursday November 10th 203-834-6240**. The Ogden House is located at 100 River Rd.

WEDNESDAY DECEMBER 14 2022 12:00 OGDEN HOUSE

Enjoy the Holiday season with friends who are like family! Hear the sounds of December while enjoying a delicious meal served by Wilton Firefighters and Wilton Woman's Club **RSVP 203-834-6240 by December 9th**, Ogden House is located 100 River Rd



Moving Better Balance: Tai Qi Quang

Mondays Wednesdays 2:00-3:00
Starting November 14th
Wilton Senior Center Free

Tai Ji Quan: Moving for Better Balance® is a research-based falls prevention exercise program that uses Tai Ji Quan based movements to improve strength, mobility, balance and daily function to prevent falls. It is designed for older adults and people with balance difficulties.

No prior experience with Tai Chi is needed.

- You will learn the movements over 24 weeks in classes held twice a week.
- • Classes are taught by trained instructors in a supportive environment.
- • This program can accommodate individuals who need some assistance with walking, such as use of a cane.

Any questions call 203-834-6240

This program is offered in partnership with the CT Healthy Living Collective and funded by the State of CT Department of Aging and Disability Services State Unit on Aging. Visit

www.cthealthyliving.org for more information.

GUIDE TO SENIOR SERVICES

- Sarah Heath MA, MS, LPC.....203-834-6238
Director, Social Services and Municipal Agent for the Elderly
- Stephanie Rowe MS.....203-834-6240
Senior Center Coordinator
- Lauren Hughes LCSW.....203-834-6238
Coordinator, Senior Services
- Debbie Wolyniec BBA.....203-834-6238
Administrative Assistant
- Trinity Haswell MSW.....203-834-6241
Youth Services Coordinator
- Meals-on-Wheels.....203-762-0566
- Food Pantry.....203-834-6238
- Dial-A-Ride.....203-834-6235
- Town-to-Town.....203-299-5180
- Visiting Nurse & Hospice.....203-762-8958
- RVNAhealth.....203-438-5555
- Parks and Rec.....203-834-6234
- Stay at Home in Wilton.....203-762-2600
- Wilton Family Y.....203-762-8384
- Wilton Library.....203-762-3950

*The Senior Center and Social Services
staff would like to wish
Everyone a happy and healthy holiday!*



CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)

The Wilton Social Services Department has begun assisting with applications for the Connecticut Energy Assistance Program. The Energy Assistance Program helps offset the winter heating costs of Connecticut's lower-income households. The program officially starts in November and applications can be taken through May 1. Appointments will be available in person, via phone or mail Monday through Friday 9:30-3:00 p.m. Please call Stephanie Rowe or Trinity Haswell, at 203-834-6238 for questions regarding documentation requirements or to make an appointment.

The 2022 income limits for this program are:

\$39,761 for a household of 1
\$51,996 for a household of 2
\$64,230 for a household of 3
\$76,465 for a household of 4

OPEN ENROLLMENT

This year we will be offering appointments in-person at the Comstock Community Center with our CHOICES volunteer, Ellen Abend on Tuesdays and Thursdays from October 18th thru Wednesday, December 7th. Appointments will available from 10 AM to 2 PM. If you are not comfortable with coming into the Center, a telephone appointment with Ellen can be scheduled. Ellen will review your current Medicare Part D plan to see if that plan remains the best for **2023** or if you will be better served by switching plans. It is strongly recommended that you review your plan annually as plan coverage and drug costs often change for the coming year. In order to schedule an appointment, please call Lauren Hughes or Deborah Wolyniec at **203-834-6238**. If you are not able to schedule an appointment, any time between October 15 and December 7, you can call the Southwest Connecticut Agency on Aging (SWCAA) at 203-333-9288 and ask to speak with a CHOICES counselor. You can also go online to the [Medicare.gov](https://www.medicare.gov) website, log in to your My Medicare account and follow the prompts to find information about your current coverage and explore options for 2023.

Are you E-Subscribed?

Be sure you are in the know! Become a subscriber of all Wilton Senior Center updates:

Step 1: Go to:

<https://www.wiltonct.org/subscribe>

Step 2: Enter your email address in

Step 3: Check off "Senior Center"

Step 4: Check off "I'm not a Robot"

Step 5: Click "Subscribe me!"

You will now be notified of any updates the Senior Center has especially Winter related closings. If you are not on the internet have no fear!

Call 203-834-6240 for any updates, information on classes and weather related closings

WILTON ELECTION Tuesday, November 8th 6:00 a.m. to 8:00 p.m.

On Tuesday November 8, 2022, Connecticut voters will elect a Governor, a Lieutenant Governor, a Secretary of the State, a State Treasurer, a State Comptroller and a State Attorney General. Wilton and Norwalk voters will also elect a Judge of Probate. Other offices on the ballot include United States Senator, Representative in Congress, State Senator and State Representative. All of Wilton's polling places will be open from 6 am to 8 pm on Election Day.
District 1 – Wilton High School, 395 Danbury Road
District 2 – Cider Mill School, 240 School Road
District 3 – Middlebrook School, 131 School Road
If you are unable to appear at the polls on Election Day because of absence from Wilton, physical disability, sickness, military service or religious prohibitions you may apply to vote by absentee ballot.

If you have question about whether you are registered or where you vote, call the Registrars of Voters office at 203-563-0111. If you have a question about or want to obtain an absentee ballot, call the Town Clerk's office at 203-563-0106.



We are here to help you vote!

AAA Driver Improvement Training

Friday November 4th

Friday December 9th

8:30 a.m.-12:30 p.m.

Comstock Community Center, Room 31

Please bring a pencil or pen No charge
please register by calling 1-866-901-8457

MEDICARE PART D APPOINTMENTS

On Thursday November 10, representatives from the Southwestern Connecticut Agency on Aging will **meet one-on-one with individuals** in the Senior Center Technology Room regarding the Medicare Part D prescription drug program. Appointments are available between 10:00 a.m. and 2:00 p.m. for any Medicare beneficiary who has Medicare Part A or Part B or both. November is the time to get the help you need to **choose or change** your prescription drug plan. It is strongly recommended that you review your plan annually as plan coverage and drug costs often change for the coming year. In order to attend this session, you must schedule an appointment through the Social Services office, 203-834-6238. Please speak to Debbie.



Three Children Who Changed the World

Wednesday, November 2 11:00am

Join us for us for an inspiring collection of real-life stories concerning three young people who individually changed the landscape of compassionate generosity. Each child unsuspectingly starts a domino-event in the life of an adult; where a simple response of helping one gradually grows into local, national, and international campaigns of saving thousands. Presented in an engaging storytelling format, the goal is to see attendees encouraged to make a small investment and see a big return in their world. Presented by RVNAhealth Stay- ing WELL Account Manager, Ryan Ventura. RSVP to Stephanie at 203-834-6240



Russo-Ukraine War: Discuss with Mark Albertson

Friday, November 4, 2022 10:45 AM

The conflict that is being waged did not start on February 24, 2022, but in 2014. The narrative of spreading NATO into Eastern and Central Europe is real, and is what the Russians feel is violating their sphere of influence. But beyond Moscow's age-old concern, the Great Game waged by the globe's major powers since the 18th century is still being practiced. The major protagonists being The United States and China. The quest to dominate the globe's resources sets the Great Power competition, to which Ukraine is merely a chapter, in what could turn out to be a 10, 20 or even 30 year difference of opinion between Washington and Beijing. **RSVP 203-834-6240**



Book Discussion

Tuesday, November 22, 2022

Discussion Leader – Ray Rauth

***Looking Backward* by Edward Bellamy**

One of the most commercially successful fiction works of the 19th-century, translated into 20 languages and selling over 1 million copies, Edward Bellamy's utopian novel *Looking Backward* was also hugely consequential. In addition to inspiring over 150 "Nationalist Clubs" throughout the country, it arguably also spawned an entire political movement as influential leaders like John Dewey and Eugene Debs adapted the philosophy underlying the book to a political platform. As we follow the main character, looking backward from the year 2000 to the late-1880s, we'll see how prescient Bellamy was...or wasn't. And his "future" society's make-up will give us plenty to talk about. From the Oxford University Press: "a book whose thunderous indictment of industrial capitalism and vision of life in a socialist utopia still touches a nerve in the twenty-first century. **RSVP 203-834-6240**

Lunch is included



Cooking for One

Friday November 18th 12-1pm

It can be difficult to transition from cooking for a large family to cooking for yourself or one other. Join RVNAhealth Registered Dietitian, Monica Marcello, MS, RD, CDN as she talks about the stages of "Cooking for One" including meal planning, shopping, prepping, and cooking while providing senior nutrition considerations at all stages. Sample meal plans and a shopping list will be provided. All recipes included are easy to cook and senior friendly. **RSVP 203-834-6240**

You're Invited!

Thursday, November 3

10:30 AM - 12 PM

Prospective Member and Volunteer Brunch

Learn more about Stay at Home in Wilton

A non-profit volunteer-run organization offering supportive services and resources, along with social and educational programs to help Wilton seniors stay active and connected.



WEPCO 48 New Canaan Road


RSVP: Janet Johnson by October 27

203-762-2600, No charge

www.stayathomeinwilton.org





NOVEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
There will be no Yoga or Tai Chi this week—>	1 10:00 BeMoved! 11:00 Social Group 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting 1:30 Mah Jongg	2 9:00 Pickleball 10:00 Open Bridge 11:00 Three Children 12:30 Strength Training with Lisa 12:00 Duplicate Bridge	3 11:15 Blood Pressure Clinic 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Chief Blanchfield	4 9:00 Billiards 10:00 Feldenkrais 10:45 Ukraine History Disc. 12:00 Bridge 1:00 Intermediate Bridge
7 9:00 Pickleball 11:00 Line Dancing 1:00 Bridge 12:15 Strength Training with Lisa 2:00 MBB: Tai Qi Quan	8 10:00 BeMoved! 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting	9 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Strength Training with Lisa	10 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo	11 Senior Center Closed in honor of Veterans Day
14 9:00 Pickleball 11:00 Line Dancing 12:15 Strength Training with Lisa 2:00 MBB: Tai Qi Quan 1:00 Bridge	15 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:00 Duplicate Bridge 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting	16 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:00 Thanksgiving Luncheon at Ogden House 12:30 Strength Training with Lisa 2:00 Tai Qi Quan	17 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo	18 9:00 Billiards No Feldenkrais 11:15 Tai Chi 12:00 Cooking for 1 12:00 Bridge 1:00 Intermediate Bridge
21 9:00 Pickleball 11:00 Line Dancing 1:00 Bridge 12:15 Strength Training with Lisa 2:00 MBB: Tai Qi Quan	22 10:00 BeMoved! 11:00 Book Discussion 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting	23 9:00 Pickleball 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi FOOD PANTRY CLIENTS: PLEASE NOTE FOOD PANTRY HOURS 10-12 P.M. THIS DAY	24 Thanksgiving Day SENIOR CENTER Office Closed 	25 Senior Center Closed
28 9:00 Pickleball 11:00 Line Dancing 12:15 Strength Training with Lisa 2:00 MBB: Tai Qi Quan 1:00 Bridge	29 10:00 BeMoved! 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting	30 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi 12:30 Strength Training with Lisa 2:00 MBB: Tai Qi Quan		



DECEMBER 2022



Monday	Tuesday	Wednesday	Thursday	Friday
Senior Center Closed 1/3/22 	<p>When we have inclement weather Call 203-834-6240 after 9 a.m. for weather related closings or class cancelations</p>		1 10:00 Yoga 11:15 Blood Pressure Clinic 11:15 Strength Training 12:00 Lunch 12:45 Bingo	2 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Park and Rec Holiday Party 12:00 Bridge 1:00 Intermediate Bridge
5 9:00 Pickleball 11:00 Line Dancing 12:15 Strength Training with Lisa 1:00 Bridge 2:00 MBB: Tai Qi Quan	6 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training with Steph 12:30 Five Crowns 1:00 Studio Knitting	7 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 10:45 Pearl Harbor Discussion 12:00 Duplicate Bridge 12:30 Strength Training with Lisa 2:00 MBB: Tai Qi Quan	8 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo	9 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Holiday Healthy Treats 12:00 Bridge 1:00 Intermediate Bridge
12 9:00 Pickleball 11:00 Line Dancing 12:15 Strength Training with Lisa 1:00 Bridge 2:00 MBB: Tai Qi Quan	13 10:00 BeMoved! 11:15 Yoga 12:30 Strength Training with Steph 12:30 Five Crowns 1:00 Studio Knitting	14 9:00 Pickleball 10:00 Open Bridge 10:00 Garden Therapy 10:30 Tai Chi 12:00 Holiday Luncheon 12:30 Strength Training with Lisa 2:00 MBB: Tai Qi Quan	15 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo	16 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
19 9:00 Pickleball 11:00 Line Dancing 12:15 Strength Training with Lisa 1:00 Bridge 2:00 MBB: Tai Qi Quan	20 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:00 Duplicate Bridge 12:30 Strength Training with Steph 12:30 Five Crowns 1:00 Studio Knitting	21 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Strength Training with Lisa 2:00 MBB: Tai Qi Quan	22 10:00 Yoga 11:15 Strength Training with Steph 12:00 Lunch 12:45 Bingo	23 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
26 SENIOR CENTER CLOSED 	27 10:00 BeMoved! 11:15 Yoga 12:30 Five Crowns No strength training 1:00 Studio Knitting	28 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Strength Training with Lisa 2:00 MBB: Tai Qi Quan	29 10:00 Yoga * There will be no strength training lunch or bingo today*	30 No Feldenkrais 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge Please note we are closed 1/2/23



The Strategic Significance of the Japanese Attack on Pearl Harbor

**Wednesday,
December 7, 2022,
10:45 AM.**

This presentation will not focus on the attack itself; rather will delve into the reasons for the Day of Infamy: Quest for naval dominance in the world's largest ocean; the tumultuous decade of the 1930s; the imperialist agendas of the United States and the Japanese Empire; oil, the elixir of power; and, why December 1941 was the turning point in the war. A war that did not start in 1939, but 1914 Mark Albertson Speaker RSVP to 203-834-6240



Entangled and Ingested: Combating Plastic Pollution through Art

Saturday, November 5th, 2022

2:00 PM - 3:00 PM

Optional Community Sewing: 3:00 PM - 4:00 PM Wilton Library

Dr. Katharine Owens will share how she uses the arts to communicate about the pervasive problem of plastic pollution. A researcher and artist, Dr. Owens has spent the last year and a half creating a series of forty-six life-sized portraits of animals harmed by marine debris. She creates most of the pieces herself by hand sewing film plastic onto canvas, but the largest pieces (including three life-sized whales) are being co-created with the public. After the presentation you can choose to stay and put your sewing skills to work and help stitch one of Dr. Owen's pieces. Wilton Library will be handling registration. Please call 203-762-3950 to reserve your spot.



Stay at Home in Wilton for the Holidays

It's better than another wool scarf or coffee mug

Membership is a gift you can open 365 days a year!

This holiday, ask your loved ones for a gift certificate to Stay at Home in Wilton. Members enjoy social and educational programs and have access to invaluable supportive services. Vetted volunteer drivers provide rides through our exciting new online transportation scheduling program featuring personalized service. Volunteers move furniture, repair leaky faucets, solve computer problems and much more. Visit www.StayatHomeinWilton.org or contact **Janet Johnson** at **203-762-2600**.

Gift certificates can be purchased for any amount.

Our gift to you, New Members Receive 10% Off thru December 31st.

Stay at Home in Wilton, P.O. Box 46, Wilton, CT 06897

www.StayatHomeinWilton.org



Garden Therapy Class Wednesday, December 14th 10:00-12:00

Comstock Room 30



Winter is around the corner and the Wilton Garden Club invites you to join in the fun on December 14th. You will make a Winter Wonderland creation to enjoy at home. All materials will be provided and garden club members will be on hand to assist you in assembling your creations. This Garden Therapy Class is provided free of charge by the Wilton Garden Club. Space is limited and reservations are required. Please RSVP to Mary Otocka : maryotocka@gmail.com or 203-414-5277.



Holiday Healthy Treats

FRIDAY DECEMBER 9th

12:00 Cafe

Ridgefield Station is back with some more yummy goodies based on their innovative Brain Healthy Cooking Program! We know first hand how challenging it can be to maintain healthy eating habits over the holidays - who doesn't love dessert?! Well, you're in luck! On December 9th, the team of Ridgefield Station will be demonstrating how simple it can be to serve up healthy and delicious holiday treats.

RSVP 203-834-6240

Holiday Luncheon with Park & Recreation

A holiday luncheon will take place on Friday, **December 2 from 12:00 to 1:30 p.m.** at the Comstock Community Center. The lunch is sponsored by the Wilton Parks and Recreation Department. Lunch, Entertainment and Raffles! The cost is \$5.



Reservations: 203-834-6234



Open Art Studio 11:30-2 Wednesdays

Come join local artists on Wednesdays in our Art Room! All mediums welcomed, enjoy a relaxing art space with fellow artists and become inspired! Walk in's welcome, any questions call 203-834-6240

FREE ACTIVITIES AT THE SENIOR CENTER

LINE DANCING

Mondays 11:00-12:00

This program blends traditional dance steps with elements of modern line dancing. This is a great form of exercise, social interaction, and just plain FUN! Beatriz Araujo, Instructor

MOVING BETTER BALANCE: TAI QI QUANG

Monday and Wednesday 2:00

Tai Ji Quan: Moving for Better Balance® is a research-based falls prevention exercise program that uses Tai Ji Quan based movements to improve strength, mobility, balance and daily function to prevent falls. It is designed for older adults and people with balance difficulties. Tracy Yost, Instructor

STRENGTH TRAINING

Mondays 12:15 Wednesdays 12:30 with Lisa

Tuesdays 12:30 Thursdays, 11:15 with Stephanie **No class with Stephanie the week of 12/26**

This 30 minute aerobic class that will get your blood pumping! The class is done mostly in chair with a 5 minute standing portion that can be modified if needed.

GENTLE YOGA

Tuesdays, 11:15 a.m. to 12:15 p.m. Thursdays, 10:00 a.m. to 11:00 a.m. **No Class 11/1-11/3**

Broderick Heile will conduct a gentle yoga class that warms up your joints, stretches and strengthens your muscles and helps posture and focus

BEMOVED!

Tuesdays, 10:00 a.m. to 11:00 a.m.

BeMoved® is a dance fitness experience for adults of all movement abilities. It is designed to deliver a safe, body-friendly experience that improves the quality of a person's movement. The class starts with a warm-up and easy-to-follow therapeutic movements and concludes with a cool down that brings the workout full circle, leaving participants feeling rejuvenated. Phyllis Hirschfield, Instructor.

TAI CHI

Wednesdays, 10:30-11:30 Fridays 11:15-12:15 **No Class 11/2-11/4**

Tai Chi contains a series of gentle and graceful movements performed with respiration coordination and deep concentration. Tai Chi has been shown to prevent falls and improve the functioning of daily activities. Broderick Heile, Instructor

FELDENKRAIS

Fridays, 10:00 a.m. to 11:00 a.m. **No class 11/11 11/18 11/25 12/30 1/6**

Explore this exciting and innovative movement method designed to relieve pain, exercise your brain and teach you to move with greater comfort, ease, and fluidity. Cathy Paine, Instructor.

PICKLEBALL

Mondays Wednesdays 9 am (Extra day and new time!)

New to Pickleball? Come down the center and observe or learn the ins and outs of pickleball. Each

Wednesday the Wilton Park and Recreation graciously host senior pickleball Wednesday at 10 am. This is all pick up games and walk ins are welcomed. For more information call 203-834-6240.

SOCIAL GROUP -

1st and 3rd Tuesday 11:00

The Wilton Senior Social Group led by MSW Lacey Bernier dives into a variety of topics facing Wilton Seniors today. Drop ins are always welcome!

STUDIO KNITTING

Tuesdays 1:00 Café

Join fellow knitters with your work in progress and enjoy great company! Relax on a Tuesday Afternoon in a calm space and knit the afternoon away!

BILLARDS

Fridays 9:00-11:00

Enjoy a morning of Billiards downstairs in our game room. Walk in's welcome

BINGO

Thursdays 12:45 25 cents per card

Come down to the center and play some bingo! We start with a traditional bingo and winner chooses the next style game, whether it's a Winners get "the pot" each game.

1st Thursday with Chief Blanchfield

2nd Thursday is sponsored by Comfort Keepers. Full card winners get an additional prize!

BRIDGE GROUPS

If you like to join other seniors in an afternoon of bridge, call the organizers listed below:

Duplicate Bridge: First Wednesday of the month and 3rd Tuesday contact Diego Tomayo at 203-858-0264

Contract Bridge: Fridays, contact Eleanor Mihailidis at 203-762-8720.

Open Bridge: If you prefer a morning game, come to Open Bridge with Mike, Wednesdays, 10:00 a.m. to 12:00 p.m., Michael Hess supervises.

Wilton Senior Center
Comstock Community Center
180 School Road
Wilton, CT 06897

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STAYINGWELL

Services to Remain
Safely in Your Home

Others caretake. We care**give**.



Like you, it's important to us who is providing care for your loved one at home. Our caregivers are screened, hired, and trained to meet and anticipate our clients' evolving needs. **Personal caregivers from a trusted and distinguished home healthcare agency.**

203.438.5555
RVNAhealth.org

LEARN MORE

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For Lifelong Care & Wellness