



Wilton Senior News

Holiday Edition November-December 2023

Fall Garden Therapy Wednesday November 8th 10:00 Room 30

Fall is in the air and the Wilton Garden Club is back in action! Please join us on Wednesday, November 8th 10:00 am for Fall Fun! You will be creating fall floral arrangements to enjoy at home. All materials will be provided free of charge and garden club members will be on hand to assist you in assembling your creations. This workshop is brought to you by the Wilton Garden Club in partnership with the Senior Center. Reservations are required as we will need to order flowers/materials in advance. Please RSVP to Stephanie Rowe at 203-834-6240 or email: Stephanie.Rowe@wiltonct.org



Holiday Garden Therapy Wednesday December 6th 10:00 Room 30

Please join the Wilton Garden Club for our Holiday Workshop on December 6th at 10:00 am. You will be creating an evergreen holiday decoration to enjoy at home. You will be working with live greens, ribbons and other embellishments. Our members will be on hand to assist you in assembling your creations. This workshop is free of charge thanks to our partnership with the Senior Center. Reservations are required as we need to order the materials in advance. Please RSVP to Stephanie Rowe at 203-834-6240 or email Stephanie.Rowe@wiltonct.org



Spend the Holiday Season with us!

What: Thanksgiving Luncheon
When: Wednesday November 15th 12:00
Where: Comstock Community Center Gymnasium
180 School Rd
Cost: \$3.00
Enjoy a great luncheon with the Wilton Woman's club and Dave Goclowksi on accordion!
RSVP 203-834-6240

What: Park and Rec Holiday Extravaganza
When: Friday December 1st 12-2
Where: Comstock Community Center Multi-purpose room 180 School Rd
Cost: \$5.00
Park and Recreation Staff is hosting their yearly Senior Holiday Luncheon with musical entertainment and raffles! **RSVP 203-834-6234**

What: Wilton Senior Center Holiday Luncheon
When: Wednesday December 13th 12:00
Where: Ogden House 100 River Rd
Cost: Free
Wilton Woman's Club will be cooking from scratch a delicious Holiday meal and will be served by the Wilton Fire Department. This luncheon is graciously made possible by the Wilton Fire Department
Please RSVP 203-834-6240

****We will be collecting Toys for Tot Donations at this Luncheon*****



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



CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)

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 via phone, email or in person Monday through Friday 9:00-3:00 p.m. **Please call 203-834-6238 and ask for Trinity or Stephanie for questions regarding documentation requirements or to make appointment.**

This year's income limits for this program are:

\$41,553 for a household of 1
\$54,338 for a household of 2
\$67,124 for a household of 3
\$79,910 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 17th thru Wednesday, December 7th. Appointments will be available from 10 AM to 2 PM. Ellen will review your current Medicare Part D plan to see if that plan remains the best for **2024** 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 2024.

Dementia Support Group (Ridgefield)

November 27 @ 11:00 am – 12:00 pm

Presented by: Alzheimer's Association, Connecticut Chapter

When: Last Monday of every month, 11:00 a.m. – 12:00 p.m.

Location: RVNAhealth, 27 Governor Street, Ridgefield, CT 06877

RSVP: Open and free to the public. No RSVP necessary.

Contact facilitator Mel Wutke with any questions at: mwutke@rvnahealth.org or 203-851-3321

Objective: Build a support system with people who understand. Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to Develop a support system, Exchange practical information on challenges and possible solutions Talk through issues and ways of coping. Share feelings, needs and concerns.

WILTON ELECTION Tuesday, November 7th 6:00 a.m. to 8:00 p.m.



On **Tuesday, November 7, 2023** Wilton voters will be casting their votes for First Selectman, Board of Selectmen, Board of Finance, Board of Education, Planning and Zoning Commission, various land use boards, and Constables. Voting will take place at all three of Wilton's voting districts from 6 am to 8 pm.

Polling places:

District 1—Wilton High School Clune Center, 395 Danbury Road.
District 2—Cider Mill School Main Gym, 240 School Road.
District 3—Middlebrook School Gym, 131 School Road.

Parking for voters with disabilities will be marked at each polling place. For those unable to leave their vehicles due to a temporary physical incapacity, curbside voting is available upon request at each polling place.

Bereavement Support Groups (Ridgefield)

December 13 @ 2:00 pm – 3:00 pm at RVNAhealth

Please join us for a free, bereavement support group for adults, facilitated by RVNAhealth Comfort WELL social workers and pastoral care coordinators.

Bereavement support groups often allow participants to process their grief, share and receive helpful advice, and create a community with others walking in similar paths.

The groups will take place monthly at our RVNAhealth Ridgefield facility at 27 Governor Street in Ridgefield, CT.

No registration is required but please contact Garrett Walkup, at 475-529-6118, or gwalkup@rvnahealth.org if this will be your first time attending.

Medicare Bootcamp:

Thursday November 9th 7:00

Wilton Library

How do you sign up for Medicare?

When do you become eligible? What are your options?

Join us for a presentation on Thursday, November 9th from 7:00 PM to 8:30 PM at the Wilton Public Library (Brubeck Room) to find the answers to these and other Medicare related questions. This presentation, complete with a Q&A session, will provide information for those who are new to Medicare as well as updates for those already on Medicare. A trained CHOICES counselor from the Southwest Connecticut Area Agency on Aging (SWCAA) and Lauren Hughes, LCSW, Coordinator of Senior Services for the Wilton Department of Social Services, will provide the presentation and will be available for questions.



AAA Driver Improvement Training

Friday November 17th

Friday December 15th

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

Comstock Community Center, Room 31

Please bring a pencil or pen cost is 15.95 for members and 19.95 for non members please register by calling 1-866-901-8457

Wilton Vital Stretch comes to the Wilton

Monday November 13th 10-2 Multi Purpose Room

Wilton Vital Stretch will be coming to the Wilton Community in November of 2023. They will be located 5 River Rd. On Monday November 13th, staff members will be coming to the Wilton Senior center to offer a complimentary stretch and show what they do. RSVP is required and stretches are 10 minutes. RSVP 203-834-6240.



Native & Exotic Animal with Woodcock Nature Center

Monday November 6th 10:30 Lounge

Join presenter Jennifer Bradshaw, Animal Curator of the Woodcock Nature Center, as we gather for a meet & greet with some of the native wildlife that call CT home. Jennifer will also introduce us to some exotic animals who come from places like Africa, South America and Venezuela! **RSVP 203-834-6240**

Jennifer Bradshaw is the Animal Curator and Early Childhood Manager at the Woodcock Nature Center in Wilton, CT. She is also the recipient of the 2019 Excellence in Environmental Stewardship Award given by the Connecticut Outdoor and Environmental Education Association. Jennifer is passionate about nature, animals and educating children about the wonders of nature!



Pearls from Carol– Book Talk & Saxophone Singalong

Wednesday November 8th 1:30

"Pearls from Carol" is a compilation of 20 years worth of writings from the late Carol Ruggiero, presented in this book talk and saxophone sing-a-long by her husband, Albert. Join to hear about Carol's life and her funny and thought provoking poems and essays. **RSVP 203-834-6240**



Book Discussion

Tuesday, November 28, 2023 11:00-12:30

Discussion Leader – Ray Rauth

***Lady Chatterley's Lover* by D. H. Lawrence**

Banned in many countries for years, and even decades, Lawrence's novel is a landmark in literary history. In 1960, the book was at the center of a major obscenity trial in London against its publisher Penguin Books. Prevailing in court, Penguin then went on to sell 3 million copies. Around the same time, the U.S. Supreme Court ruled that the book could be mailed, and thus sold. But, beyond the frequently thumbed pages containing the naughty bits, the novel actually deals with such major themes as the relationship between the life of the mind and life of the body as well as, of course, all the issues of class structure in early 20th century England. *Vogue*, reviewing the importance of the book to literary history, said it "marked a fundamental shift for censorship in the United States...and is now considered a landmark case for the First Amendment." **RSVP 203-834-6240**



Open Art Studio 10:30-12 Wednesdays Starting November 1st Art Studio

Come join local artists on Wednesdays in our Art Room. All mediums welcomed, enjoy a relaxing art space with fellow artists and become inspired!
RSVP 203-834-6240



Memoir Writing Workshop– Come read my story **Wednesday November 1st, 8th 15th and 29th 10:30**

Over 4 weeks we will explore the art of storytelling and begin telling our stories. Week one will ask, What makes a story worth listening to or reading? Do you have a favorite memoir? What's the difference between a biography and a memoir? Week Two, If you were an heirloom, what would you be? What do you want to share

and to whom do you want to share it with? How do you describe a place or a time? This is a hands-on workshop. Participants will be engaged in writing exercises and sharing their stories with the group. **RSVP to Stephanie at 203-834-6240, space is limited.**
Instructor: Anita Peters



Don't get Scammed this Holiday Season! Lunch + Learn with the Wilton Police Department

Thursday November 16th 12:00

It's that time of year where you might fall victim to a scam. Join the Lt. David Hartman and Wilton Police Department in this informative Lunch +Learn on what popular scams you might face this Holiday Season. Space is limited so **RSVP is required.** Senior Center Cafe Please call 203-834-6240.





Helen Keller: A look back with Mark Albertson

Friday November 17th 1:00

This remarkable individual is a storied example of courage and determination. Overcoming blindness and deafness to become a sought after speaker, writer, as well as being the first blind-deaf person to graduate from college with a degree in American history. She will author 12 books and speak in 25 countries. Booster of birth control, eugenics, women's health, and worked with the blind and the deaf. But usually avoided with any presentation is Helen's politics. She was an unabashed Socialist. She was anti-Capitalist and pro-Worker, anti-War and an ardent Pacifist, but with a spine of steel. And, she supported Lenin's Revolution in 1917. This presentation will focus on her politics. Included here, too, will be references of her politics based on my copy of the 54-page FBI file on Helen.

RSVP 203-834-6240

NOVEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Want to learn a new card game?</p>  <p>Five Crowns is looking for new players! Five Crowns is Rummy with a twist! If you are interested in learning the game please call 203-834-6240.</p>		<p>1 9:00 Pickleball 10:00 Open Bridge 10:30 Memoir Writing 10:30 Open Art 12:30 Better Balance & Strength 12:00 Duplicate Bridge</p>	<p>2 11:15 Blood Pressure Clinic 11:15 Strength Training 12:00 Birthday Lunch with Sunrise (at center) 12:45 Bingo with Chief Blanchfield</p>	<p>3 9:00 Billiards 9:00 Pickleball 10:00 Feldenkrais 11:00 Canasta Lessons 11:15 Tai Chi 12:00 Bridge 1:00 Open Bridge</p>
<p>6 9:00 Pickleball 10:30 Woodcock Nature Center 11:30 Chair Yoga 12:30 Better Balance & Strength 1:00 Bridge</p>	<p>7 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting</p>	<p>8 9:00 Pickleball 10:00 Open Bridge 10:00 Garden Therapy 10:30 Memoir Writing 10:30 Open Art 10:30 Tai Chi 12:30 Better Balance & Strength 1:30 Pearls from Carol</p>	<p>9 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo</p>	<p>10 9:00 Billiards 9:00 Pickleball 10:00 Feldenkrais 11:00 Canasta Lessons 11:15 Tai Chi 12:00 Bridge 1:00 Open Bridge</p>
<p>13 9:00 Pickleball 10:00 Vital Stretch Lab 10:45 Strength Training (New Time!) 11:30 Chair Yoga 12:30 Better Balance & Strength 1:00 Bridge</p>	<p>14 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting 3:30 Tech Help</p>	<p>15 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 10:30 Open Art 10:30 Memoir Writing 12:00 Thanksgiving Luncheon 12:30 Better Balance & Strength</p>	<p>16 10:00 Yoga 11:15 Strength Training 12:00 Scam Lunch and Learn with Wilton Police Department—Café No Bingo</p>	<p>17 9:00 Billiards 9:00 Pickleball 10:00 NO Feldenkrais 11:00 Open Canasta 11:15 Tai Chi 12:00 Bridge 1:00 Open Bridge 1:00 The Life of Helen Keller</p>
<p>20 9:00 Pickleball 10:45 Strength Training 11:30 Chair Yoga 12:30 Better Balance & Strength 1:00 Bridge</p>	<p>21 10:00 NO BeMoved! 11:00 Social Group 11:15 Yoga 12:00 Duplicate Bridge 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting</p>	<p>22 9:00 Pickleball 10:00 Open Bridge 10:30 Open Art 10:30 Tai Chi FOOD PANTRY CLIENTS: PLEASE NOTE FOOD PANTRY HOURS 10-12 P.M. THIS DAY</p>	<p>23 Thanksgiving Day SENIOR CENTER Office Closed</p> 	<p>24 Senior Center Closed</p>
<p>27 9:00 Pickleball 10:45 Strength Training 11:30 Chair Yoga 12:30 Better Balance & Strength 1:00 Bridge</p>	<p>28 10:00 BeMoved! 11:00 Social Group 11:00 Book Discussion 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting</p>	<p>29 9:00 Pickleball 10:00 Open Bridge 10:30 Memoir Writing 10:30 Holiday Movie—Planes, Trains Automobiles 10:30 Open Art 10:30 Tai Chi 12:30 Better Balance & Strength</p>	<p>30 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Always Caring</p>	



DECEMBER 2023



Monday	Tuesday	Wednesday	Thursday	Friday
Senior Center Closed 1/1/24 	<p style="text-align: center;">Are you E-Subscribed?</p> <p>Be sure you are in the know! Become a subscriber of all Wilton Senior Center</p> <p>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!"</p> <p>You will be notified of any updates the Senior Center has including winter related closings.</p>			1 9:00 Billiards 9:00 Pickleball 10:00 Feldenkrais 11:00 Canasta 11:15 Tai Chi 12:00 Park and Rec Holiday Party 12:00 Bridge 1:00 Open Bridge
4 9:00 Pickleball 10:45 Strength Training 11:30 Chair Yoga 12:00 Holiday Movie—Christmas in Connecticut 12:30 Better Balance & Strength 1:00 Bridge	5 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting	6 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 10:00 Garden Therapy 10:30 Open Art 12:00 Duplicate Bridge 12:30 Better Balance & Strength 1:00 The Life of Katherine Hepburn	7 10:00 Yoga 11:15 Blood Pressure Clinic 11:15 Strength Training 12:00 Birthday Lunch with Sunrise 12:45 Bingo with Chief Blanchfield	8 9:00 Billiards 9:00 Pickleball 10:00 Feldenkrais 11:00 Canasta 11:15 Tai Chi 12:00 Bridge 1:00 Open Bridge
11 9:00 Pickleball 10:45 Strength Training 12:00 Holiday Movie – The Holiday Affair 11:30 Chair Yoga 12:30 Better Balance & Strength 1:00 Bridge	12 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting 3:30-Tech Help	13 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 10:30 Open Art 12:00 Holiday Luncheon 12:30 Better Balance & Strength	14 10:00 Yoga 11:15 Strength Training 12:00 Strength Training Party No Lunch or Bingo	15 9:00 Billiards 9:00 Pickleball 10:00 Feldenkrais 11:00 Canasta 11:15 Tai Chi 12:00 Bridge 1:00 Open Bridge
18 9:00 Pickleball 10:45 Strength Training 11:30 Chair Yoga 12:30 Better Balance & Strength 1:00 Bridge	19 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	20 9:00 Pickleball 10:00 Open Bridge 10:30 Holiday Movie—White Christmas 10:30 Tai Chi 10:30 Open Art 12:30 Better Balance & Strength	21 10:00 Yoga 11:15 Strength Training No Lunch or Bingo	22 9:00 Billiards 9:00 Pickleball 10:00 NO Feldenkrais 11:00 Canasta 11:15 Tai Chi 12:00 Bridge 1:00 Open Bridge
25 SENIOR CENTER CLOSED 	26 NO BeMoved! NO Social Group 11:15 Yoga 12:30 Five Crowns No Strength Training 1:00 Studio Knitting	27 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 10:30 Open Art 12:30 Better Balance & Strength	28 10:00 Yoga * There will be no strength training lunch or bingo today*	29 No Feldenkrais 11:15 Tai Chi 12:00 Bridge 1:00 Open Bridge

FREE ACTIVITIES AT THE SENIOR CENTER

CHAIR YOGA

Mondays 11:30 –12:15

This is a 45 minute Gentle Yoga session that is done in chair. It is perfect for anyone who is looking for the benefits of Yoga without having to be on a mat! Come check out this new class!

Instructor: Beverly Leighton

BETTER BALANCE AND STRENGTH

Mondays & Wednesdays 12:30

Calling all Seniors! Significantly improve your posture, balance and strength with proper form as the focus.

All Levels Welcome! Instructor Lisa Thompson

STRENGTH TRAINING

Mondays 10:45 (NEW!) Tuesdays 12:30 Thursdays, 11:15 **No Class 12/26-12/30 Mondays start 11/13**

This 30 minute aerobic class that will get your blood pumping! This class is done with a set of heavy and light weights.

Three rounds done twice. The class is done mostly in chair with a 7 minute standing portion that can be modified if needed.

Instructor by Assistant Director of Social Services Stephanie Rowe

GENTLE YOGA

Tuesdays, 11:15 a.m. to 12:15 p.m. Thursdays, 10:00 a.m. to 11:00 a.m.

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

BEMOVED! No Class 11/21 12/26

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

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 No class 11/17 12/22 12/29 1/5

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

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 Fridays 9 am P&R Gymnasium

New to Pickleball? Come down the center and observe or learn the ins and outs of pickleball. Each Monday and Wednesday the Wilton Park and Recreation graciously host senior pickleball. This is all pick up games and walk ins are welcomed. For more information call 203-834-6240.

SOCIAL GROUP -

Every Tuesday at 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! This group will meet in the Game room every Tuesday except when there is book discussion (then the group will meet in the café)

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 ins welcome

BINGO

Thursdays 12:45 25 cents per card **No Bingo 11/16 12/14 12/21 12/28**

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

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 Wednesdays, 10:00 a.m. to 12:00 p.m. Mike Hess Supervises Open Bridge with Mike: Friday Afternoons 1:00-3:00 Mike Hess supervises.

Mike has been mentoring and teaching bridge for 30+ years. In 2021 he became a Diamond Life Master and has now earned over 5000 master points*

UPDATE

Senior Tech Update

The Wilton Highschool HEAL service group will restart their Tech help the second **Tuesday** of each month starting November 14th in the Wilton Youth services office from 3:30-4:30 for walk in appointments. It is okay to arrive around 3:00. The HEAL service group is a group of three to four high school students and two cofacilitators that come together to do acts of service for the greater Wilton and Fairfield county community. We are glad to try and assist with hands on technological questions as best as possible!

Open Canasta

Fridays at 11 Starting November 17th café

Canasta Lessons are over and there are fresh new players at the Wilton Senior Center. We will be opening our café for 11-1 for Open Canasta (Four Tables). If you took the class or know canasta come check it out! 203-834-6240.

Navigating Grief, Loss, and Life Transitions – Wilton – FREE

November 9 @ 5:00 pm - 6:00 pm

Grief and loss are natural responses to significant life changes and the absence of someone or something we deeply cherish. It encompasses the emotional, physical, and psychological reactions we experience when facing the death of a loved one, divorce, a major move, retirement, or a shift in our independence or abilities. Join [Garrett Walkup](#), RVNAhealth Manager of Bereavement, Social Work, and Pastoral Care Services to gain insights, find support, and learn effective coping strategies. Together, we can navigate these challenges and foster healing.

Event hosted by The Greens at Cannondale, 435 Danbury Road, Wilton CT.

RSVP to The Greens at Cannondale at 203-761-1191.



Holiday Movies in the Lounge!

This Holiday Season, Movie club will be taking a break and we will be hosting Holiday Classic Movies. Bring a light lunch and enjoy! NO RSVP required

Mondays at 12:00

December 4th- Christmas in Connecticut

December 11th—The Holiday Affair

Wednesdays at 10:30

November 29th— Planes Trains and Automobiles

December 20th— White Christmas



The Life of Katherine Hepburn Discussion with Mark Albertson Wednesday December 6th 1:00

Born in Hartford, Connecticut in 1907, she would be brought up to be her own person. She could be disagreeable, opinionated and at times, full of herself, but she will become one of the best actresses this nation ever

produced. Indeed, she will be nominated for Oscar 12 times, and win it four. Three of her four Oscars will be awarded after she hit 60 years old, when many actresses careers seem to be winding down. Her relationship with Spencer Tracy is a storied affair. They will never marry, but Tracy and his wife were Catholic and will never divorce. But the Tracy-Hepburn affair will last nine films and 27 years. Before her death in 2003, she will see that the American Film Institute rated her as the greatest leading lady from the Golden Age of Film, just edging out the talented Bette Davis. RSVP 203-834-6240

GUIDE TO SENIOR SERVICES

- Sarah Heath MA, MS, LPC.....203-834-6238
Director, Social Services and Municipal Agent for the Elderly
- Stephanie Rowe MS LMSW.....203-834-6240
Assistant Director, Social Services
- Lauren Hughes LCSW.....203-834-6238
Coordinator, Senior Services
- Debbie Wolyniec BBA.....203-834-6238
Administrative Assistant
- Trinity Haswell LMSW.....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

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

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| | • Alzheimer's/Dementia Care/Parkinson's |

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