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CALL  
Dial-A-Ride  
203-834-6235  
for transportation

## WILTON CELEBRATES JULY 4\*

Events take place at the

### WILTON HIGH SCHOOL ATHLETIC COMPLEX

8:30 Freedom Run Road Race (5K)

2:30 Republicans Vs. Democrats  
Softball Game

5:00 Wilton Acoustic

6:30 Kenn Morr Band

8:00 The Rum Runners

9:30 Fireworks! (approx. time)

10:00 More Rum Runners Music

*\*Raindate: July 5*

**Call 203-834-6234 for info.**

## Free Summer Events

Call the Senior Center at 203-834-6240 to reserve a place at the following events:

**Brookdale Place of Wilton** will host a complimentary summer picnic on Wednesday, August 28, at noon, complete with entertainment.

**Laurel Ridge** will host a complimentary luau lunch on July 12 at the Senior Center at noon. The event is complete with Hawaiian picnic fare, music, and games.

**The Greens at Cannondale** will host a complimentary lunch and bingo on Wednesday, July 24 and August 14, at noon.

**Ridgefield VNA** will host a presentation on "Keeping Your Money Safe" on Wednesday, July 17, at 1:00 p.m. at the Senior Center.

**Juniors for Seniors** is booking appointments for personal tutoring on iPad, iPhone, smart phones, and laptops. Call President Neal Sarup for an appointment 203-762-7751. Tutoring sessions take place at the Senior Center and are compliments of Juniors for Seniors, Wilton High School student volunteers.

## GUIDE TO SENIOR SERVICES

Catherine Pierce ..... 203-834-6238  
Director, Social Services  
Municipal Agent for the Elderly

Lauren Hughes ..... 203-834-6238  
Coordinator, Senior Services

Lizabeth Doty ..... 203-834-6240  
Coordinator, Senior Activities

Andrea Ragusa ..... 203-762-8445  
Comstock Computer Learning Center

Sharon Powers ..... 203-834-6238  
Office Assistant

Meals-on-Wheels ..... 203-762-0566

Food Pantry ..... 203-834-6238

Dial-A-Ride ..... 203-834-6235

Town-to-Town ..... 203-299-5180

FISH (medical appt. transportation) ..... 203-834-3737

AARP ..... 203-866-0435

RUOK (Are You OK?) ..... 203-834-6238/203-834-6260

Mid-Fairfield Hospice ..... 203-762-8958

Visiting Nurse & Hospice ..... 203-762-8958

Parks and Rec Department ..... 203-834-6234

Stay at Home in Wilton ..... 203-423-3225

Wilton Family Y ..... 203-762-8384

Wilton Library ..... 203-762-3950

Lizabeth Doty, Senior Activities Coordinator, Town of Wilton  
Comstock Community Center, 180 School Road, Wilton, CT 06897 203-834-6240  
Read Corridors on the Town website at [www.wiltonct.org](http://www.wiltonct.org).

# SENIOR CENTER ACTIVITIES THROUGH THE SUMMER

Call 203-834-6240 unless otherwise noted.

## **CREATIVE CARD MAKING WITH ANDREA RAGUSA**

July 17 and August 21, 9:30 to 11:30 a.m.; \$10 per class (includes materials).

Learn and use the techniques of stamping to create assorted cards for all occasions. Materials supplied by the instructor. Reservations required: 203-834-6240. Class size limited to 6 participants. Beginners as well as experienced "stampers." Try your hand at something new!

## **THURSDAY LUNCH AND BINGO**

Each Thursday, the Senior Center hosts a noon lunch prepared by Chef Karen White. After lunch, ten games of Bingo are held in the Game Room. Lunch is \$3.

## **SUMMERTIME CLASSIC FEATURES**

Come and cool off mid-day at the Senior Center during the summer! This summer, the Senior Center will feature a classic movie at noon on Mondays. Bring your lunch and settle in for a relaxing viewing in the cool lounge.

## **BRIDGE GROUPS**

If you would like to join other seniors in an afternoon of bridge from noon to 3 p.m., call the organizers listed below:

Duplicate Bridge: First Wednesday of the month; contact Lois Bruce at 203-762-5818.

Duplicate Bridge: Third Tuesday of the month contact; Maureen Turnier at 203-762-9386.

Chicago Bridge: Second and fourth Wednesdays of the month; contact Dorothy Wright at 203-762-8567.

Drop-In Duplicate with Dan: 10:00 a.m. on Wednesdays during July; \$5.

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

## **ENHANCE FITNESS**

Mondays (9:20 a.m.), Thursdays (9:00 a.m.); \$3 drop-in fee per class

The Wilton Family Y brings the Enhance Fitness program to the Senior Center. The hour-long class includes 30 minutes of endurance-type activity and specific strengthening exercises for legs, trunk, arms and shoulders. The class is taught by Laura Mars and Leslie Hinshaw, instructors at the Wilton Y.

## **TUESDAY AND/OR THURSDAY YOGA**

Tuesdays, 11:00 a.m. to noon; Thursdays, 10:00 a.m. to 11:00 a.m.; \$3 drop-in fee per class

Denise O'Hearn, owner of Vibrant Moves in Wilton, conducts a gentle yoga class that warms up all the joints of your body, stretches and strengthens your muscles.

## **TAI CHI**

Wednesdays, 9:45 a.m. to 10:45 a.m.; \$3 drop-in fee per class (excluding July 4)

Debbie Dong is owner and manager of Meridians Eastern Health Alternatives. The lessons are taught in easy-to-absorb, effective, short sets of motions (forms) appropriate for any age. Tai Chi has been shown to prevent falls and improve the daily functioning of seniors.

## **LINE DANCING**

Mondays, 10:30 a.m. to 11:30 a.m., \$3 drop-in fee per class

Beatriz Araujo teaches line dancing as a great form of exercise and social interaction. Beginners as well as experienced dancers are welcome. Summer's a great time to learn a new exercise in the air-conditioned dance studio.

## **JEWELRY WORKSHOP**

July 12 and August 2, 10:00 a.m. to 11:30 a.m.; \$5 drop-in fee per class

Viola Galetta conducts this jewelry-making workshop. No prior experience is necessary. Enjoy the fun of making your own beaded jewelry. Select materials to match your own style.

## **COMSTOCK KNITTERS AND CRAFTERS**

July 9 and 22, August 13 and 26, 1:00 p.m. to 2:30 p.m.

Basic instruction will be provided for projects; the company will be great, too. Not a knitter? Bring your own handiwork and enjoy the camaraderie.

## **SKETCHING AND PAINTING**

July 19 and August 16, 10:30 a.m. to noon; \$10 per class


Discover your hidden talent. Viola Galetta will instruct beginners in the basics of drawing still life, landscape, and even portrait. Students will experiment with acrylics and water colors in a relaxed atmosphere.

# JULY 2013

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:20 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie	2 10:30 Billiards/Pool 11:00 Yoga	3 10:00 Drop-In Duplicate Bridge with Dan 9:45 Tai Chi 12:00 Duplicate Bridge 1:30 Mah Jongg	Senior Center Closed 	5  Senior Center Closed
8 8:00 Trip to Foxwoods Casino 9:20 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie	9 10:30 Billiards/Pool 11:00 Yoga 1:00 Comstock Knitters and Crafters 2:00 Mah Jongg	10 10:00 Drop-In Duplicate Bridge with Dan 9:45 Tai Chi 12:00 Chicago Bridge 1:30 Mah Jongg	11 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii bowling 12:00 Lunch 12:30-2 Blood Pressure Screening Y 12:45 Bingo	12 10:00 Jewelry Workshop 12:00 Complimentary Luau Lunch provided by Laurel Ridge at the Senior Center 12:00 Bridge 1:30-3 Free Swim for Seniors Y
15 9:20 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie	16 10:30 Billiards/Pool 11:00 Yoga 12:00 Duplicate Bridge	17 10:00 Drop-In Duplicate Bridge with Dan 9:45 Tai Chi 9:30 Creative Card Making 1:00 Keeping Your Money Safe 1:30 Mah Jongg	18 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii bowling 12:00 Lunch 12:45 Bingo	19 10:30 Sketching and Painting 12:00 Bridge 1:30-3 Free Swim for Seniors Y
22 9:20 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 1:00 Comstock Knitters and Crafters	23 10:30 Billiards/Pool 11:00 Yoga 12:30-2 Blood Pressure at Village Market 12:30 Mah Jongg 3:00 Stay at Home	24 10:00 Drop-In Duplicate Bridge with Dan 9:45 Tai Chi 12:00 Complimentary Lunch and Bingo at The Greens 12:00 Chicago Bridge 1:30 Mah Jongg	25 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii bowling 12:00 Lunch 12:45 Bingo	26 12:00 Bridge 1:30-3 Free Swim for Seniors Y
29 8:30 Newport On-Your-Own Trip 9:20 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie	30 10:30 Billiards/Pool 11:00 Yoga 12:00 Summertime Salads Supreme and Bingo <div>Canasta Anyone? Want to get a group together to play? Call the Senior Center 203-834-6240.</div>	31 10:00 Drop-In Duplicate Bridge with Dan 9:45 Tai Chi 1:30 Mah Jongg	<div>KEY</div> <div><div>OH</div><div>Y</div><div>WL</div><div>G</div><div>WM</div><div>VM</div><div>VNH</div><div>BP</div></div> <div><div>Ogden House</div><div>Wilton Family Y</div><div>Wilton Library</div><div>The Greens</div><div>Wilton Meadows</div><div>Village Market</div><div>Visiting Nurse &amp; Hospice</div><div>Brookdale Place</div></div> <div><div>203-762-8035</div><div>203-762-8384</div><div>203-762-3950</div><div>203-761-1191</div><div>203-834-0199</div><div>203-762-7283</div><div>203-762-8958</div><div>203-761-8999</div></div> <div>All activities are held at the Senior Center unless otherwise noted.</div>	

*Canasta Anyone?*  
*Want to get a group together to play?*  
*Call the Senior Center 203-834-6240.*

# AUGUST 2013

Monday		Tuesday		Wednesday		Thursday		Friday	
 <p><b>The bocce court is ready!</b> Gather your friends and come to Comstock for a game. The <b>Pool Table</b> is available in the Game Room along with <b>Chess</b> sets, <b>Backgammon</b>, and <b>decks of cards!</b></p> <p>Merwin Meadows pass is free to seniors. Go to the Parks and Recreation office with ID and Beverly will be happy to help you.</p>						<b>1</b> 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii bowling 12:00 Lunch 12:45 Bingo		<b>2</b> 10:00 Jewelry Work-shop 12:00 Bridge 1:30-3 Free Swim for Seniors Y	
<b>5</b> 9:20 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie		<b>6</b> 10:30 Billiards/Pool 11:00 Yoga 12:00 Bridge		<b>7</b> 9:45 Tai Chi 12:00 Duplicate Bridge 1:30 Mah Jongg		<b>8</b> 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii bowling 12:00 Lunch 12:30-2 Blood Pres-sure Screening Y 12:45 Bingo		<b>9</b> 12:00 Bridge 1:30-3 Free Swim for Seniors Y 3:00 Ice Cream Social BP	
<b>12</b> 8:45 Trip to Mohegan Sun Casino 9:20 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie		<b>13</b> 10:30 Billiards/Pool 11:00 Yoga 12:00 Duplicate Bridge 1:00 Comstock Knit-ters and Crafters 2:00 Maj Jongg		<b>14</b> 9:45 Tai Chi 12:00 Chicago Bridge 12:00 Complimen-tary Lunch and Bingo at The Greens 1:30 Mah Jongg		<b>15</b> 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii bowling 12:00 Lunch 12:45 Bingo		<b>16</b> 10:30 Painting and Sketching 12:00 Bridge 1:30-3 Free Swim for Seniors Y	
<b>19</b> 8:45 Trip to Clinton Crossing and Westbrook 9:20 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie		<b>20</b> 10:30 Billiards/Pool 11:00 Yoga 12:00 Bridge 12:30-2 Blood Pressure Screening VM		<b>21</b> 9:30 Creative Card Making 9:45 Tai Chi 1:30 Mah Jongg		<b>22</b> 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii bowling 12:00 Lunch 12:45 Bingo		<b>23</b> 12:00 Bridge 1:30-3 Free Swim for Seniors Y	
<b>26</b> 9:20 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 1:00 Comstock Knitters and Crafters		<b>27</b> 10:30 Billiards/Pool 11:00 Yoga 12:00 Bridge 12:30 Mah Jongg 3:00 Stay at Home		<b>28</b> 9:45 Tai Chi 12:00 Complimen-tary Picnic at Brook-dale Place 12:00 Chicago Bridge 1:30 Mah Jongg		<b>29</b> 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii bowling 12:00 Lunch 12:45 Bingo		<b>30</b> 12:00 Bridge 1:30-3 Free Swim for Seniors Y	

**SENIOR  
COMMUNITY  
DAY**

**Sunday, September 15**  
**1:00 p.m. until 3:30 p.m.**  
**Comstock Community Center**  
**180 School Road, Wilton**

*This is an informative, engaging, and fun event for older adults and their caregivers, showcasing life-enjoyment and enhancement services for the senior community—a proven success in its fourth year!*