



# CORRIDORS

JANUARY  
FEBRUARY  
2022

*Thank You*

As the 2021 holiday season draws to a close, the town of Wilton's Social Services Department extends heartfelt thanks to the following organizations, groups and individuals for providing numerous "virtual" Thanksgiving baskets, gift cards and donations: Wilton Kiwanis Club, the Wilton Rotary Club, 22 Wilton families, the Wilton Children's Day School, Community Nursery School of Wilton, Temple B'Nai Chaim, St. Matthew's Episcopal Church, The Wilton Congregational Church, Zion's Hill Methodist Church and Stevens United Methodist Church, Wilton Presbyterian Church, Girl Scout Troops, the Miller-Driscoll school parents, Community Steps Program, Berkshire Hathaway, Coldwell Banker, The Greens at Cannondale and Wilton Meadows, The Wilton Mom's Club and, The Columbiettes of OLOF, The Wilton Woman's Club, The Wilton Working Moms and Fairfield Chemical.

Thanks to the Village Market for preparing 200 individual Thanksgiving dinners for Wilton Seniors, the Wilton Woman's Club for hosting and Bridges by Epoch for sponsoring the popular drive thru luncheon.

For Hanukkah and Christmas, the community's generosity made it possible to give gift cards to the children of the Wilton families assisted by Social Services. These gift cards were generously donated by 39 individual "Holiday Helpers" as well as members of the Wilton Working Moms, The Wilton Rotary Club, The Wilton Congregational Church, St. Matthew's Episcopal Church, the Wilton Presbyterian Church, Berkshire Hathaway, The Community Nursery School of Wilton, the Children's Day School for providing hats and mittens, Mom's Club Alumnae, The Greens at Cannondale and Wilton Meadows, and The Miller Driscoll School Staff, and The Cider Mill School. Also, thanks to the RTC for holding a personal care item drive for our clients for the holidays.



"Project Night Night" WHS NHS

We also extend thanks to the Wilton Congregational Church for shopping for homebound seniors and creating beautiful gift bags which were delivered by the Boy Scouts, to the Girl Scouts for creating celebratory bags of holiday personal care products, to the Wilton Garden Club for the festive, stunning holiday arrangements delivered to seniors by Diane Stisser, to Ambler Farm for once again providing families with Christmas trees and wreaths and to the High School National Honor Society for "Project Night Night" in which they created two dozen fabulously decorated holiday gift bags filled with pj's, books and toys for young Wilton children.

Special thanks to the Village Market for preparing 216 delicious holiday meals for the Wilton Senior Center Drive thru luncheon and thanks to the Wilton Rotary Club for sponsoring and hosting the luncheon.

In addition, we want to recognize and thank the Wilton Kiwanis Club for holding their annual holiday gift card drive outside the Village Market and to acknowledge the extraordinary success of that drive during which the Wilton community so generously donated many hundreds of gift cards. We also want to thank Geir Magnusson, a member of Boy Scout Troop 20, who single handedly organized a massive personal care product drive for the Wilton Food Pantry. Additionally, we want to recognize all those individuals in town who held neighborhood holiday drives or individually made donations to the pantry. Your support has enabled Social Services to keep the doors of the pantry open and the shelves well stocked throughout this the holiday season.



All of us at Social Services thank all of you in the Wilton community for your exceptionally generous support. Thank you for bringing joy into this holiday season for so many in our community.

- Wilton Social Services - Sarah, Debbie, Lauren, Stephanie, Trinity, & Pam



## MATTER OF BALANCE

### Managing Concerns About Falls

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, *A Matter of Balance: Managing Concerns About Falls* is a program for you. Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. *A Matter of Balance* can help people improve their quality of life and remain independent.

*A Matter of Balance* is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. The Wilton Senior Center is offering *A Matter of Balance: Managing Concerns About Falls* on : Tuesdays 1-3 p.m. starting February 1st in our dance studio. **Program dates: 2/1, 2/8, 2/15, 3/1, 3/8, 3/22, 3/29, 4/5, 4/12 (make-up day if needed).** The program is no cost. A workbook is provided and refreshments are served. **\*Please note you have to commit to the 8 week session\* Please call 203-834-6240 to register or for more information. Limited Seating Sign Up Early. Please come early on the first day to complete paperwork.**



### Senior Social Group Every other Tuesday (January 4th) 11:00 Café

The Wilton Senior Center held an informational meeting on a New Senior Social Group on November 9th which lead to a great turn out! This group will now meet every other Tuesday at 11:00 in the café. This group will be led by Lacey Bernier LCSW, and can discuss a wide range of topics that Wilton Senior Residents are facing or interested in. To learn more information come by on Tuesdays!

### Strength Training with....Lisa!

**Mondays 12:10**

**Thursdays 11:15**

Continue Strength Training while Stephanie is away. Certified Instructor Lisa Thompson will be subbing strength training class. Strength Training is a 30 minute seated exercise class done with weights. Ten minutes are done out of chair. Listen to fun tunes and break out a sweat! This class is free any questions please call 203-834-6240.



### Knitting Resumes Tuesdays 1:00 Senior Center Café

Ask you and shall Receive! Open Knitting will resume in the café Tuesdays at 1:00 starting January 4th. This room will be shared also by other smaller groups. Call 203-834-6240 for any questions.



### Wilton Garden Club Garden Therapy Workshop Wednesday, January 12th at 10:00 am Comstock Room 30

Happy New Year! Please join the Wilton Garden Club for their first workshop of 2022 and make something bright and cheery to enjoy at home. You will be designing a vase with vibrant glass beads and making a flower arrangement for your creation. Garden Club members will be on hand to assist you and all materials will be provided. This program is free of charge. Reservations are required. Please RSVP to Mary Otocka at 203-414-5277 or maryotocka@gmail.com

### New Classes with Norwalk's Lifetime Learners Institute

The non-profit Lifetime Learners Institute at Norwalk Community College is an organization offering a rich array of courses year-round for members over 50. There is a fee for multi-week series. **Classes start January 18th. Registration begins December 14th.** Classes include topics such as: Five Fabulous Movie Soundtracks, Brain Fitness, Drawing Flowers and Fruits, American Artists - Colonial Period to Early 20c, The American Revolution, Mad, Mad World of Madison Ave, Dante and The Modern World, The Art of Film, Panoply of History and Four FREE Monday classes and Five FREE Friday Lunch and Learns. **If you have questions about Lifetime Learners Institute, please contact them by phone 203-857-3330 (Voicemail only due to COVID), email at llearner@ncc.commnet.edu or go to lifetimelearners.org.**



## Senior Center Pickleball Wednesdays 10-12

Pickleball restarts January 5th, 2022 at Comstock Community Center. Every Wednesday 10-12, the Park and Recreation Gymnasium (Located down the hall from the senior center) will be used for open and pick up games of Pickleball. Bring your own racquet or use one of ours. No RSVP required. For more information call 203-834-6240.

## Stay at Home Wilton Presents

### What's Available for Seniors at the Wilton YMCA?: Tuesday January 18th, 2pm



Join us at the Wilton YMCA for a tour of the facility with a special emphasis on the offerings and opportunities available for seniors. Meet in the lobby of the YMCA. For more information or to RSVP please contact Janet Johnson at 203-762-2600.

## Stay at Home Wilton and the Wilton Library Present

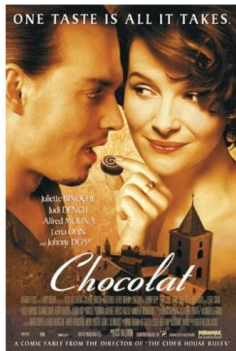
### Genealogy: Learn How to Explore Your Family History Tuesday, February 15th, 2 PM



Join us at the Wilton Library in the History Room for an introduction to the resources that are available. Learn how to trace your family history. The library staff will walk us through the genealogy of one of our own members. For more information or to RSVP please contact Janet Johnson at 203-762-2600.

## Stay at Home Wilton Presents

### Tuesday Afternoon Movies February 22nd, 3 - 5 PM Comstock Community Center Lounge



#### *Le Chocolat*

Light Refreshments served:  
everything chocolate, including  
Chocolate Fondue.

RSVP please contact Janet  
Johnson at 203-762-2600.



## Book Discussion

**Tuesday, January 25, 2022 at 11:00am**

**Discussion Leader – Michael Hess**

***The Space Barons: Elon Musk, Jeff Bezos, and the Quest to Colonize the Cosmos* by Christian Davenport**

With billionaires launching themselves up into space - one vying to outdo the other in speed, altitude or duration - the conquest of space by the private sector has moved from the realm of science fiction to science fact. Several hard-charging super-rich entrepreneurs have set their aims on the awesome possibilities of space travel. And Christian Davenport, based on years of research (including exclusive access to Elon Musk, Jeff Bezos, Richard Branson, and Paul Allen) gives us an authoritative account of high risk and high adventure. You may not have a spare \$28 million for a ticket, but this book will give you an inside glimpse of the world of private space flight. *Booklist* said in its review: "Strap in, you dreamers of space travel, you lovers of invention, you admirers of the unquenchable thirst for exploration, for here is a book that will thrill you to your core."

**Tuesday, February 22, 2022 at 11:00am**

**Discussion Leader – Carol Kaelin**




***Team of Rivals: The Political Genius of Abraham Lincoln* by Doris Kearns Goodwin**

Extending our several year theme of books about the Founders to include other great American political figures, we now move on to Abraham Lincoln. Multiple award-winning historian Doris Kearns Goodwin's book (which itself won the Lincoln Prize) is not a biography. Rather, it is the story of the genius of Abraham Lincoln in constructing a cabinet composed of men of sharply contrasting styles, political views and personalities: the three main cabinet secretaries featured even ran against him in the 1860 presidential campaign! The Guardian wrote: "What makes *Team of Rivals* such a rich experience is that it's a team of books, combining an absorbing psychological study, a group biography of the four rivals and their families, a history of the Civil War as viewed from the White House, and a vivid, West Wing-like portrayal of two presidential campaigns and Washington infighting.


**Please RSVP to 203-834-6240 Lunch will be included no cost.**



# JANUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>SENIOR CENTER CLOSED</b> 	<b>4</b> 9:00 Billiards 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Five Crowns 1:00 Knitting 1:30 Mah Jongg	<b>5</b> 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi	<b>6</b> 10:00 Yoga 11:00 Blood Pressure Clinic 11:15 Strength Training 1:30 Bingo	<b>7</b> 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge
<b>10</b> 11:00 Line Dancing 12:10 Strength Training 1:00 Bridge	<b>11</b> 9:00 Billiards 10:00 BeMoved! 11:15 Yoga 12:30 Five Crowns 1:00 Knitting 1:30 Mah Jongg	<b>12</b> 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi	<b>13</b> 10:00 Yoga 11:15 Strength Training 1:30 Bingo	<b>14</b> 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge
<b>17</b> <b>SENIOR CENTER CLOSED</b> 	<b>18</b> 9:00 Billiards 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Five Crowns 1:00 Knitting 1:30 Mah Jongg	<b>19</b> 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi	<b>20</b> 10:00 Yoga 11:15 Strength Training 1:30 Bingo	<b>21</b> 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge
<b>24</b> 11:00 Line Dancing 12:10 Strength Training 1:00 Bridge	<b>25</b> 9:00 Billiards 10:00 BeMoved! <b>11:00 Book Discussion</b> 11:15 Yoga 12:30 Five Crowns 1:00 Knitting 1:30 Mah Jongg	<b>26</b> 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi	<b>27</b> 10:00 Yoga 11:15 Strength Training 1:30 Bingo	<b>28</b> 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge
<b>31</b> 11:00 Line Dancing 12:10 Strength Training 1:00 Bridge	<div>  <p><b>FOOD PANTRY</b></p> <p>The Wilton Food Pantry is happy to be able to still offer shopping hours to Wilton Social Service Clients. Our hours starting January 3rd are as follows:              Mondays: 12-4              Wednesdays 10-2</p> <p>Please call 203-834-6238 for any questions.              Incase of Inclement Weather please call 203-834-6238 ext. 1 for voicemail updates</p> </div>			

# FEBRUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 9:00 Billiards 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Five Crowns 1:00 Knitting 1:30 Mah Jongg	<b>2</b> 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi	<b>3</b> 10:00 Yoga 11:00 Blood Pressure Clinic 11:15 Strength Training 1:30 Bingo	<b>4</b> 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge
<b>7</b> 11:00 Line Dancing 12:10 Strength Training 1:00 Bridge	<b>8</b> 9:00 Billiards 10:00 BeMoved! 11:15 Yoga 12:30 Five Crowns 1:00 Knitting 1:30 Mah Jongg	<b>9</b> 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi	<b>10</b> 10:00 Yoga 11:15 Strength Training 1:30 Bingo	<b>11</b> 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge
<b>14</b> 11:00 Line Dancing 12:10 Strength Training 1:00 Bridge	<b>16</b> 9:00 Billiards 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Five Crowns 1:00 Knitting 1:30 Mah Jongg	<b>17</b> 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi	<b>18</b> 10:00 Yoga 11:15 Strength Training 1:30 Bingo	<b>19</b> 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge
<b>21</b> Senior Center Closed 	<b>22</b> 9:00 Billiards 10:00 BeMoved! <b>11:00 Book Discussion</b> 11:15 Yoga 12:30 Five Crowns 1:00 Knitting 1:30 Mah Jongg	<b>23</b> 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi	<b>24</b> 10:00 Yoga 11:15 Strength Training 1:30 Bingo	<b>25</b> 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge
<b>28</b> 11:00 Line Dancing 1:00 Bridge	Senior Center Inclement Weather Policy:  When in doubt, call the Senior Center at 203-834-6240 for an updated voice message recording. Thank you.  If you haven't already, sign up for Senior Center e-alerts through the town. Directions are on the next page of this corridors.			

## 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. If you are not on the internet have no fear! Call 203-834-6240 for any updates and information on classes.



### Annual Town Voter Canvass 2022

Wilton's Registrars of Voters are required to conduct a yearly canvass of certain voters who have changed their addresses with the US Postal Service in the past year. Democratic Registrar Ka-

ren Birck and Republican Registrar Annalisa Stravato will be sending out letters beginning in mid-January to such voters which includes an official return-request form to be signed and returned within 30 days, stating either that they have moved out of town or that they still reside in Wilton. The registrars urge any voters receiving the letter to respond by the 30-day deadline to avoid inaccuracies in their voter files. For questions about the annual canvass, contact the Wilton Registrars of Voters at [registrars@wiltonct.org](mailto:registrars@wiltonct.org) or call their office at Town Hall at (203) 563-0111

### 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 started in November and applications can be taken through May 1-but it's best to apply earlier! Appointments will be available via phone, email or in person Monday through Thursday 9:00-3:00 p.m. **Please call Trinity Haswell, at 203-834-6241 for questions regarding documentation requirements or to make an appointment.**

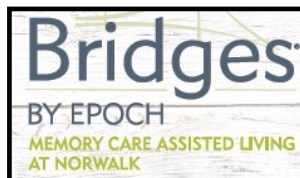
The 2021 income limits for this program are:

\$39,027 for a household of 1

\$51,035 for a household of 2

\$63,044 for a household of 3

\$75,052 for a household of 4



Bridges by EPOCH at Norwalk continues to offer our programs virtually. Please give Christy Perone at call at 203-523-0510 to get the registration information for these Zoom calls.

*Virtual Special Presentation from McLean Hospital on Tuesday, February 15<sup>th</sup> at 7 pm*

Join Alicia Seaver, Vice President of Memory Care Operations & Certified Memory Impairment Specialist, facilitating zoom programs on:

Effective Communication Techniques, Thursday, January 6<sup>th</sup> at 11 am

Ethics of Fidding, Thursday, January 20<sup>th</sup> at 11 am and 7 pm

Risk Factors of Alzheimer's, Thursday, February 3rd at 11 am

Additionally, Alicia Seaver facilitates our virtual caregiver support group sessions held each month. The upcoming dates are:

**Tuesday, January 18<sup>th</sup> at 11 am**

**Tuesday, February 8<sup>th</sup> at 11 am**

Our virtual early stage support group is for anyone with an early dementia diagnosis. The upcoming dates are:

**Wednesday, January 12<sup>th</sup> at 4:30 pm**

**Wednesday, February 16<sup>th</sup> at 4:30 pm**



### Heating Assistance through Operation Fuel

Operation Fuel provides a one-time grant of \$500 to low-income households for deliverable fuel. The program also assists with non-heat utility bills that are overdue. Income must be between 0 and 200% of the Federal Poverty. There is no asset test. In most cases, the CEAP funds must be used first.

**Please call 860-243-2345 or go to [operationfuel.gov](http://operationfuel.gov) to apply**

## **ACTIVITIES AT THE SENIOR CENTER**

### **LINE DANCE FUSION**

Mondays 11:00-12:00. \$3 drop-in fee

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

### **STRENGTH TRAINING**

Mondays 12:10-12:30 Thursdays 11:15-11:45 Free

Certified Instructor Lisa Thompson will be subbing strength training class. Strength Training is a 30 minute seated exercise class done with weights. Ten minutes are done out of chair. Listen to fun tunes and break out a sweat!

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

Tuesdays, 11:15 a.m. to 12:15 p.m.

Thursdays, 10:00 a.m. to 11:00 a.m. \$3 drop-in fee

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., \$5 drop-in fee

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 a.m. to 11:30 a.m.

Fridays 11:15-12:15 \$3 drop-in fee

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

### **BILLIARDS**

Tuesday and Fridays at 9:00-11:00

Enjoy a morning of Billiards downstairs in our game room. To see if there is space to play, give the center a call!

### **FELDENKRAIS**

Fridays, 10:00 a.m. to 11:00 a.m. \$5 drop-in fee

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.

### **BINGO**

Thursdays 1:30 PM 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. Winners get "the pot" each game.

### **AMERICAN MAH JONGG**

Tuesdays 1:30 Wednesdays at 1:00 Café

American Mah Jongg is different from Chinese Mah Jongg in several ways. American Mah Jongg utilizes racks, jokers, and "Hands and Rules" score cards, and has several distinct game-play mechanics. Come and see this game in action. In order to play, call the center at 203-834-6240 for more information and your name will be forwarded to the group organizer.

### **JEWELRY WORKSHOP**

Fridays 10:00 a.m. to noon

Beads, beads, beads! Enjoy the fun of making your own beaded jewelry. Please bring your own equipment.

### **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 Tuesdays 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., \$5 drop-in fee. Mike Hess supervises. Mike Hess is a 5000 Diamond Life Master in Bridge (Congrats Mike!!) **Please note: In December, this game lost two of its regulars, Nanette Rich and Jack Toner. They both demonstrated that one can play a good game well into one's nineties. We will miss them greatly.**

*Intermediate Bridge:* Friday Afternoons 12:45-2:45 Intermediate Bridge is taught by Mike Hess in \$5.00 drop in fee during session.

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

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WILTON, CT

### **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  
*Social Services Activities Coordinator*
- Lauren Hughes LCSW.....203-834-6238  
*Coordinator, Senior Services*
- Trinity Haswell, LMSW .....203-834-6241  
*Youth Services Coordinator*
- Debbie Wolyniec BBA.....203-834-6238  
*Administrative Assistant*
- Meals-on-Wheels.....203-762-0566
- Food Pantry.....203-834-6238
- Dial-A-Ride.....203-834-6235
- Town-to-Town.....203-299-5180
- AARP.....888-687-2277
- Visiting Nurse & Hospice.....203-762-8958
- RVNA Health.....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