



# CORRIDORS

JANUARY-FEBRUARY 2023



## Join us for a day full of Love Wednesday February 15th 2023 **Casablanca : 10:00 am**

Spend the morning with an old classic. *Casablanca* is a 1942 American romantic drama film starring Humphrey Bogart, Ingrid Bergman, and Paul Henreid. Filmed and set during World War II, it focuses on an American expatriate (Bogart) who must choose between his love for a woman (Bergman) or helping her husband (Henreid), a Czech resistance leader, escape from the Vichy-controlled city of Casablanca to continue his fight against the Germans.

### **Valentines Lunch : 12:00**

Enjoy a lovely catered meal from the Village Market in our café.. Space is limited.

### **Humphrey Bogart Discussion with Mark Albertson 1:00 Room 8**

Voted America's number one leading man from the Golden Era of filmmaking. He was nominated three times for the Oscar, won it once for *The African Queen*, 1951, and directed by John Huston. "Bogey" began his acting on stage in the 1920s and transferred to film with the Depression. He never went to acting school; rather learned as he went along. A loner who was not comfortable in the company of braggarts and people full of themselves, and at times was very much out-spoken. And, as a chess player, was rated a notch or two being a world class competitor. Humphrey Bogart made some of the best movies in the Golden Era--*The Maltese Falcon*, *High Sierra*, *The Petrified Forest*, *Casablanca*, *To Have and Have Not*, *Key Largo*, *Treasure of Sierra Madre*, . . . There was only one Humphrey Bogart

**RSVP to one or all! 203-834-6240**



## **MATTER OF BALANCE**

### **Thursdays 1:00 starting February 2nd 2023 Dance Studio**

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 : Thursdays 1-3 p.m. starting February 2nd in our dance studio. **Program dates:** 2/2, 2/9, 2/16, 2/23, 3/2, 3/9, 3/23, 3/30 with 4/13 as a 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\***

**Register by calling 203-834-6240 Limited Seating Sign Up Early.**



**A MATTER OF  
BALANCE**

MANAGING CONCERNS ABOUT FALLS

# Thank you...

As the 2022 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 Thanksgiving donations and gift cards:

Wilton Kiwanis Club, the Wilton Rotary Club, many Wilton families, the Wilton Children's Day School, Community Nursery School of Wilton, Honey Tree Preschool, Temple B'Nai Chaim, Zion's Hill Methodist Church and Stevens United Methodist Church, Wilton Presbyterian Church, Berkshire Hathaway, Coldwell Banker, The Greens at Cannondale and Wilton Meadows, The Wilton Woman's Club, The Wilton Working Moms and Cushman & Wakefield.

For Hanukkah and Christmas, the generosity of the community made it possible to give gift cards to all of the families with children assisted by Social Services. These gift cards were generously donated by the numerous individual "Holiday Helpers" as well as members of the Wilton Working Moms, The Wilton Rotary Club, The Wilton Congregational Church, The Wilton Presbyterian Church, Berkshire Hathaway, Mom's Club Alumnae, The Greens at Cannondale and Wilton Meadows, The Cedar Mill School staff, students and PTA who donated their Turkey Trot collection.

Special thanks to The Community Nursery School of Wilton and the Children's Day School of Wilton for providing lots of warm hats and mittens. Thank you to the Village Market for the ongoing support of Social Services and our clients not only during the holiday season but throughout the year.

We also extend thanks to: The Wilton Congregational Church for organizing the Wilton faith community to shop for gifts for homebound seniors, and for creating beautiful gift bags which were delivered by the Boy Scouts of Troop 20, to the Girl Scouts for creating dozens of holiday bags overflowing with personal care products for Wilton children, to the Wilton Garden Club for the festive, stunning holiday arrangements delivered to seniors by Diane Stisser, to Ambler Farm for once again providing 40 families with Christmas trees and wreaths, and to the Woman's Club for preparing and delivering delicious Thanksgiving and Christmas hot meals to homebound seniors as well as for their tremendous support throughout the year.

We would also like to thank the Wilton High School HEAL Service group and Project Return for their generously donated holiday-themed centerpieces for the holiday luncheon and assistance to the seniors.

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 at which the Wilton community so generously donated many hundreds of gift cards, cash and checks. We also want to thank Geir Magnusson, a member of Boy Scout Troop 20, who single handedly organized his fifth annual massive personal care product drive for the Wilton Food Pantry.

Wilton Rocks for Food, organized by Andy Schlesinger, raises enough money each year to ensure the Wilton Food Pantry shelves are stocked with food all year round. Thank you to Andy and his many friends and fellow musicians for putting on this event each year. Additionally, we want to recognize many individuals in town who held neighborhood holiday drives or individually made donations to our food pantry. All of this community support has enabled Social Services to keep the doors of the pantry open and the shelves well stocked throughout this the holiday season and 2022.

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

## Birds of Prey

Friday January 13th 10:30  
Senior Center Lounge  
(Snow Date January 18th)



Woodcock Nature Center is offering an interactive demonstration to educate about habitats, feeding and the impact of human interaction & behavior on wildlife! Educator and Animal Curator, Jennifer Bradshaw, will bring both native and exotic live animals **including an owl!** Participants will also learn about what to do for injured or orphaned animals.

RSVP to 203-834-6240



## Presidents in Sports

February 8th 11:00 Lounge

Presidents, of course, impact all areas of life including sports. Theodore Roosevelt is credited with saving football. William Howard Taft had a bad morning at the office in 1910 as women demanded the right to vote and he fled to watch a baseball game which would become the first ever Presidential opener. FDR, JFK and LBJ all had sports impacts. Richard Nixon opened up China because of sports. Jimmy Carter used sports as leverage in dealing with the Soviet Union's invasion of Afghanistan in 1979. There are other times when Presidential decisions were made with a sports calculus in mind. Join Radio Personality Evan Weiner in this discussion RSVP 203-834-6240.

## Mark your calendars: Tax Relief Programs Information

Those applying for tax relief can apply starting February 2023. (The end date is in May, Date To Be Determined) Applications will be made at Wilton Assessor's Office 238 Danbury Road, Wilton, CT 0689 Between the hours of 9:00am to 4:00pm 203-563-0121

All applicants must furnish the following information at the time of application: (If you file a Federal tax return it must be done prior to application.)

- ☐ Social Security 1099 form(s) for 2022
- ☐ A complete copy of your filed 2022 Federal tax return
- ☐ If you are not required to file a tax return you must provide all year end documents. For example; rental income, bank interest, pension, stocks and bonds, dividends, and any other income received in 2022.

Applicants must be 65 years of age by December 31, 2022 or approved 100% disabled by the Social Security Administration. Individuals who are Social Security Disabled must also bring current proof of social security disability. Those applying for the Additional Veterans program only must apply before September 30, 2022. This program is not age restricted. The income guidelines are not available at the time this newsletter was printed.



## Book Discussion

Tuesday, January 31, 2023

Discussion Leader – Michael Hess

***The Shallows: What the Internet is Doing to Our Brains***  
by Nicholas Carr

Ten years ago with his groundbreaking book *The Shallows*, Nicholas Carr broke open the debate about the benefits of using the internet versus its effect on our brains and behavior. Our selection, a tenth anniversary edition, now includes a new afterward on the cognitive and behavioral effects of smartphones and social media as well. Drawing on modern brain research and neurophysiology, Carr shows how our use of the internet is literally restructuring our brains. In our quest for more entertainment, distraction and, yes, education and enrichment too, are we losing the ability to read and think deeply? Read Carr's book – if you can – and we'll discuss that question. *The Wall Street Journal* called it “absorbing and disturbing” and novelist Ann Patchett said: “This is a book to shake up the world.”

Tuesday, February 28, 2023

Discussion Leader – Robert Marafioti  
***Brave New World*** by Aldous Huxley

Having visited Edward Bellamy's socialist utopia and having learned how the internet is rewiring our brains, we now turn to one of the greatest dystopias ever described: that of Aldous Huxley's *Brave New World*. It's got genetic engineering, pharmaceutically induced oblivion, social indoctrination, and mass entertainment/distraction. But, wait, there's more. It's also the story of a so-called “primitive” man who rebels against the new world order run by Mustapha Mond and his merry band of technocratic elites. Of note: although our discussion will focus on the novel, this edition also includes several essays by Huxley who reviewed his novel's predictions thirty years after its publication. *The Wall Street Journal* called it a “masterpiece....one of the most prophetic dystopian works of the 20<sup>th</sup> century.” And, Tufts Professor Martin Green wrote that it is “as sparkling, as provocative, as brilliant...as the day it was published.”

RSVP 203-834-6240 Lunch is included




## Attention Veterans!



If you served during the Vietnam War (1961-1975) and would like to participate in an upcoming ceremony in Wilton, please reach out to us so we can contact you when we have more information.

If you need any sort of assistance, please also feel free to reach out to Sarah Heath, our Municipal Veterans Representative, who is happy to assist you: [sarah.heath@wiltonct.org](mailto:sarah.heath@wiltonct.org) or 203-834-6238

# JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>SENIOR CENTER CLOSED</b> 	<b>3</b> 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Five Crowns 12:30 NO Strength Training 1:00 Knitting 1:30 Mah Jongg	<b>4</b> 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:00 Duplicate Brid. 12:30 Strength Training with Lisa 2:00 MBB: Tai Qi Quan	<b>5</b> 10:00 Yoga 11:00 Blood Pressure Clinic 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Chief Blanchfield	<b>6</b> 9:00 Billiards <b>10:00 No Feldenkrais</b> 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
<b>9</b> 9:00 Pickleball 12:15 Strength Training 1:00 Bridge 2:00 MBB: Tai Qi Quan	<b>10</b> 10:00 BeMoved! 11:15 Yoga 12:30 Five Crowns 12:30 Strength Training 1:00 Knitting 1:30 Mah Jongg	<b>11</b> 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Strength Training with Lisa 2:00 MBB: Tai Qi Quan	<b>12</b> 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Comfort Keepers <b>3:30 Tech Help</b>	<b>13</b> 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
<b>16</b> <b>SENIOR CENTER CLOSED</b> 	<b>17</b> 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Five Crowns 12:30 Strength Training 12:00 Duplic. Bridg. 1:00 Knitting 1:30 Mah Jongg	<b>18</b> 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Strength Training with Lisa 2:00 MBB: Tai Qi Quan	<b>19</b> 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Stephanie	<b>20</b> 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
<b>23</b> 9:00 Pickleball 12:15 Strength Training 1:00 Bridge 2:00 MBB: Tai Qi Quan	<b>24</b> 10:00 BeMoved! 11:15 Yoga 12:30 Five Crowns 12:30 Strength Training 1:00 Knitting 1:30 Mah Jongg	<b>25</b> 9:00 Pickleball 10:00 Open Bridge (No Mike this week) 10:30 Tai Chi 12:30 Strength Training with Lisa 2:00 MBB: Tai Qi Quan	<b>26</b> 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Stephanie	<b>27</b> 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge (No Mike this week)
<b>30</b> 9:00 Pickleball 12:15 Strength Training 1:00 Bridge 2:00 MBB: Tai Qi Quan	<b>31</b> 10:00 BeMoved! <b>11:00 Book Discussion</b> 11:15 Yoga 12:30 Strength training 12:30 Five Crowns 1:00 Knitting	<div>  <p><b>Technology Help!</b></p> <p>Join the Wilton High School HEAL Service Group, the second Thursday of every month, in the Wilton Youth Services office from 3:30 – 4:30 for walk-in appointments to have your technology-related questions addressed.</p> <p>The HEAL Service group is a group of three to four high school students and two co-facilitators 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! For any questions please call the Wilton Senior Center at 203-834-6240.</p> </div>		

# FEBRUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 9:00 Pickleball 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi 12:00 Duplicate Bridge 12:30 Strength Training with Lisa 2:00 MBB: Tai Qi Quan	<b>2</b> 10:00 Yoga 11:00 Blood Pressure Clinic 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Chief Blanchfield <b>1:00 Matter of Balance</b>	<b>3</b> 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
<b>6</b> 9:00 Pickleball 12:15 Strength Training 1:00 Bridge 2:00 MBB: Tai Qi Quan	<b>7</b> <b>10:00 No Moved!</b> 11:00 Social Group 11:15 Yoga 12:30 Five Crowns 12:30 Strength Training 1:00 Knitting	<b>8</b> 9:00 Pickleball 10:00 Open Bridge 11:00 Presidents in Sports 10:30 Tai Chi 12:30 Strength Training with Lisa 2:00 MBB: Tai Qi Quan	<b>9</b> 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Chief Blanchfield <b>1:00 Matter of Balance</b> <b>3:30 Tech Help</b>	<b>10</b> 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
<b>13</b> 9:00 Pickleball 12:15 Strength Training 1:00 Bridge 2:00 MBB: Tai Qi Quan	<b>14</b> 10:00 BeMoved! 11:15 Yoga 12:30 Five Crowns 12:30 Strength Training 1:00 Knitting	<b>15</b> 9:00 Pickleball 10:00 Casablanca 10:00 Open Bridge 10:30 Tai Chi 12:00 Valentine's Day Lunch 1:00 Humphrey Bogart Discussion 12:30 Strength Training with Lisa 2:00 MBB: Tai Qi Quan	<b>16</b> 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Chief Blanchfield <b>1:00 Matter of Balance</b>	<b>17</b> 9:00 Billiards 10:00 Feldenkrais 10:00 Birds of Prey 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
<b>20</b> Senior Center Closed 	<b>21</b> 10:00 BeMoved 11:00 Social Group 11:15 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 12:30 Strength Training 1:00 Knitting 1:30 Mah Jongg	<b>22</b> 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Strength Training with Lisa 2:00 MBB: Tai Qi Quan	<b>23</b> 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Stephanie <b>1:00 Matter of Balance</b>	<b>24</b> 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
<b>27</b> 9:00 Pickleball 12:15 Strength Training 1:00 Bridge 2:00 No Class this week MBB: Tai Qi Quan	<b>28</b> 10:00 BeMoved 11:00 Book Discussion 11:15 Yoga 12:30 Five Crowns 12:30 Strength Training 1:00 Knitting 1:30 Mah Jongg	<div>  <p>Reminder: Winter Weather is approaching .Please call 203-834-6240 after 8:30 am to see if there are any cancellations or delays. Also sign up for E-Alerts. (page 6 for more information)</p> </div>		

## 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 2023

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 Karen

Birck and Republican Registrar Annalisa Stravato will be sending out letters beginning in late-February 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 May1-but it's best to apply earlier!

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 an appointment.**

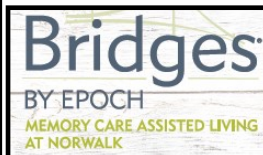
This year's income limits for this program are:

\$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



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.

The next dementia education sessions are:

☐ **January 19th 11 am and 7 pm:**

**Winter Woes**

☐ **February 16th 11 am and 7pm**

**Honoring Resistance and Refusals**

Link to register:

<https://www.bridgesbyeepochmemorycare.com/webinar/>.

The next caregiver support groups are:

**Monday, January 9th at 7 pm**

**Tuesday, January 24th at 11 am**

**Monday, February 6th at 7 pm**

**Tuesday, February 21st at 11 am**

link to register:

<https://www.bridgesbyeepochmemorycare.com/support-group-session-1/>

**Friday, January 27th at 3 pm**

**Frank Porto Band** and sending participants home with a mini chocolate cake in honor of National Chocolate Cake Day. The event will be at Bridges by EPOCH in Norwalk, 123 Richards Ave. Please register your attendance with Christy Perone at 203-767-4501.



## 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**

## FREE ACTIVITIES AT THE SENIOR CENTER

### **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 Drop ins welcome but commitment is necessary for benefit of the class.

### **STRENGTH TRAINING**

Mondays 12:15 Wednesdays 12:30 with Lisa

Tuesdays 12:30 Thursdays, 11:15 with Stephanie **No class 1/3 with Stephanie**

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.

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. **No Class 2/7**

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**

Fridays, 10:00 a.m. to 11:00 a.m. **No class 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

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 -**

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.

*Intermediate Bridge:* Friday Afternoons 1:00-3:00 Mike Hess supervises.

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

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PERMIT NO. 11  
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