



Wilton Senior News

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African Culture Show

Wednesday March 6th 10:30

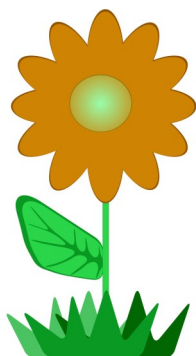


Rita Wagener (Kabali) is a native of Uganda, a country located on the Eastern side of the African continent. Wanting to keep her culture alive, Rita started sharing her roots with communities in her area. Even though Rita left her motherland in the early 1980s, she still remembers the culture, customs, and beliefs of her people. Rita came to Connecticut via Fairbanks, Alaska, where she and her husband lived for 14 years.

During Rita's show, she shares her experiences of living in 2 cultures. She also talks about living in America's biggest state and being the only person from her original country. Rita's show takes you through fashions and dances of Africa. At the end of the show, you feel like you have traveled to Africa, without even being on a plane! You don't need a passport to go on this journey with

Rita and her audience! Rita involves the audience by inviting them to participate in modeling and dancing. It's a great time for everyone!

RSVP 203-834-6240



Spring Garden Therapy Workshop Wednesday, April 10th 10:00 to 12:00 Comstock, Room 18

Spring is here and the Wilton Garden Club is delighted to invite you to join us at our Garden Therapy workshop. You will make a spring arrangement to enjoy at home and our members will be on hand to assist you in assembling your creations.

All materials will be provided and garden club members will be on hand to assist you in assembling your creations. No experience necessary.

This Garden Therapy class is provided free of charge by the Wilton Garden Club.

Space is limited and **currently open to Wilton Residents only**. Reservations are required. Non Residents will be put on a waitlist and be notified if there is an opening 24 hours in advance. RSVP to Stephanie at 203-834-6240 or email:

Stephanie.Rowe@wiltonct.org



Movie Club Update

Movie Club is taking a brief hiatus as we figure out a good time that works for all participants. Any questions please call 203-834-6240



Ogden House Spring Lunches

Wednesday March 20th

April 17th 12:00

Ogden House 100 River Rd Wilton

The Wilton Congregational Church is back!

They will be cooking Wednesday March 20th and Wednesday April 17th their traditional Ogden House Lunch. We kindly ask you to RSVP a week before the event so we have enough for all! To RSVP please call 203-834-6240.



SAHW Seminar:

Benefits of Music Therapy

Monday March 18 2024

Senior Center Lounge, 2PM

Join Sherrye Platt, MA, MT-BC, RVNAhealth Music Therapist, for a

fun and interactive program outlining the benefits of music on brain health. How the brain responds to music stimulation, the benefits of music on the aging process...and more.

RSVP by March 11: 203-762-2600 or

info@stayathomeinwilton.org



Current Event Update: The Middle East

With Mark Albertson

Monday, April 22, 1:00 PM.

Update on the situation in the tumultuous area of the globe,

magnet of attention for it riches in oil and gas. To which Israel and Palestine are pawns in a game larger themselves. RSVP 203-834-6240



Ridgefield Station

A SENIOR LIVING RESIDENCE (SLR)

Birthday Lunches

12:00 Café

March 7th April 4th

Ridgefield Station will be sponsoring the first

Thursday of every month with lunch prepared by their in house chef along with a Birthday Cake for dessert. If it is your birthday that month please RSVP and let us know so we can celebrate! Lunch is for everyone regardless of birthday. To RSVP please call 203-834-6240.

THIS SPRING GROW YOUR MIND.

Take courses in:

CHINESE CULTURE

CURRENT EVENTS

SHORT FILMS

CHAGALL AND DALI

LEONARD BERNSTEIN

POETRY AND MUSIC

ANGLO SAXON HISTORY

ICONIC DIRECTORS

DRAWING & MANY MORE

Classes start March 11

Register now

www.lifetimelearners.org



LIFETIME LEARNERS INSTITUTE

An ever-curious community of people over 50

CT STATE
COMMUNITY COLLEGE
NORWALK

PRESIDENTIAL PREFERENCE PRIMARY

Connecticut's Presidential Preference Primary will be held on Tuesday, April 2, 2024 and is only open to registered Democrats and Republicans. All voting on April 2nd will take place from 6 am to 8 pm at the Clune Center at Wilton High School, 395 Danbury Road. Those who usually vote at Cider Mill School or Middlebrook School will vote at the Clune Center on April 2nd.

For the first time ever, registered Democrats and Republicans will be able to use Early Voting for the 2024 Presidential Preference Primary. Early Voting will take place on Tuesday, March 26, Wednesday, March 27, Thursday, March 28 and Saturday, March 30 from 10 am to 6 pm in Town Hall Room B, 238 Danbury Road. If you chose to vote early you will need to show the same type of ID as you would show at the polls. Contact the Registrars of Voters at 203-563-0111 with questions about voting.

For those unable to vote in person, absentee ballots will be available from the Town Clerk. Absentee ballot questions should be directed to the Town Clerk at 203-563-0107.



Check below for resources for seniors to get their taxes done!

Tax Assistance – Simplify CT- 2024

Call this number to schedule an appointment at your preferred location: 860-590-8910

If you are able to schedule online please use this website: <https://simplifyct.org/>

Norwalk Senior Center • 4.4 Miles

- 11 Allen Road, Norwalk, CT 06851

- New Canaan Library • 4.6 Miles

151 Main Street, New Canaan, CT 06840

- Westport Town Hall • 5.2 Miles

110 Myrtle Ave, Westport, CT 06880

- Norwalk Library • 5.5 Miles

1 Belden Ave, Norwalk, CT 06850

- Westport Senior Center • 5.6 Miles

21 Imperial Ave, Westport, CT 06880

- Norwalk City Hall • 5.9 Miles

125 East Ave, Norwalk, CT 06851

- South Norwalk Library • 6.7 Miles

10 Washington Street, South Norwalk, CT 06854

Tax Assistance- AARP Foundation Tax- Aide

For additional locations, call:

1-888-227-7669

Or visit the AARP Tax-Aide Website:

https://www.aarp.org/money/taxes/aarp_taxaide/locations.html

RIDGEFIELD LIBRARY

472 Main St, Ridgefield, CT, 06877-4504

Thu, 08:15 am - 12:00 pm

Language: English In-Person

Make an Appointment Call to reserve an appointment.



Are you interested in learning a new card game?

Try Hand & Foot!

The Wilton Senior Center has received interest in starting a Hand and Foot Card group on Mondays at the Senior Center. Never heard of Hand & Foot?

Hand and Foot is a Canasta variant involving four to seven decks and is played by teams of two players. Two volunteers will be on hand to teach you the ropes of this fun and addicting game. Interested players should reach out to Stephanie at 203-834-6240.



Open Mah Jongg Wednesdays 9:30 –11:30 Lounge (Café March 6th 9:30)

Interested in a weekly game of American Mah Jongg? Come down to the Senior Center, Wednesdays 9:30 in our lounge. No partner needed. Please bring your own set. New to Mah Jongg? Call the Senior Center 203-834-6240 and we will connect you with someone who can teach you. No reservation required.



Book Discussion

Tuesday, March 26, 2024

Discussion Leader – Janet Krauss

Last Stories by William Trevor

This set of ten exquisite stories, posthumously published after the author's death in 2016, solidified Trevor's reputation as one of the greatest writers of short stories in the English language. Elegance and understatement mark his prose style and he often leaves his readers to ponder his characters' situations long after his sometimes ambiguous or enigmatic endings. He is a master at illuminating the human condition with his insightful characterizations. *Publisher's Weekly* wrote: "The stories are sharp and concise, containing whole lives in the span of just a few pages . . . Readers familiar with Trevor, who died in 2016, will find satisfying closure, and those new to his work will find reason to go back and explore his previous books.

Tuesday, April 23, 2024

Discussion Leader – Miwako Ogasawara

Sense and Sensibility by Jane Austen

Jane Austen's first novel was published anonymously in 1811, with the author on the title page listed as simply "By a Lady." It sold out its first print run within about a year and a second run immediately followed. In print continuously since then, it has been excerpted, abridged, illustrated, parodied, annotated, and translated countless times. It has been adapted numerous times for the theater, radio, television and film with perhaps the most notable example being the 1995 film starring Emma Thompson who also won the Oscar for Best Screenplay. Yale literary giant Harold Bloom was a major fan including an entire chapter on Austen in his book *The Western Canon* in which he wrote: "The art and passion of reading well and deeply is waning, but [Jane] Austen still inspires people to become fanatical readers."

RSVP 203-834-6240 Snacks included



Senior Social Group

Every Tuesday

11:00 Game Room

The Wilton Senior Center held an informational meeting on a New Senior Social Group in 2021 which led to a great turn out! This group will now meet every Tuesday at 11:00 in the Game Room. This group will be led by Lacey Bernier, MSW, and can discuss a wide range of topics that Wilton Senior

Residents are facing or interested in. This is the perfect group for people who are looking to start "somewhere" at the senior center! To learn more come by on Tuesdays!

AAA Driver Improvement Training

Friday March 22 2024

Friday April 19 2024

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

MARCH 2024

Monday

Tuesday

Wednesday

Thursday

Friday

Technology Help!



Join the Wilton High School HEAL Service Group, the second Tuesday 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. 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.

1

9:00 Billiards
9:00 Pickleball
10:00 Feldenkrais
10:00 Canasta
11:15 Tai Chi
12:00 Bridge
1:00 Open Bridge

4

9:00 Pickleball
10:45 Strength Training
11:30 Chair Yoga
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 & Crochet

6

9:00 Pickleball
9:30 Mah Jong
10:00 Open Bridge
10:00 Open Art
10:30 Tai Chi
10:30 African Culture Show
12:30 Better Balance & Strength
1:00 Duplicate Bridge

7

10:00 Yoga
11:15 Strength Training
11:15 Blood Pressure Clinic
12:00 Birthday Lunch with Ridgefield Station
12:45 Bingo with Chief Blanchfield

8

9:00 Billiards
9:00 Pickleball
10:00 Feldenkrais
10:00 Canasta
11:15 Tai Chi
12:00 Bridge
1:00 Open Bridge

11

9:00 Pickleball
10:45 Strength Training
11:30 Chair Yoga
12:30 Better Balance & Strength
1:00 Bridge

12

10:00 BeMoved!
11:15 Yoga
12:00 Duplicate Bridge
12:30 No Strength Training
12:30 Five Crowns
1:00 Studio Knitting & Crochet
3:30 Tech Help with HEAL

13

9:00 Pickleball
9:30 Mah Jong
10:00 Open Bridge
10:30 Tai Chi
12:30 Better Balance & Strength

14

10:00 Yoga
11:15 Strength Training
12:00 Lunch
12:45 Bingo

15

9:00 Billiards
9:00 Pickleball
10:00 Feldenkrais
10:00 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
2:00 SAHW Benefits of Music

19

10:00 BeMoved!
11:00 Social Group
11:15 Yoga
12:30 Strength Training
12:30 Five Crowns
1:00 Duplicate Bridge
1:00 Studio Knitting & Crochet

20

9:00 Pickleball
9:30 Mah Jong
10:00 Open Bridge
10:00 Open Art
10:30 Tai Chi
12:00 Ogden House Lunch
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
10:00 Canasta
11:15 Tai Chi
12:00 Bridge
1:00 Open Bridge

25

9:00 Pickleball
10:45 Strength Training
11:30 Chair Yoga
12:30 Better Balance & Strength
1:00 Bridge

26

10:00 BeMoved!
11:00 Book Discussion
11:15 Yoga
12:30 Five Crowns
12:30 Strength Training
1:00 Studio Knitting & Crochet

27

9:00 Pickleball
9:30 Mah Jong
10:00 Open Bridge
10:00 Open Art
10:30 Tai Chi
12:30 Better Balance & Strength


28

10:00 Yoga
No Strength Training
No Lunch or Bingo

29

Closed for Good Friday

April 2024

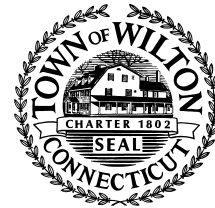
Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Pickleball 10:45 Strength Training 11:30 Chair Yoga 12:30 Better Balance & Strength 1:00 Bridge	2 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting & Crochet	3 9:00 Pickleball 9:30 Mah Jong 10:00 Open Bridge 10:30 Tai Chi 10:30 Open Art 12:30 Better Balance & Strength 1:00 Duplicate Bridge	4 10:00 Yoga 11:15 Strength Training 11:15 Blood Pressure Clinic 12:00 Birthday Lunch with Ridgefield Station 12:45 Bingo with Chief Blanchfield	5 9:00 Billiards 9:00 Pickleball 10:00 No Feldenkrais 10:00 Canasta 11:15 Tai Chi 12:00 Bridge 1:00 Open Bridge
8 9:00 Pickleball 10:45 Strength Training 11:30 Chair Yoga 12:30 Better Balance & Strength 1:00 Bridge	9 10:00 NO BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting & Crochet 3:30 Tech Help with HEAL	10 9:00 Pickleball 9:30 Mah Jong 10:00 Open Bridge 10:00 Garden Club 10:30 Open Art 10:30 Tai Chi 12:30 Better Balance & Strength	11 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo	12 9:00 Billiards 9:00 Pickleball 10:00 Feldenkrais 10:00 Canasta 11:15 Tai Chi 12:00 Bridge 1:00 Open Bridge
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22 9:00 Pickleball 10:45 Strength Training 11:30 Chair Yoga 12:30 Better Balance & Strength 1:00 Current Events Update with Mark Albertson 1:00 Bridge	23 10:00 BeMoved! 11:00 Social Group 11:00 Book Discussion 11:15 No Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting & Crochet	24 9:00 Pickleball 9:30 Mah Jong 10:30 Open Art 10:00 Open Bridge 10:30 No Tai Chi 12:30 Better Balance & Strength	25 10:00 No Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo	26 9:00 Billiards 9:00 Pickleball 10:00 Feldenkrais 10:00 Canasta 11:15 No Tai Chi 12:00 Bridge 1:00 Open Bridge
29 9:00 Pickleball 10:45 Strength Training 11:30 Chair Yoga 12:30 Better Balance & Strength 1:00 Bridge	30 10:00 BeMoved! 11:00 Social Group 12:30 Five Crowns 12:30 Strength Training 1:00 Studio Knitting & Crochet	<div>  <p> Open Canasta Fridays at 10 Canasta Lessons are over and there are fresh new players at the Wilton Senior Center. We will be opening our lounge 10-12 for Open Canasta (Four Tables). If you took the class or know canasta come check it out! 203-834-6240. </p> </div>		

Elderly and Disabled Renters Rebate Program

Applicants may be eligible for this program if they meet the following requirements:

- Applicant(s) are currently renting within the Town of Wilton.
- Applicant must be over the age of 65 years old by the end of the calendar year preceding the filing period
- OR applicant must be totally disabled (regardless of age). Current proof of disability will be required at the time of application.
- Applicant(s) must meet the income requirements for the year in which they are filing.

Elderly & Disabled Renters Rebate Program	
Income Limits for the 2023 Filing Year	
Marital Status	Maximum Income Limit
Married	\$53,400
Single	\$43,800



The filing period is between April 1st and October 1st. Applicants must file annually and provide the following documentation:

- Federal Income Tax Return. If you are not required to file a tax return, you will need to provide documentation of all income.
 - Social Security 1099 form.
 - Current proof of disability (If under age 65 years old).
 - Proof of all other income not included in the above documentation.
 - Proof of rent and utility payments made for the calendar year prior to the filing year.
- Eligible applicants who apply between April 1st, 2024 and October 1st, 2024 will receive a check sent from the State of Connecticut. Typically these checks would arrive by the end of December 2024.

Tax Relief Elderly & Disabled Homeowners Program Information:

Those applying for tax relief can apply starting February 2024 to May 15 2024
Applications will be made at Wilton Assessor's Office 238 Danbury Road, Wilton, CT 0689 Between the hours of 9:00am to 4:00pm
Applicants may be eligible for this program if they meet the following requirements:

- Resided in the Town of Wilton for at least one year prior to his or her application.
- Has been a taxpayer of the Town of Wilton for at least one year immediately preceding the receipt of tax relief.
- The real property for which the tax relief is being claimed MUST be the principal residence of the applicant.
- Applicant must be over the age of 65 years old by the end of the calendar year preceding the filing period OR applicant must be totally disabled (regardless of age). Current proof of disability will be required at the time of application.
- Applicant must meet the income requirements for the year in which they are filing.

Income Limits for the 2023 Grand List

Marital Status	Maximum Income Limit
Married & Single	\$101,450

The filing period is between February 1st and May 15th. Applications are available as of February 1st. Applicants must file annually in order to maintain eligibility. In order to apply applicants must provide the following documentation:

- Federal Income Tax Return. If you are not required to file a tax return, you will need to provide documentation of all income.
- Social Security 1099 form.
- If under age 65 years old and social security disabled, you will also need current proof of disability from social security.
- Schedule A from Federal Tax Return, if applicable.
- Copy of any other income not included in the above documentation.

Applicants have the option of applying for a tax credit and/or a deferral. Eligible applicants who file between February 1st and May 15th will receive the tax credit on their real estate tax bill in July 1st bill.

Please call 203-563-0121 for more information

FREE ACTIVITIES AT THE SENIOR CENTER

All exercise classes are walk in only, no reservation required!

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

Significantly improve your posture, balance and strength with proper form as the focus.

All Levels Welcome! Instructor Lisa Thompson

STRENGTH TRAINING NO CLASS 3/12 3/28

Mondays 10:45 Tuesdays 12:30 Thursdays, 11:15

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 NO CLASS 4/23 4/25

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 4/9

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 NO CLASS 4/24 4/26

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 3/22 4/5

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 & CROCHET

Tuesdays 1:00 Café

Join fellow knitters (or Crocheter) 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 **No Bingo 3/21 3/28 4/18**

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 Tamayo 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*

**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, LMSW.....203-834-6240
Assistant Director of Social Services
- Lauren Hughes LCSW.....203-834-6238
Coordinator, Senior Services
- Trinity Haswell, LCSW203-834-6241
Youth Services Coordinator
- Debbie Wolyniec BBA.....203-834-6238
Administrative Manager
- 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