



# CORRIDORS



## Drive-thru Luncheon

Friday March 18th 11-12:00

Friday April 22nd 11-12:00

Front entrance of Comstock

Enjoy a beautiful lunch prepared by the

Village Market. March will be a beef casserole with side salad and dessert. April's lunch will be celebrating Earth Day! The lunch will consist of a vegetable quiche, salad with dessert. Lunch will be sponsored by RVNA Health.

RSVP by March 13th and April 18th to 203-834-6240 Respectively.

**rYnaHEALTH™**

For Lifelong Care & Wellness

### Are You OK? (RUOK)

Are you OK? Is an expression of concern voiced by friends and relatives and it gives us all peace of mind. We know we are not alone, when someone is looking out for our well-being. But who calls and asks "are you ok?" when loved ones aren't around?

### What is it?

RUOK is a free service offered by the Wilton Police Department where a daily phone call will be placed to check on your well-being and safety. The RUOK system eases the concern of friends and relatives, who may find it difficult to maintain reliable contact.

### How does it work?

Between the hours of 8am and 10am, you will receive a call from an automated system saying "Are you ok today?". If you answer "yes" the system will know there is no need for follow up contact. If you do not answer or the line is busy, RUOK will call back a second time. If there is no answer, Wilton police will be notified.

### Who is eligible?

This free service is available to Wilton residents over the age of 60 or Wilton residents who are homebound or medically disabled (either permanently or on a long-term basis regardless of age.)

How do I enroll, change, or stop the RUOK service?

To enroll, change, or discontinue RUOK service, contact Captain Thomas Conlan at the Wilton Police Department at 203-834-6256.



## How Lucille Ball Became The Most Powerful Businesswoman in Hollywood

Wednesday, April 6th at 11:00 Lounge

Come discuss the personal life and career of the most powerful woman in Hollywood, Lucille Ball. Also discuss her upcoming films, CBS radio series "Let's Talk To Lucy", and many more of her classic works! Event facilitated by Wilton resident Evan Weiner. Please RSVP by calling the Senior Center at 203-834-6240.



### 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 March 14. Registration begins February 16th. If you have questions about Lifetime Learners Institute, please contact them by phone 203-857-3330 or email at [llearner@ncc.commnet.edu](mailto:llearner@ncc.commnet.edu) or go to [lifetimelearners.org](http://lifetimelearners.org).



### Tax Update

Need help with your taxes? You may be eligible for free tax help. Please check out: VITA

Volunteer Prepared Taxes or AARP:

[taxaide.aarpfoundation.org](http://taxaide.aarpfoundation.org). One alternative is Simplify CT (part of the IRS Volunteer Income Tax Assistance, VITA Program) offers free tax preparation services both

online and in-person. In-person appointments include locations in Darien, New Canaan, Norwalk, South Norwalk and Westport Check out their website at <https://simplifyct.org/ez-tax-prep/> or call 860-590-8910 to make an appointment.



## The Space Race: Getting to the Moon, A Tale of the Cold War, Bringing Nazis to America, and Cutting Corners Wednesday March 9th at 11:00

Join us in the Senior Center to discuss man's journey to the moon and the history of space travel, war times, and historical events! On July 20, 1969, Neil Armstrong popped up a hatch and went down a ladder. In seconds, he put his foot on the moon. It was the culmination of what President John F. Kennedy wanted in 1961. A man on the moon. But the space programs rooted went back to World War II. America accepted Nazi Germany scientists and eventually started work on a program to explore space. The space program and space race took place during the Cold War between the US and USSR. There were many successes and failures including the Apollo 1 spacecraft command module catching fire on the launch pad in 1967 killing three astronauts. Man would visit the moon five more times after Apollo 11. The last trek was in 1972. The Wilton Senior Center is offering *The Space Race: Getting to the Moon, A Tale of the Cold War, Bringing Nazis to America and Cutting Corners*, Wednesday March 9th at 11. This event will be facilitated by Wilton resident Evan Weiner. Please call 203-834-6240 to RSVP.



### What's Available for Seniors at the Wilton YMCA?

**Tuesday March 22, 2:00-3:00**

Join us at the Wilton YMCA for a tour of the facility with a special emphasis on the offerings and opportunities for seniors. Please meet in the lobby of the YMCA. Contact Janet Johnson at 203-762-2600 to RSVP.



### Stay Young at Heart Tuesday March 29th 3:00-4:30 at Comstock



Cardiologist Dr. Ralph Kirmser & Dietitian & Nutritional Educator Monica Marcello will discuss the importance of cholesterol and triglycerides for cardiovascular health, how medical therapy can prevent heart attack and stroke, and The Mediterranean diet. Q+A will follow. Please call Janet Johnson at 203-762-2600 to RSVP.

**rYnaHEALTH™**  
For Lifelong Care & Wellness

### Prospective Member & Volunteer Brunch March 24th 10:30-12



Stay at Home in Wilton is a non-profit volunteer-run organization offering Wilton seniors supportive services and resources, along with social and educational programs. There is

no charge for the brunch. Contact Janet Johnson by March 21st, to RSVP at 203-762-2600.

WEPCO 48 New Canaan Road  
Www.stayathomeinwilton.org



WILTON LIBRARY



### Genealogy: Explore Your Family History Wednesday April 13 2:00-3:00

Join SAHW in the History Room at the Wilton library for an introduction to the resources that are available. Learn how to trace your family history. The library staff will walk participants through the genealogy of one of SAHW's own members. Contact Janet Johnson at 203-762-2600 to RSVP.



### Intergenerational Social Outreach

The Concordium, Fairfield University Chapter, is a student-led organization that hopes to build intergenerational friendships by pairing seniors with college students for monthly or weekly phone calls! This program pairs students to a member of the community through a careful pairing process and then the phone calls will begin shortly thereafter!

If you are interested in becoming a part of the Concordium, please call them directly at (203) 307-0341.



## Book Event: JFK'S Secret Doctor

(Simon & Schuster)

**Friday, March 11th at 10:30**

Join local author, Susan E.B. Schwartz (known in Wilton as Susan Schaller), for a panel and Q+A of her first book, the biography of Dr. Hans Kraus, interweaving his true life adventures in the mountains as one of the great American adventurers of the 20th century along with his medical breakthroughs and pioneering work in understanding and treating pain — including solving the never before told story of what really was wrong with President Kennedy's health. Please RSVP by calling the Senior Center at 203-834-6240.

**AAA Driver Improvement Course**  
**Friday, March 11th 8:30am—12:30pm**  
**Friday, April 22nd 8:30am -12:30pm**

The Driver Improvement Program is aimed at experienced drivers who wish to improve their driving skills and review defensive driving basics. Comstock Community Center, Room 31. Please bring a pencil or a pen. There is no charge; please register by calling AAA at 1-866-901-8457 or go to <https://dip.northeast.aaa.com/DIP/classinfo.aspx> to register online (Choose Connecticut, Fairfield County, choose Comstock Community Center and then continue to follow the online registration process).

## Strength Training with....Lisa!

**Mondays 12:10**

## Strength Training with Stephanie

**Tuesdays 12:20 Thursdays 11:15**

Continue Strength Training with Lisa while Stephanie is back. Certified Instructor Lisa Thompson will be continuing Monday strength training class. Stephanie will resume her Tuesday Thursday 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.



## Senior Social Group

**Every other Tuesday**  
**11:00 Café**

The Wilton Senior Center held an informational meeting on a New Senior Social Group on November 9th, 2021 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, MSW, and can discuss a wide range of topics that Wilton Senior Residents are facing or interested in. To learn more come by on Tuesdays! Please RSVP by calling the Senior Center at 203-834-6240.



## Book Discussion

**Tuesday, March 22, 2022**

**Discussion Leader – Janet Krauss**

***The Cove* by Ron Rash**

Contemporary novelist Ron Rash takes us back to the Appalachian world that he conjured up so evocatively in his previous and acclaimed bestseller *Serena*. *The Cove* is a love story and a tale of mystery taking place in an otherworldly backwoods setting against the backdrop of World War One. It intertwines elements of natural beauty with themes of superstition, fear and almost Gothic tragedy all recounted with a poignant Southern voice unique to Rash's literary style. The *Asheville Citizen-Times* wrote: "Rash masterfully poises suspense elements and gives full reign to other strengths: language, awe, symbolism, cast of characters and mountain knowledge...[He] has found a subject that compellingly represents his vision—beauty shadowed by foreboding; and he's made it symphonic." Please RSVP by calling the Senior Center at 203-834-6240. A box lunch will be provided to all who RSVP no cost—please RSVP by the 18th to secure a lunch.

**Tuesday, April 26, 2022**

**Discussion Leader – Mike Hess**

***The Moon is a Harsh Mistress* by Robert Heinlein**

Following our engaging discussion in January of *The Space Barons*, Mike Hess will lead a discussion of one of the classics of speculative fiction written by one of the titans of the genre, Robert Heinlein. Written in 1966, Heinlein gives us a fast-paced novel about the rebellion of a 21st-century lunar colony against the abusive, absentee government of Earth. At the peak of his powers, Heinlein presents a fully imagined vision of human societies living on both the moon and the earth as well as their social, economic and ultimately military interactions. There's even a highly advanced computer named Mike who wakens to artificial intelligence to play a major role in the plot. The book won the Hugo Award for Best Novel and amidst nearly unanimous acclaim, Carl Sagan said that the book had "useful suggestions for making a revolution in an oppressive computerized world." Please RSVP by calling the Senior Center at 203-834-6240. A box lunch will be provided at no cost to all who RSVP. Please RSVP by April 22nd to secure a lunch.

# MARCH 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Become a subscriber of Wilton Senior Center updates: Go to: <a href="http://www.wiltonct.org/subscribe">www.wiltonct.org/subscribe</a></p>	<p><b>1</b> 9:00 Billiards <b>10:00 No BeMoved!</b> 11:15 Yoga 12:20 Strength Training 12:30 Five Crowns 1:30 Mah Jongg</p>	<p><b>2</b> 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi 1:00 Duplicate Bridge 1:00 Mah Jongg</p>	<p><b>3</b> 10:00 Yoga 11:00 Blood Pressure Clinic 11:15 Strength Training <b>1:30 Bingo with Chief Blanchfield</b></p>	<p><b>4</b> 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge</p>
<p><b>7</b> 12:10 Strength Training 1:00 Bridge</p>	<p><b>8</b> 9:00 Billiards 10:00 BeMoved! 11:15 Yoga 12:20 Strength Training 12:30 Five Crowns 1:00 "Group of Four" Bridge 1:30 Mah Jongg</p>	<p><b>9</b> 10:00 Open Bridge <b>11:00 Space Race Talk</b> 10:00 Pickleball 10:30 Tai Chi 1:00 Mah Jongg</p>	<p><b>10</b> 10:00 Yoga 11:15 Strength Training 1:30 Bingo</p>	<p><b>11</b> 9:00 Billiards 10:00 Feldenkrais <b>10:30 JFK Secret Doctor</b> 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge</p>
<p><b>14</b> 12:10 Strength Training 1:00 Bridge</p>	<p><b>15</b> 9:00 Billiards 10:00 BeMoved! 11:15 Yoga 12:00 Duplicate Bridge 12:20 Strength Training 12:30 Five Crowns 1:30 Mah Jongg</p>	<p><b>16</b> 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi 1:00 Mah Jongg</p>	<p><b>17</b> 10:00 Yoga 11:15 Strength Training 1:30 Bingo</p>	<p><b>18</b> 9:00 Billiards 10:00 Feldenkrais <b>11:00 Drive Thru Event</b> 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge</p>
<p><b>21</b> 12:10 Strength Training 1:00 Bridge</p>	<p><b>22</b> 9:00 Billiards 10:00 BeMoved! 11:00 Book Discussion 11:15 Yoga 12:20 Strength Training 12:30 Five Crowns 1:00 "Group of Four" Bridge 1:30 Mah Jongg</p>	<p><b>23</b> 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi 1:00 Mah Jongg</p>	<p><b>24</b> 10:00 Yoga 11:15 Strength Training 1:30 Bingo</p>	<p><b>25</b> 9:00 Billiards 10:00 Feldenkrais <b>10:00 Brain Games</b> 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge</p>
<p><b>28</b> 12:10 Strength Training 1:00 Bridge</p>	<p><b>29</b> 9:00 Billiards 10:00 BeMoved! 11:15 Yoga 12:30 Five Crowns 1:30 Mah Jongg</p>	<p><b>30</b> 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi 1:00 Mah Jongg</p>	<p><b>31</b> 10:00 Yoga 11:15 Strength Training 1:30 Bingo</p>	

# April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center"><b>Senior Center Pickleball Wednesdays 10-12</b></p> <p>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.</p>				<p><b>1</b> 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge</p>
<p><b>4</b> 12:10 Strength Training 1:00 Bridge</p>	<p><b>5</b> 9:00 Billiards 10:00 BeMoved! 11:15 Yoga 12:30 Five Crowns 1:00 "Group of Four" Bridge 1:30 Mah Jongg</p>	<p><b>6</b> 10:00 Open Bridge <b>11:00 Lucile Ball Talk</b> 10:00 Pickleball 10:30 Tai Chi 1:00 Mah Jongg</p>	<p><b>7</b> 10:00 Yoga 11:15 Strength Training <b>1:30 Bingo with Chief Blanchfield</b></p>	<p><b>8</b> 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge</p>
<p><b>11</b> 12:10 Strength Training 1:00 Bridge</p>	<p><b>12</b> 9:00 Billiards 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 1:30 Mah Jongg</p>	<p><b>13</b> 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi 1:00 Mah Jongg</p>	<p><b>14</b> 10:00 Yoga 11:15 Strength Training 1:30 Bingo</p>	<p><b>15</b>  <b>The Senior Center is closed for Good Friday</b></p>
<p><b>18</b> 12:10 Strength Training 1:00 Bridge</p>	<p><b>19</b> 9:00 Billiards 10:00 BeMoved! 11:15 Yoga 12:30 Five Crowns 1:00 "Group of Four" Bridge 1:30 Mah Jongg</p>	<p><b>20</b> 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi 1:00 Mah Jongg</p>	<p><b>21</b> 10:00 Yoga 11:15 Strength Training 1:30 Bingo</p>	<p><b>22</b> 9:00 Billiards 10:00 Feldenkrais <b>11:00 Drive Thru</b> 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge</p>
<p><b>25</b> 12:10 Strength Training 1:00 Bridge</p>	<p><b>26</b> 9:00 Billiards 10:00 BeMoved! <b>11:00 Book Discussion</b> 11:15 Yoga 12:30 Five Crowns 1:00 "Group of Four" Bridge 1:30 Mah Jongg</p>	<p><b>27</b> 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi 1:00 Mah Jongg</p>	<p><b>28</b> 10:00 Yoga 11:15 Strength Training 1:30 Bingo</p>	<p><b>29</b> 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge</p>





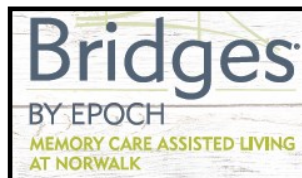
**Wilton Garden Club  
Garden Therapy Workshop  
Wednesday, March 16th at 10:00 am  
Comstock Room 30**

Please join us in celebrating St. Patrick's Day a day early! You will be designing and creating a garden themed St. Patrick's Day decoration for your home. Leprechauns are hard at work looking for materials for your magical creations! This program is free of charge but reservations are required. All materials are provided and garden club members will be on hand to assist you. Please RSVP to Mary Otocka at 203-414-5277 or [maryotocka@gmail.com](mailto:maryotocka@gmail.com).



**Brain Games  
Friday, March 25th at 11:00  
Lounge**

Please join Bridges by EPOCH staff here at Comstock for trivia and other brain games to keep the brain stimulated and healthy! RSVP 203-834-6240



**Bridges by EPOCH at Norwalk continues to offer their programs virtually via Zoom.**

Virtual Dementia Education is facilitated by Alicia Seaver, Certified Memory Impairment Specialist with Bridges.

Thursday, March 10<sup>th</sup> at 11am— “Meaningful Activities to do with your Loved One”

Thursday, March 24<sup>th</sup> at 11 am and 7 pm we have “Family Dynamics and Spousal Stress.”

Our Monthly Caregiver Support Group is on Tuesday, March 15<sup>th</sup> at 11 am.

Our Early Stage Support Group (designed for the person with a diagnosis of dementia to share with others how they are feeling and to get tips from others in the group) is on Wednesday, March 23<sup>rd</sup> at 4:30 pm.

**To register for any of these programs, please call Christy Perone, Senior Advisor at Bridges by EPOCH at Norwalk at 203-523-0510.**



**Annual Town Voter Canvas 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 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 canvas, 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 Thursday 9:00-3:00 p.m. **Please call 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



**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**

### **STRENGTH TRAINING**

Mondays 12:10-12:30 Tuesdays 12:20 –12:50 Thursdays 11:15-11:45 Free

Certified Instructor Lisa Thompson will be continuing her Monday strength training class. Stephanie will start back up her Tuesday Thursday 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

#### **No Bemooved! March 1st**

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 Helie, 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 resuming March 4th**

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. Chief Blanchfield will be calling the first Thursday of every month!

### **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.

### **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 2nd, 3rd and 4th 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!!)**

*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**

U.S. POSTAGE PAID  
PERMIT NO. 11  
WILTON, CT



## Come to the RVNAhealth Wellness Fair Saturday, May 7th

The RVNAhealth Wellness Fair is an opportunity to get caught up on important health screenings like hearing, vision, skin, feet, gait analysis, cholesterol, glucose, balance, blood pressure, anemia, carotid artery... and more.

No co-pay, no insurance cards, no appointments necessary!  
For additional information, visit [rvnahealth.org](http://rvnahealth.org) or call 203.438.5555.

**Saturday, May 7 | 10:00 am - 2:00 pm**  
**East Ridge Middle School**  
**10 East Ridge Road, Ridgefield, CT**

**rvna**  
**HEALTH™**  
For Lifelong Care  
& Wellness