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St. Patrick's Day Luncheon and Concert Friday March 17th 11 a.m.—1 p.m.

Sunrise of Wilton invites the Wilton Senior Center to join them for an afternoon of St. Patrick's day fun. Join us at 11:00 am to enjoy a performance by local Irish Step Dancers and pipers, and stay for a traditional St. Patrick's day meal immediately following the performance. RSVP to 203-834-6240 by March 10th Sunrise is located at 211 Danbury Rd

Free Tax Help Available at the Senior Center

The AARP Tax Aid Program provides income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 60 and older.

Volunteers from AARP will be at the Senior Center on Monday, April 10th from 9:00 a.m. until noon to assist in tax preparation. While there are no appointment times we do ask that you call to confirm interest so we can appropriately staff the amount of volunteers.



Please call 203-834-6240 by March 31st

In order to prepare for your visit, keep in mind the following tips:

☐ If married, both husband and wife must be present during an income tax counseling session.

Taxpayers must bring all the documents they have received which apply to their 2022 income taxes including:

- ☐ Copies of 2022 income tax returns.
- ☐ Social Security or Individual Taxpayer ID numbers for all household members and personal photo identification.
- ☐ A blank check with a routing number for a direct de-posiit refund request.
- ☐ All documents that relate to deductible expenses.
- ☐ All 2022 income report forms that have been received such as:
 - ☐ SSA-1099, Social Security Benefit State-ment, and RRB-1099-R, US Railroad Retire-ment Board forms.
 - ☐ All 1099 forms (1099-INT, 1099-OID, 1099-DIV, 1099-R, 1099-B, 1099-S, 1099-MISC).
 - ☐ W-2, Wage and Tax Statement forms.
 - ☐ W-2G, Certain Gambling Winnings forms.
 - ☐ Original cost of assets sold during 2022.

Sessions will take place in the Senior Center Technology Room. Follow the signs .



Chess Basics

Tuesdays starting March 7th 10-11 Game Room

Are you itching to play a game of chess but don't know anyone else who plays? Join us Every Tuesdays 10-11 in our game room for Chess. Need to brush up on Chess Rules? A Volunteer will be on hand to play/ help participants brush up on the basics. For any questions please call 203-834-6240.



Birthday Lunches are back!

First Thursday of Every Month 12:00 Café starting March 2nd

Sunrise Senior Living 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.



Benefits of Music for Brain Health

Wednesday, March 8, 2 pm

Please 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 Group music-making activities No previous musical experience is necessary. **RSVP to 203-834-6240**

Comfort Keepers

Sponsor Bingo Second Thursday of Every Month

Comfort Keepers will be sponsoring the second Bingo of every month (excluding March). Winner of the final round will receive a lovely gift basket. Bingo is every Thursday at 12:45 in our game room.



Lunch at Brookdale Thursday March 9th 12:00

Join Brookdale on Thursday March 9th for a lovely lunch prepared by their in house chef. You will receive a tour of the grounds and have a three course meal. To RSVP please call 203-834-6240.

This program is free.

Brookdale is located at 96 Danbury Rd in Wilton.



Ogden House Spring Lunches

Wednesday March 15th April 19th 12:00

Ogden House 100 River Rd Wilton

The Wilton Congregational Church is back!

They will be cooking Wednesday March 15th and Wednesday April 19th 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.



Newsletter Update

Starting this May, this newsletter will be published in quadimesters. (every four months) and will be mailed to Wilton Residents over the age of 70 who are registered to vote. Additionally, The Wilton Corridors will now be called "**Wilton Senior News**" and divided into Spring/ Summer, Fall and Winter Editions. You can also become a subscriber and receive the newsletter and updates online by going to

<https://www.wiltonct.org/subscribe>, Enter your email address in, Check off "Senior Center", Check off "I'm not a Robot" and then Click 'Subscribe me!'

For any questions please give the senior center a call at 203-8234-6240.



**You're as young as
you feel!**
**Wednesday April 12th
10:30**

Join Physical Therapist
Robert Moore talk about
navigating the challenges of arthritis on a daily
basis. This will be a 20 minute lecture with 10
Minute demonstration followed by a 15 minute
Q&A Session. RSVP at 203-834-6240.

Book Discussion



Tuesday, March 28, 2023 11-12 Game Room
Discussion Leader – Janet Krauss

***The Great Gatsby* by F. Scott Fitzgerald** F. Scott Fitzgerald's *The Great Gatsby* was a literary hit but a commercial dud when first published in the 1920s and the author unfortunately did not live long enough to see his book revived and taken up to the summit of literary Mount Olympus in the 1940s. Indeed, a serious contender for the "Great American Novel," it landed at #2 on the Modern Library's list of the 100 greatest 20th-century English-language novels just after Joyce's *Ulysses*. Aside from being a brilliant novel, it also spawned multiple adaptations including three films: first with Alan Ladd, and then Robert Redford, and most recently Leonardo Di Caprio in the title role. T.S. Eliot wrote to Fitzgerald about the book: "it has interested and excited me more than any new novel I have seen, either English or American, for a number of years...In fact it seems to me to be the first step that American fiction has taken since Henry James."

Tuesday, April 25, 2023 11-12 Game Room
Discussion Leader – Miwako Ogasawara
***Old New York: Four Novellas* by Edith Wharton** Edith Wharton followed up her Pulitzer Prize-winning novel *The Age of Innocence* with *Old New York: Four Novellas*, a set of four novellas set in that novel's same time and place. Indeed, some of the characters from the earlier novel overlap in these stories. Each novella corresponds to a decade with the set spanning the 1840s through the 1870s. These novellas are more like character studies in which the characters and their relationships to each other and to society at large are brought under the scrutiny of Wharton's acute social-critical sense. Although comments on all four novellas are welcome, we will focus our discussion on the second one titled "The Old Maid" which was adapted as a 1939 film starring Betty Davis. Gore Vidal has said that "there are only three or four American novelists who can be thought of as 'major' -- and Edith Wharton is one."
RSVP 203-834-6240 Lunch is included

Spring Garden Therapy Workshop Wednesday, April 5th 10:00 to 12:00 Comstock, Room 30

Spring is here and the Wilton Garden Club is delighted to invite you to join us at our Spring Fling workshop. You will be making spring flower arrangements to enjoy at home. Whether you celebrate Easter, Passover or just the season itself, you will engage your creative talents while working with flowers.

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.

Reservations are required.

Please RSVP to Mary Ostocka

at maryotocka@gmail.com or

203-414-5277

My Story as an Heirloom

Wednesday April 5th 1:30 Room 8



An interactive writing workshop introducing the sharing of memories to pass on to friends and family.


Participants will learn how to organize their remembrances thematically. We will read and analyze together three autobiographical poems by well known poets and authors. Everyone will create their own biopoem following a simple template. Participants will come away feeling empowered to begin their own legacy writing project.

Please RSVP to this event but Walk-ins are welcomed 203-834-6240.

Wilton Go Green Community Celebration

Join us at the Wilton Library on Tuesday, April 18th 6:30pm - 8:30pm as we recognize and celebrate the work so many of our friends and neighbors do to encourage and support a sustainable community. Light refreshments will be served. More details to follow.

MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Technology Help! 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. 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>		<p>1 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:00 Duplicate Bridge 12:30 Strength Training</p>	<p>2 10:00 Yoga 11:00 Blood Pressure Clinic 11:15 Strength Training 12:00 Birthday Lunch with Sunrise 12:45 Bingo with Chief Blanchfield 1:15 Matter of Balance</p>	<p>3 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge</p>
<p>6 9:00 Pickleball 12:30 Strength Training 1:00 Bridge 2:00 Tai Qi Quan</p>	<p>7 10:00 NO BeMoved! 10:00 Chess Basics 11:00 Social Group 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns</p>	<p>8 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Strength Training 2:00 Tai Qi Quan 2:00 Benefits of Music</p>	<p>9 10:00 Yoga 11:15 Strength Training 12:00 Lunch at Brookdale No Bingo 1:15 Matter of Balance 3:30 Tech Help with HEAL</p>	<p>10 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge</p>
<p>13 9:00 Pickleball 12:30 Strength Training 1:00 Bridge 2:00 Tai Qi Quan</p>	<p>14 10:00 BeMoved! 10:00 Chess Basics 11:15 Yoga 12:00 Duplicate Bridge 12:30 Strength Training 12:30 Five Crowns</p>	<p>15 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:00 Ogden House Luncheon 12:30 Strength Training 2:00 Tai Qi Quan</p>	<p>16 10:00 Yoga 11:15 Strength Training No Lunch or Bingo 1:15 Matter of Balance</p>	<p>17 9:00 Billiards 10:00 Feldenkrais 11:00 Lunch at Sunrise 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge</p>
<p>20 9:00 Pickleball 12:30 Strength Training 1:00 Bridge 2:00 Tai Qi Quan</p>	<p>21 10:00 Chess Basics 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 "Group of Four" Bridge 1:30 Mah Jongg</p>	<p>22 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Strength Training 2:00 Tai Qi Quan</p>	<p>23 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo 1:15 NO Matter of Balance</p>	<p>24 9:00 Billiards 10:00 NO Feldenkrais 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge</p>
<p>27 9:00 Pickleball 12:30 Strength Training 1:00 Bridge 2:00 Tai Qi Quan</p>	<p>28 10:00 Chess Basics 10:00 BeMoved! 11:00 Book Discussion 11:15 Yoga 12:30 Five Crowns 12:30 Strength Training 3:00 SAHW Event</p>	<p>29 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Strength Training 2:00 Tai Qi Quan</p>	<p>30 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo 1:15 Matter of Balance</p>	<p>31 9:00 Billiards 10:00 NO Feldenkrais 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge</p>

April 2023

Monday

Tuesday

Wednesday

Thursday

Friday

Have you heard the news? The Town of Wilton Food Scrap Recycling Pilot Program started!

More than ¼ of the solid waste in the state is food with the average family throwing out 1 in every 4 bags of groceries. Our food scraps can all be used for good — an outsized reduction in greenhouse gas emissions and rich soil returned to the earth to nourish our planet. Residents can participate in this program at the Wilton Transfer Station by collecting their food scraps at home and dropping them off in the designated bins. The pilot program allows residents to recycle ALL their food scraps including meats, cheeses, bones, fish and more! Residents can choose to purchase a starter kit to help with collection and transfer from the Town Clerks office for \$20. A starter kit is not required to participate. A resident is required to have a Transfer Station vehicle sticker. No tickets are required. To learn more go to <https://wiltongogreen.org/food-scrap-recycling/> or call the Town of Wilton Department of Public Works at 203-563-0152.

9:00 Pickleball 12:30 Strength Training 1:00 Bridge 2:00 Tai Qi Quang	10:00 BeMoved! 10:00 Chess Basics 11:00 Social Group 11:15 Yoga 12:30 Five Crowns 1:00 "Group of Four" Bridge 1:00 Studio Knitting	10:00 Open Bridge 10:00 Garden Club 10:00 Pickleball 10:30 Tai Chi 12:00 Duplicate Bridge 12:30 Strength Training 1:30 Legacy Workshop 2:00 Tai Qi Quan	10:00 Yoga 11:15 Blood Pressure Clinic 11:15 Strength Training 12:00 Birthday Lunch with Sunrise 12:45 Bingo with Chief Blanchfield	The Senior Center is closed for Good Friday
10 9:00 AARP Tax Assistance 9:00 Pickleball 12:30 Strength Training 1:00 Bridge 2:00 Tai Qi Quan	11 10:00 BeMoved! 10:00 Chess Basics 11:15 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Studio Knitting	12 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 10:30 Arthritis Talk 12:30 Strength Training 2:00 Tai Qi Quan	13 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo 3:30 Tech Help with HEAL	14 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
17 9:00 Pickleball 12:30 Strength Training 1:00 Bridge 2:00 Tai Qi Quan	18 10:00 BeMoved! 10:00 Chess Basics NO Yoga 11:00 Social Group 12:30 Five Crowns 12:30 Strength Training 1:00 Studio Knitting	19 9:00 Pickleball 10:00 Open Bridge NO Tai Chi 12:00 Ogden House Luncheon 12:30 Strength Training 2:00 Tai Qi Quan	20 NO Yoga 11:15 Strength Training No Lunch or Bingo	21 9:00 Billiards 10:00 Feldenkrais No Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
24 9:00 Pickleball 12:30 Strength Training 1:00 Bridge 2:00 Tai Qi Quan	25 10:00 BeMoved! 11:00 Book Discussion 11:15 Yoga 12:30 Five Crowns 12:30 Strength training 1:00 Studio Knitting 3:00 SAHW Event	26 9:00 Pickleball 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi 12:30 Strength Training 2:00 Tai Qi Quan	27 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo	28 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge



Tax Relief Elderly & Disabled Homeowners Program Information:

Those applying for tax relief can apply starting February 2023 to May 15 2023

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 2022 Grand List

Marital Status	Maximum Income Limit
Married & Single	\$93,280

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



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

Alicia Seaver, Certified Dementia Specialist with Bridges, facilitates both the dementia education and the caregiver support group. She is available to answer questions after the education session.

The next dementia education session is:

Ethics of Fibbing at 11 am on Thursday, March 16th

Here is our link to register:

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

The next caregiver support groups are:

Monday, March 6th at 7 pm

Tuesday, March 21st at 11 am

Here is our link to register:

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

In Person Event at Bridges: Kristen Cusato with the Alzheimer's Association will be presenting an update on Alzheimer's Research. Thursday, March 23rd at 5 pm for light dinner and 5:30 pm for the presentation at 123 Richards Ave. Norwalk. RSVP to Christy Perone at 203-767-4502.



Senior Social Group 1st and 3rd Tuesday 11:00 Café

The Wilton Senior Center held an informational meeting on a New Senior Social Group in 2021 which lead to a great turn out! This group will now meet 1st and 3rd 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!

FREE ACTIVITIES AT THE SENIOR CENTER

MOVING BETTER BALANCE: TAI QI QUAN

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 12:30 Wednesdays 12:30 with Lisa

Tuesdays 12:30 Thursdays, 11:15 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. **No Class 4/18 4/20**

Broderick Heile will conduct a gentle yoga class that warms up your joints, stretches and strengthens your muscles and helps posture and focus

BEMOVED! 3/7

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

Wednesdays, 10:30-11:30 Fridays 11:15-12:15 **No Class 4/19 4/21**

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 3/24 3/31 4/7**

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 **No Bingo 3/9 3/16**

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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SAVE THE DATE ...

48th Annual RVNAhealth Wellness Fair



Saturday, March 25, 2023
9:00am - 12:00pm
East Ridge Middle School
10 East Ridge Road, Ridgefield, Connecticut

The Annual RVNAhealth Wellness Fair is a mission-driven community event that provides expertise from Head-To-Toe. Join us for this FREE educational health event!

Screenings expected to be offered: Anemia, Balance, Blood Pressure, Carotid Artery, Cholesterol, Glucose, Grip Strength, Hearing, Pulse Oxygen levels, Range of Motion Screening, Skin Cancer Screening, Vision, Vein Screening and much more . . .

To [pre-register](#), scan the QR code. Registration not required.
For more information visit RVNAhealth.org

