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Thanksgiving Drive-Thru



**Wednesday November 17th 2021
11:00– 12:00**

Enjoy a delicious ham and scalloped potato dinner prepared by the Village Market in the spirit of Thanksgiving! This meal is being sponsored by *Bridges by Epoch*. Drive up to the main entrance at Comstock Community Center where volunteers from organizations will pass along the meal! For Reservations please call 203-834-6240 or email Stephanie at Stephanie.Rowe@wiltonct.org.

Holiday Extravaganza



Friday December 10th 11:00-12:00

Join us in our Holiday Drive Thru Friday December 10th 11:00-12:00 sponsored by the Wilton Rotary Club. Wilton Seniors will receive a pre-cooked entrée from the Village Market. Drive up to the main entrance at Comstock Community Center, 180 School Rd and be greeted by the Rotary Club. Reservation is required for this event. Please RSVP to the senior center at 203-834-6240.

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 starts in November and applications can be taken through May 1. Appointments will be available in person, via phone or mail Monday through Thursday 9:30-3:00 p.m. Please call Stephanie Rowe, at 203-834-6240 for

questions regarding documentation requirements or to make an appointment. Starting the Week of November 29th please call Trinity Haswell at 203-834-6241 for 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

Medicare Part D Appointments

This year we will be offering appointments in-person at the Comstock Community Center with our CHOICES volunteer Ellen Abend on Tuesdays and Thursdays from October 19th thru December 7th. Appointments will be available from 10 AM to 2 PM.

If you are not comfortable with coming into the Center, a telephone appointment with Ellen can be scheduled. Ellen will review your current Medicare Part D plan to see if that plan remains the best for 2022 or if you will be better served by switching plans.

It is strongly recommended that you review your plan annually as plan coverage and drug costs often change for the coming year.

In order to schedule an appointment, please call Lauren Hughes or Deborah Wolyniec at 203-834-6238.

If you are not able to schedule an appointment, any time between October 15 and December 7, you can call the Southwest Connecticut Agency on Aging (SWCAA) at 203-333-9288 and ask to speak with a CHOICES counselor. You can also go online to the [Medicare.gov](https://www.medicare.gov) website, log in to your My Medicare account and follow the prompts to find information about your current coverage and explore options for 2022.

A Quick Note...

I will be on Maternity Leave starting November 29th returning Tuesday February 22nd 2022! While I am out please call the senior center at 203-834-6240 and speak to Debbie, Lauren, Trinity or Sarah for any questions, concerns or reservations. Have a wonderful and safe Happy Holiday season and new year! - *Stephanie*



WILTON ELECTION Tuesday, November 2nd 6:00 a.m. to 8:00 p.m.

On **Tuesday, November 2, 2021** Wilton voters will be casting their votes for Board of Selectmen, Board of Finance, Board of Education, Planning and Zoning Commission, various land use boards, and Constables. Voting will take place at all three of Wilton's voting districts from 6 am to 8 pm.

Polling places:

District 1—Wilton High School Clune Center, 395 Danbury Road.

District 2—Cider Mill School Main Gym, 240 School Road.

District 3—Middlebrook School Gym, 131 School Road.

Parking for voters with disabilities will be marked at each polling place. For those unable to leave their vehicles due to a temporary physical incapacity, curbside voting is available upon request at each polling place.

Deadlines for Elections

October 26, 2021—Mail-in, In-person and Online deadline to register to vote. Town Hall will be open from 9 am-8 pm to accept in person voter registrations.

November 1, 2021—In-person deadline for those who became US citizens, moved into Wilton or turned 18 years old after October 26. Town Hall will be open from 9 am-5 pm to accept in person voter registrations from these persons.

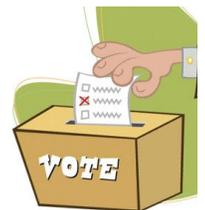
Election Day Registration—For Wilton residents who are eligible to vote and have delayed registering, Election Day registration is available at the Town Hall, from 6 am-8 pm. Voters should bring positive proof of identity and residence, such as a current and valid photo ID showing their Wilton address.

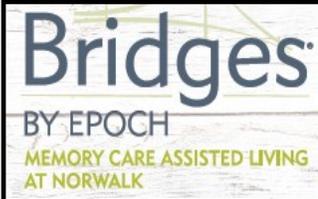
Absentee Ballots—Available October 1, 2021

Voters may download the application for an absentee ballot at any time by visiting the town website at: <https://www.wiltonct.org/town-clerk/pages/applying-absentee-ballot> or by calling the Town Clerk's office at (203) 563-0106. Submit the application to the Town Clerk by mail, in person or via the drop box in front of the Police Department. Upon receipt of your application, the Town Clerk will send you an absentee ballot. If you are on the Town Clerk's list of voters with permanent physical disabilities, you will receive your ballot automatically.

Questions?

Contact the Registrars of Voters Karen Birck and Annalisa Stravato at (203) 563-0111 or Town Clerk Lori Kaback at (203) 563-0106.





To participate in these virtual programs offered by Bridges by EPOCH at Norwalk, please reach out to Christy Perone at 203-523-0510 to register.

Daylight Saving Time Challenges and Helpful

Caregiver Tips, Thursday, November 4th at 11 am

Caring Through the Holidays, Thursday, November 18th at 11 am and 7 pm

Dementia and Depression, Thursday, December 9th at 11 am and 7 pm

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

Tuesday, November 9th at 11 am

Tuesday, December 14th at 11 am

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

Wednesday, November 17th at 4:30 pm

Wednesday, December 15th at 4:30 pm



**New Senior Social Group
Coffee Meet & Greet**

**Informational Meeting
11:00 November 9th**

The Wilton Senior Center will be holding an informational meeting on a New Senior Social Group that will meet the first Tuesday of the month in the café. This group will be led by Lacey Bernier LCSW, and can discuss a wide range of topics that Wilton Senior Residents are facing or interested in. To learn more information come by on Tuesday November 9th or RSVP to the center at 203-834-6240.

SENIOR CENTER PICKLEBALL

**Wednesdays 10-12
Park and Rec
Gymnasium**



Ask and you shall receive! Pickleball has returned to Comstock Community Center. Every Wednesday 10-12, the Park and Recreation Gymnasium (Located down the hall from the senior center) will be used for open and pick up games of Pickleball. Bring your own racquet or use one of ours. No RSVP required. For more information call 203-834-6240.

Knitting Group Interest



Are you interested in returning to the Comstock Knitting Group? Please call the center at 203-834-6240 and we will organize a time and space!

GOOD Morning Wilton

Stay at Home in Wilton presents

**Meet Founder & Editor
Heather Borden Hervé
Tuesday, November 9th
3 - 4 PM at Comstock**

Heather will discuss why she started Wilton's most trusted and fastest growing online local news source and share her favorite stories. **Reservations recommended.** Contact **Janet Johnson** at **203-762-2600.**

Stay at Home in Wilton presents

**Norwalk Valley
River Trail Walk
Wednesday, Nov. 10, 10:30
AM**



The Walking Club will meet at the Autumn Ridge Parking Lot for a Fall Walk! **ALL are invited!** For more information or to RSVP, contact **Janet Johnson** at **203-762-2600.**

NOVEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 11:00 Line Dancing 1:00 Bridge	2 Election Day 9:00 Billiards 10:00 BeMoved! 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:30 Mah Jongg	3 10:00 Open Bridge 10:00 Pickleball 10:00 Writers Group 10:30 Tai Chi 12:00 Duplicate Bridge	4 10:00 Yoga 11:15 Strength Training 1:30 Bingo	5 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge
8 11:00 Line Dancing 1:00 Bridge	09 9:00 Billiards 10:00 BeMoved! 11:00 New Social Group 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:30 Mah Jongg 3:00 SAHW Event	10 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi	11 10:00 Yoga 11:15 Strength Training 1:30 Bingo	12 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge
15 11:00 Line Dancing 1:00 Bridge	16 9:00 Billiards 10:00 BeMoved! 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:30 Mah Jongg	17 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi 11:00 Thanksgiving Drive Thru	18 10:00 Yoga 11:15 Strength Training 1:30 Bingo	19 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge
22 11:00 Line Dancing 1:00 Bridge	23 9:00 Billiards 10:00 BeMoved! 11:00 Book Discussion 11:15 Yoga 12:30 Five Crowns 1:30 Mah Jongg	24 10:00 Open Bridge 10:00 Pickleball 10:00 Writers Group 10:30 Tai Chi FOOD PANTRY CLIENTS: PLEASE NOTE FOOD PANTRY HOURS ARE 10-12 P.M. THIS DAY	25 Thanksgiving Day SENIOR CENTER Office Closed 	26 SENIOR CENTER Closed
29 11:00 Line Dancing 1:00 Bridge	30 9:00 Billiards 10:00 BeMoved! 11:15 Yoga 12:30 Five Crowns 1:30 Mah Jongg			



DECEMBER 2021



Monday		Tuesday	Wednesday	Thursday	Friday
Missing Strength Training with Stephanie? Stop by the center and pick up a copy of some work outs that you can do!			1 10:00 Open Bridge 10:00 Pickleball 10:00 Writer's Group 10:30 Tai Chi	2 10:00 Yoga 1:30 Bingo	3 9:00 Billiards 10:00 Jewelry Workshop 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge
6 11:00 Line Dancing 1:00 Bridge	7 9:00 Billiards 10:00 BeMoved! 11:15 Yoga 12:30 Five Crowns 1:30 Mah Jongg		8 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi	9 10:00 Yoga 1:30 Bingo	10 9:00 Billiards 10:00 Jewelry Workshop 10:00 Feldenkrais 11:00 Drive Thru 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge
13 11:00 Line Dancing 1:00 Bridge	14 9:00 Billiards 10:00 BeMoved! 11:15 Yoga 12:30 Five Crowns 1:30 Mah Jongg	15 10:00 Open Bridge 10:00 Pickleball 10:00 Writer's Group 10:30 Tai Chi	16 10:00 Yoga 1:30 Bingo	17 9:00 Billiards 10:00 Jewelry Workshop 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge	
20 11:00 Line Dancing 1:00 Bridge	21 9:00 Billiards 10:00 BeMoved! 11:15 Yoga 12:30 Five Crowns 1:30 Mah Jongg	22 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi	23 10:00 Yoga 1:30 NO Bingo	24 SENIOR CENTER CLOSED 	
27 11:00 Line Dancing 1:00 Bridge	28 9:00 Billiards 10:00 BeMoved! 11:15 Yoga 12:30 Five Crowns 1:30 Mah Jongg	29 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi	30 10:00 Yoga 1:30 NO BINGO	31 Senior Center Closed 12/31/21-1/3/22 	

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.

The benefits of Hypnosis Friday November 12th 11:00 Lounge



There is a lot of misinformation and stereotypes when it comes to Hypnosis. Join Practitioner Leslie Miller in our lounge for a session on what actually is hypnosis and the benefits of using hypnosis for relaxation and positive suggestion. This session is free. RSVP at 203-834-6240.

How to keep your Brain Healthy 11:00 Friday November 19th Lounge



Join Bridges by Epoch's Christy Perone in this fun and informative activity session on how to keep your Brain healthy especially during those Winter months! She will introduce easy brain games, activities and initial warning signs of memory loss. Please RSVP to this event at 203-834-6240.



Book Discussion

Tuesday, November 23, 2021 11:00

Discussion Leader – Ray Rauth

***Under a White Sky: The Nature of the Future* by Elizabeth Kolbert**

New Yorker staff writer Elizabeth Kolbert follows her Pulitzer Prize-winning book *The Sixth Extinction* [which we discussed several years ago] with a new book about how we can employ our transformative technologies to improve and repair the physical world. In her travels, she meets an array of scientists who are working on projects that border on science fiction. Bill Gates included it in his five-book 2021 Summer Reading List particularly noting its coverage of geoengineering and "gene drive" [a type of genetic engineering]. *Rolling Stone's* review said: "It's a tribute to Kolbert's skills as a storyteller that she transforms the quest to deal with the climate crisis into a darkly comic tale of human hubris and imagination that could either end in flames or in a new vision of Paradise."

Please RSVP to 203-834-6240 (Lunch included)

Stay at Home in Wilton presents Autumn Winds Sunday November 7 4 - 5 PM

Featuring
Connecticut's own
Madera Winds
with special appearances by New York City pianist
Kay

Cynamon and
Wilton violinist
Mac Johnston.

Suggested donations:

\$20 Adults/\$10 Students

Proceeds benefit Wilton's Seniors

WEPCO - 48 New Canaan Rd.

For information contact **203-762-2600**
or visit **www.stayathomeinwilton.org**



ACTIVITIES AT THE SENIOR CENTER

LINE DANCE FUSION

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

This program blends traditional dance steps with elements of modern line dancing. This is a great form of exercise, social interaction, and just plain FUN! Beatriz Araujo, Instructor

TUESDAY AND/OR THURSDAY YOGA

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

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

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

BEMOVED!

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

BeMoved® is a dance fitness experience for adults of all movement abilities. It is designed to deliver a safe, body-friendly experience that improves the quality of a person's movement. The class starts with a warm-up and easy-to-follow therapeutic movements and concludes with a cool down that brings the workout full circle, leaving participants feeling rejuvenated. Phyllis Hirschfield, Instructor.

TAI CHI

Wednesdays, 10:30 a.m. to 11:30 a.m.

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

Tai Chi contains a series of gentle and graceful movements performed with respiration coordination and deep concentration. Tai Chi has been shown to prevent falls and improve the functioning of daily activities. Broderick Heile, Instructor

BILLARDS

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

10 Week Session starts October 15th—December 17th

Explore this exciting and innovative movement method designed to relieve pain, exercise your brain and teach you to move with greater comfort, ease, and fluidity. Cathy Paine, Instructor.

BINGO

Thursdays 1:30 PM 25 cents per card

Come down to the center and play some bingo! We start with a traditional bingo and winner chooses the next style game. Winners get "the pot" each game.

AMERICAN MAH JONGG

Tuesdays 1:30

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

JEWELRY WORKSHOP

Fridays

10:00 a.m. to noon

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

BRIDGE GROUPS

If you like to join other seniors in an afternoon of bridge, call the organizers listed below:

Duplicate Bridge: First Wednesday of the month and Tuesdays contact Diego Tomayo at 203-858-0264

Contract Bridge: Fridays, contact Eleanor Mihailidis at 203-762-8720.

Open Bridge: If you prefer a morning game, come to Open Bridge with Mike, Wednesdays, 10:00 a.m. to 12:00 p.m., \$5 drop-in fee. Michael Hess supervises.

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



*The Senior Center and Social Services staff would like to wish
Everyone a happy and healthy holiday season!*



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

**BULK POSTAGE
U.S. POSTAGE PAID
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
Senior Center Coordinator
- Lauren Hughes LCSW.....203-834-6238
Coordinator, Senior Services
- Debbie Wolyniec BBA.....203-834-6238
Administrative Assistant
- Trinity Haswell MSW.....203-834-6241
Youth Services Coordinator
- 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
- RVNAhealth.....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