



Wilton Senior News



SUMMER EDITION May, June, July & August 2024



Summer BBQ Down at Merwin Meadows!

Wednesday June 12th 12-1:00

Wednesday July 17th 12-1:00

Wednesday August 14th 12-1:00

Join the Wilton Senior Center, Park and Recreation and Wilton Fire Department for BBQ down at Merwin Meadows! Each Month there will be different styles of entertainment. Traditional BBQ food will be grilled and served. Cooking will be done the first month by the Wilton Fire Department! RSVP to each event at least one week prior.

For reservations or questions please call 203-834-6240



Welcome to May, Mental Health Month!

The town of Wilton's Dept of Social Services staff is here to help you. We care about you and want to help you access the support you may need. Please consider contacting one of us; fun fact, all our Social Workers have master's degrees! If you are feeling down, stressed, anxious, or just need someone to talk to, please call or email us: 203-834-6238 or

sarah.heath@wiltonct.org

Emotional Well Being Monday May 13th 11 am

Join Clinical Liaison Mary Sourivanh, LPN from Wilton Meadows give a presentation on Emotional Well Being. Topics include coping mechanisms, managing stress, improving sleep, achieving work-life balance, and tips to boost your emotional health. Wellness topics vary and include helpful information and resources, as well as an activity to continue to practice what you learned. Walk ins Welcome, RSVP encouraged. **RSVP 203-834-6240**



FLOWER ARRANGEMENT WORKSHOP

Hosted by Brookdale Wilton &
Wilton Meadows

Celebrate Spring by creating your own floral
arrangement!

Wednesday May 8th, 10:00 AM

24 Person Maximum

RSVP at 203-834-6240



BROOKDALE
SENIOR LIVING

Wilton
Meadows

Nursing & Rehabilitation

Flower Arranging will be held in the Senior Center Café at 10:00

**Longest Day: D-Day June 6 1944
with Mark Albertson**

Wednesday, May 22, 1:00 PM. Room 30

The focus will be on the Strategic Significance of the Allied Assault at Normandy. Mark will explain just what its military significance; political significance; but, most important, why Operation: OVERLORD was the first big battle of the Cold War. Handout will come complete with maps. **RSVP 203-834-6240**



Liveinhomecare.com

**Understanding Home Care:
What it is? How to Get It, Who Pays
for it, and Why Home is Better**

Wednesday June 5th 10:30

Kelley Green, CDP, CADDCT is the Assistance Coordinator for FCP Live-in Homecare for Fairfield and Litchfield Counties. She will give an in depth presentation of everything you need to know about home care in Connecticut. She will explain the differences between what "Homecare" and "Home Health Care" is. Most people use these terms interchangeably, but, what most don't know is that they are two very different things. Most people don't think much about home care and just think that it's something that's always there when and if they need it, just as we all know that the hospital is there when we need it. This presentation will help you understand what these care options are and their differences so that when you or a loved one actually needs care at home, you'll be able to navigate through the system without being overwhelmed. We'll discuss each kind of home care service and understand what each can and can't do for you and also who provides it. We'll also review some of the terminology commonly used, like what are ADLs, skilled nursing, custodial care and others. We'll discuss how to get which home care service that you need and to understand who's responsible for paying for them. Finally, we'll discuss what other kinds of help are available and where to find those resources. And in conclusion, we'll talk about why home is better.

RSVP to Stephanie at 203-834-6240

Light Refreshments and snacks provided!

Birthday Lunches

**May 2nd June 6th July 11th August 1st
12:00 Senior Center Café**

Ridgefield Station will be sponsoring Birthday lunch 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. RSVP must happen at least one week prior and space is limited. To RSVP please call 203-834-6240.



Book Discussion

Tuesday, May 28, 2024 11:00 Game Room

Discussion Leader – Michael Bellacosa

***Great Society: A New History* by Amity Shlaes**

In May 1964, Lyndon Johnson gave a pair of speeches in which he laid out his vision for a set of programs that would create a "Great Society" and most of his program was enacted, implemented and later expanded by his successor Richard Nixon. Historian Amity Shlaes turns her analytical gaze to this period with a new history, which upends many longstanding views of this period of political idealism in America. Sixty years later, two generations of Americans have felt the impact of this ambitious program. Did the plan work - are the intended beneficiaries better off – was it worth the massive cost? Alan Greenspan wrote that "Great Society is accurate history that reads like a novel, covering the high hopes and catastrophic missteps of our well-meaning leaders."

RSVP 203-834-6240



**2024 Annual Town Meeting Coming
Soon**

Wilton's Registrars of Voters Annalisa Stravato and Karen Birck remind all registered voters that the 2023 Annual Town Meeting will be held on Tuesday, May 7, 2024 at the Wilton High School Clune Center Auditorium at 7:00 pm. Voting on the final proposed budget will take place at the conclusion of the Annual Town Meeting and on Saturday, May 11, 2024 at the Wilton High School Clune Center lobby from 8 am to 6 pm. In addition to the budget question, there will be a proposed amendment to the Wilton Code of Ordinances 'Sale of Alcoholic Liquor' and 5 Yes/No bonding questions on the ballot. A sample ballot can be viewed online on the Registrars of Voters page of the town website at www.wiltonct.org/registrar-voters

All registered Wilton voters are eligible to vote on the budget and bonding questions. Also, U.S. citizens, at least 18 years old, resident or nonresident, may vote if they own real property or a motor vehicle assessed at \$1000 or more on Wilton's last completed Grand List.


Contact the Registrars of Voters office at 203-563-0111 for more information.



Men's Group starting soon!

The Wilton Senior Center is looking to start a weekly Men's group. Interested participants can reach out to the senior center to put their name on a list to be contacted when plans are finalized. Groups will either meet Tuesdays or Thursdays. Questions or to place your name on interest list call 203-834-6240.

MAY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
PICKLE BALL SUMMER UPDATE Starting June 17th –August 21st Pickleball will meet at Middlebrook courts at 9– 11 am Monday and Wednes- day. 		1 9:00 Pickleball 9:30 Mah Jong 10:00 Open Bridge 10:30 Tai Chi 12:30 Better Balance and Strength 1:00 Duplicate Bridge	2 10:00 Yoga 11:00 Blood Pressure Clinic 11:15 Strength Training 12:00 Birthday Lunch 12:45 Bingo	3 9:00 Billiards 9:00 Pickleball 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike
6 9:00 Pickleball 10:45 Strength Training 11:30 Chair Yoga 12:30 NO Better Balance and Strength 1:00 Bridge	7 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting & Crochet	8 9:00 Pickleball 9:30 Mah Jongg 10:00 Open Bridge 10:00 Flower Arranging Workshop 10:30 Tai Chi 12:30 Better Balance & Strength	9 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo	10 9:00 Billiards 9:00 Pickleball 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike
13 9:00 Pickleball 10:45 Strength Training 11:00 Emotional Well Being 11:30 Chair Yoga 12:30 Better Balance and Strength 1:00 Bridge	14 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training with Stephanie 12:30 Five Crowns 1:00 Duplicate Bridge 1:00 Studio Knitting & Crochet	15 9:00 Pickleball 9:30 Mah Jong 10:00 Open Bridge 10:30 Tai Chi 12:30 Better Balance and Strength	16 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo	17 9:00 Billiards 9:00 Pickleball 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike
20 9:00 Pickleball 10:45 Strength Training 11:30 NO Chair Yoga 12:30 Better Balance and Strength 1:00 Bridge	21 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting & Crochet	22 9:00 Pickleball 9:30 Mah Jong 10:00 Open Bridge 10:30 Tai Chi 12:30 Better Balance and Strength 1:00 Longest Day: D Day	23 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Chief Blanchfield	24 9:00 Billiards 9:00 Pickleball 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike
27 Memorial Day Senior Center Closed	28 10:00 Be Moved! 11:00 Social Group 11:00 Book Discussion 11:15 Yoga 12:30 Strength training 12:30 Five Crowns 1:00 Studio Knitting & Crochet	29 9:00 Pickleball 9:30 Mah Jong 10:00 Open Bridge 10:30 Tai Chi 12:30 Better Balance and Strength	30 10:00 Yoga 12:00 Strength Training Pot Luck Lunch No Bingo	31 9:00 Billiards 9:00 Pickleball 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike

JUNE 2024

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Pickleball 11:30 NO Chair Yoga 12:30 Better Balance and Strength 1:00 Bridge	4 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Five Crowns 1:00 Studio Knitting & Crochet	5 9:00 Pickleball 9:30 Mah Jongg 10:00 Open Bridge 10:30 Tai Chi 10:30 Homecare Overview 12:30 Better Balance and Strength 1:00 Duplicate Bridge	6 10:00 Yoga 11:00 Blood Pressure Clinic 12:00 Birthday Lunch 12:45 Bingo with Chief Blanchfield	7 9:00 Billiards 9:00 Pickleball 10:00 NO Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike
10 9:00 Pickleball 11:30 Chair Yoga 12:30 Better Balance and Strength 1:00 Bridge	11 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Five Crowns 1:00 Studio Knitting & Crochet	12 9:00 Pickleball 9:30 Mah Jongg 10:00 Open Bridge 10:30 Tai Chi 12:00 Summer BBQ at Merwin Meadows 12:30 Better Balance and Strength	13 10:00 Yoga 12:00 NO Lunch Or Bingo	14 9:00 Billiards 9:00 Pickleball 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike
17 9:00 Pickleball 11:30 Chair Yoga 12:30 Better Balance and Strength 1:00 Bridge	18 10:00 NO Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Five Crowns 1:00 Duplicate Bridge 1:00 Studio Knitting & Crochet	19 9:00 Pickleball 9:30 Mah Jongg 10:00 Open Bridge 10:30 Tai Chi 12:30 Better Balance and Strength	20 10:00 Yoga 12:00 Bring your own Lunch 12:45 Bingo	21 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike
24 9:00 Pickleball 11:30 Chair Yoga 12:30 Better Balance and Strength 1:00 Bridge	25 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Five Crowns 1:00 Studio Knitting & Crochet	26 9:00 Pickleball 9:30 Mah Jongg 10:00 Open Bridge 10:30 Tai Chi 12:30 Better Balance and Strength	27 10:00 Yoga 12:00 Bring your own Lunch 12:45 Bingo	28 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike



Maternity Leave Update

I will be out of office June 14th through September 9th. All voicemails will be answered by Social Services Staff. Please do not leave me an email during that time. My strength training class will happen only on Tuesdays at 12:30 starting July 2– August 27th with Lisa Thompson subbing.

Have a safe and wonderful summer!

-Stephanie + Family

July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Pickleball 11:30 Chair Yoga 12:30 Better Balance and Strength 1:00 Bridge	2 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training with Lisa 12:30 Five Crowns 1:00 Studio Knitting & Crochet	3 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Better Balance and Strength 1:00 Duplicate Bridge	4 Closed for Independence Day 	7 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike
8 9:00 Pickleball 11:30 Chair Yoga 12:30 Better Balance and Strength 1:00 Bridge	9 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training with Lisa 12:30 Five Crowns 1:00 Studio Knitting & Crochet	10 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Better Balance and Strength	11 10:00 Yoga 12:00 Birthday Lunch 12:45 Bingo with Chief Blanchfield	13 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike
15 9:00 Pickleball 11:30 Chair Yoga 12:30 Better Balance and Strength 1:00 Bridge	16 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training with Lisa 12:30 Five Crowns 1:00 Duplicate Bridge 1:00 Studio Knitting & Crochet	17 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:00 Summer BBQ at Merwin 12:30 Better Balance and Strength	18 10:00 Yoga 12:00 No Lunch or Bingo	19 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike
22 9:00 Pickleball 11:30 Chair Yoga 9:00 Pickleball 11:30 Chair Yoga 12:30 Better Balance and Strength 1:00 Bridge	23 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training with Lisa 12:30 Five Crowns 1:00 Studio Knitting & Crochet	24 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Better Balance and Strength	25 10:00 Yoga 12:00 Pizza Lunch 12:45 Bingo with FCP Live In	26 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike
29 9:00 Pickleball 11:30 Chair Yoga 12:30 Better Balance and Strength 1:00 Bridge	30 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training with Lisa 12:30 Five Crowns 1:00 Studio Knitting & Crochet	31 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Better Balance and Strength		

August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Update: Pick up the Wilton Senior News at Center! The Wilton Senior Newsletter is becoming a pick up only at the center. Interested parties who wish to have their newsletter mailed can reach out to the senior center for more information. Please call 203-834-6240. Additional locations of where to pick up our newsletter will be released in our Sept-Oct. Editions. The newsletter is also available online at www.wiltonct.org/seniorcenter			1 10:00 Yoga 11:00 Blood Pressure Clinic 12:00 Birthday Lunch 12:45 Bingo with Chief Blanchfield	2 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike
5 9:00 Pickleball 11:30 Chair Yoga 12:30 Better Balance and Strength 1:00 Bridge	6 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training with Lisa 12:30 Five Crowns 1:00 Studio Knitting	7 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Better Balance and Strength	8 10:00 Yoga 12:00 Bring your own Lunch 12:45 Bingo	9 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike
12 9:00 Pickleball 11:30 Chair Yoga 12:30 Better Balance and Strength 1:00 Bridge	13 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training with Lisa 12:30 Five Crowns 1:00 Duplicate Bridge 1:00 Studio Knitting & Crochet	14 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:00 Summer BBQ at Merwin 12:30 Better Balance and Strength	15 10:00 Yoga 12:00 No Lunch or Bingo	16 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike
19 9:00 Pickleball 11:30 Chair Yoga 12:30 Better Balance and Strength 1:00 Bridge	20 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training with Lisa 12:30 Five Crowns 1:00 Studio Knitting & Crochet 1:00 Duplicate Bridge	21 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Better Balance and Strength	22 10:00 Yoga 12:00 Pizza Lunch 12:45 Bingo	23 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike
26 9:00 Pickleball 11:30 Chair Yoga 12:30 Better Balance and Strength 1:00 Bridge	27 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training with Lisa 12:30 Five Crowns 1:00 Studio Knitting & Crochet	28 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Better Balance and Strength	29 10:00 Yoga 12:00 Bring your own Lunch 12:45 Bingo with FCP Live In	30 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike

FREE ACTIVITIES AT THE SENIOR CENTER

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

CHAIR YOGA No Class May 20th June 3rd

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 No class 5/6

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

All Levels Welcome! Instructor Lisa Thompson

STRENGTH TRAINING

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

No Classes May 30th – June 29th Tuesdays Only July 2– August 27th

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 Lisa Thompson subbing July-August

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

REMOVED!

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

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.

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

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**

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