



Wilton Senior News



SUMMER EDITION May, June, July & August 2023



Summer BBQ Down at Merwin Meadows!

Wednesday June 21st 12-2:00

Wednesday July 19th 12-2:00

Wednesday August 16th 12-2:00

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



Mother's Day Music + Lunch

Friday May 12th 11-1 p.m.

Location: Sunrise Senior Living, 211 Danbury Rd

11:00 Harpist Presentation by Wendy Kerner

12:00 Lunch by Sunrise

Celebrate all Mothers on this Friday Afternoon treat. Enjoy the sounds of the Harp by Wilton Resident and Harpist Wendy Kerner. Afterword's celebrate with a Luncheon prepared by their inhouse chef. You do not need to be a Mother to attend! To RSVP please call 203-834-6240.



Save The Date!

You're Invited : Garden Therapy

Wednesday June 14th 10:30-12:00 Room 30

The Wilton Garden Cub in conjunction with the Wilton Senior Center is proud to present a Summer Workshop! Participants will work and be able to take home a summer themed garden craft.

RSVP to Stephanie 203-834-6240. Space is limited Please reserve your spot soon!

**Crafting with
Brookdale
Wednesday
May 10th
10:30 Lounge**
Calling all crafters!



Join Connie Mahoney from Brookdale in a fun Mother's day art event! This class is free but reservation is required.

RSVP 203-834-6240



***Birthday
Lunches/***
First Thursday of
Every Month

12:00 Café

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.

Three Kids that Saved the World Thursday May 11th 1:00

Join us for an inspiring collection of real-life stories concerning three young people who individually changed the landscape of compassionate generosity. Each child unsuspectingly starts a domino event in the life of an adult; where a simple response of helping one gradually grows into local, national, and international campaigns of saving thousands. Presented in an engaging storytelling format, the goal is to see attendees encouraged to make a small investment and see a big return in their world. Presented by RVNAhealth. RSVP 203-834-6240

rVnaHEALTH™

For Lifelong Care & Wellness



**Current Event Update:
Ukraine**

**with Mark Albertson
Thursday May 18th 1:00**

Presentation will explain the overall aspects of the conflict and showcase Ukraine's position in the Big Power struggle between East and West, and in particular, the United States and China. The quest for resources and financial domination.

RSVP 203-834-6240



Lifetime Learners Institute

at Norwalk Community College

**ARE YOU AGE FIFTY OR OLDER AND EITHER
BORED OR BORING?**

LIFETIME LEARNERS AT NORWALK COMMUNITY COLLEGE

Looking for a way to keep your mind active this summer? Lifetime Learners Institute is offering nine four-week classes ranging from current events to Tai Chi to Art History and more. Classes are in the mornings and afternoons Monday to Friday, once per week. No homework or required reading. Just thinking, being creative, and learning with others. Classes begin the week of July 10.

Classes are each \$30, plus \$50 for membership if you are not already a member. Membership is good for a year. All classes are at Norwalk Community College, 188 Richards Avenue in Norwalk.

Master of Consent: Edward Bernays

Discussion with Mark Albertson

Thursday, June 15, 1:00 PM

The man chiefly responsible more than any other for American Consumerism. One-time publicist for Enrico Caruso and many female opera singers, he helped the Wilson Administration, during World War I, to sell the fiction to the American public that the Great War was fought for Democracy. And the techniques he was able to wield during the war, he will apply to peacetime. In 1922, he opened the first office of Public Relations in Manhattan. During the 1920s, hired by Chesterfield and later Lucky Strike, he will get millions of women smoking cigarettes. It was Bernays idea, after being hired by United Fruit (later Chiquita Banana) to put a bowl of bananas bear the cash register in cafes. Notice same in many Dunkin' Donuts today. Bernays will change buying in the United States, from getting people to not buy what they need, but rather what they what. In two of his books, *Crystalizing Public Opinion* and *Propaganda*, he shows how to move the masses so as to control the modern Democratic State. Indeed, Bernays techniques will be used by Hitler and Goebbels to control the German masses during the Third Reich. Edward Bernays was the nephew of Sigmund Freud

RSVP 203-834-6240



Book Discussion

Decision in Philadelphia:

***The Constitutional Convention of 1787* by Christopher and James Lincoln Collier**

Tuesday, May 23, 2023 11:00

Discussion Leader – Michael Bellacosa

In Philadelphia on Friday May 25, 1787, the Constitutional Convention met and began the deliberations that would lead to the drafting, signing, and eventual ratification the Constitution of the United States. The Collier brothers – Christopher, a history professor and former CT State Historian and James, a non-fiction and children's author – co-wrote this engaging and thorough treatment of those 88 days. Their book is sprinkled throughout with mini-biographies of many of the delegates with a substantial treatment of Connecticut's own Roger Sherman, the prime mover of the so-called "Connecticut Compromise" (also called the "Great" or "Sherman" Compromise). This broke an early major logjam between the interests of the large versus the small states and resulted in the different methods of representation in our House and Senate. *Library Journal* called it "the best popular history of the Constitutional Convention available."

RSVP 203-834-6240 Lunch is included



Fairfield County

SCORE is part of the Small Business Administration, an organization to help small businesses.

Volunteer With SCORE

Every day, our mentors help small business owners start, grow and achieve new levels of success. These volunteers are our lifeblood and the reason for that success. There are several ways to volunteer. A Mentor clients to start or improve their business. A Subject Matter Expert has specific experience that can be used to assist a client. Workshop presenters give webinars or live workshops to aid clients. There are also a number of committees that have volunteers that run them, such as marketing, fund raising, education, finance. Please go to SCORE.org for more information. Also, you can reach out to our local member, Susan Abrams -203-834-0682



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

New Class Alert

Chair Yoga with Beverly

Mondays 11:30-12:15 starting May 8th

After multiple requests Chair Yoga is starting on Monday May 8th! This class will be 45 minutes and perfect for beginners or for people who would prefer to do Yoga in chair. Curious to what Chair Yoga is? Come check it out! No reservation required. Walk in's encouraged. Any questions call: 203-834-6240

SUMMER POP UP

Exercise with Stephanie

Fridays 9:15-9:45

Ask and you shall receive! Strength training with Stephanie will run on Fridays at 9:15 from May 5th to August 25th. Stephanie will still teach on Tuesdays at 12:30 and Thursdays at 11:15. Any questions call 203-834-6240.

Class is a 30 minute exercise to music seated or standing class.



Coffee with a Cop

Wednesday May 3rd 10-11
Wednesday June 7th 10-11
Café

Join Wilton Police Department the first Wednesday of May and June with Coffee (and doughnuts!) with a Cop! Stop into the Senior Center café. Ask questions, socialize and have a doughnut! No Reservation required but for any questions please call 203-834-6240

Senior Social Group

Every 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 every 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!

MAY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Pickleball 12:30 Strength Training with Lisa 1:00 Bridge 2:00 Tai Qi Quang	2 9:00 Billiards 10:00 Be Moved! 11:15 Yoga 12:30 Strength Training with Stephanie 12:30 Five Crowns 1:00 Studio Knitting	3 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Strength Training with Lisa 1:00 Duplicate Bridge 2:00 Tai Qi Quang	4 10:00 Yoga 11:00 Blood Pressure Clinic 11:15 Strength Training 12:00 Birthday Lunch 12:45 Bingo with Stephanie	5 9:00 Billiards 9:15 Strength Training 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 Strength Training with Lisa 1:00 Bridge 2:00 Tai Qi Quang	9 9:00 Billiards 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training with Stephanie 12:30 Five Crowns 1:00 Studio Knitting	10 9:00 Pickleball 10:00 Open Bridge 10:30 Crafting 10:30 Tai Chi 12:30 Strength Training with Lisa 2:00 Tai Qi Quang	11 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo 1:00 Three Children who Changed the World	12 9:00 Billiards 9:15 Strength Training 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 Strength Training with Lisa 1:00 Bridge 2:00 Tai Qi Quang	16 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	17 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Strength Training with Lisa 2:00 Tai Qi Quang	18 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo 1:00 Current Event Update	19 9:00 Billiards 9:15 Strength Training 10:00 NO Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike
22 9:00 Pickleball 11:30 Chair Yoga 12:30 Strength Training with Lisa 1:00 Bridge 2:00 Tai Qi Quang	23 10:00 Be Moved! 11:00 Social Group 11:00 Book Discussion 11:15 Yoga 12:30 Strength Training with Stephanie 12:30 Five Crowns 1:00 Studio Knitting	24 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Strength Training with Lisa 2:00 NO Tai Qi Quang	25 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Chief Blanchfield	26 9:00 Billiards 9:15 NO Strength Training 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike
29 Memorial Day Senior Center Closed	30 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 No ST 12:30 Five Crowns 1:00 Studio Knitting	31 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Strength Training with Lisa 2:00 Tai Qi Quang		

JUNE 2023

Monday	Tuesday	Wednesday	Thursday	Friday
 PICKLE BALL SUMMER UPDATE Starting June 19th – August 23 Pickleball will meet at Middlebrook courts at 9 am Monday and Wednesday on a first come first serve basis. Any questions call 203-834-6240.			1 10:00 Yoga 11:00 Blood Pressure Clinic 11:15 Strength Training 12:00 Birthday Lunch 12:45 Bingo with Chief Blanchfield	2 9:00 Billiards 9:15 Strength Training with Steph 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 Strength Training with Lisa 1:00 Bridge 2:00 Tai Qi Quang	6 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training with Stephanie 12:30 Five Crowns 1:00 Studio Knitting	7 9:00 Pickleball 10:00 Coffee with a Cop 10:00 Open Bridge 10:30 Tai Chi 12:30 Strength Training with Lisa 1:00 Duplicate Bridge	8 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Stephanie	9 9:00 Billiards 9:15 Strength Training with Steph 10:00 NO 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 Strength Training with Lisa 1:00 Bridge 2:00 Tai Qi Quang	13 10:00 NO 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	14 9:00 Pickleball 10:00 Open Bridge 10:30 Garden Therapy 10:30 Tai Chi 12:30 Strength Training with Lisa	15 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Stephanie 1:00 Master of Consent	16 9:00 Billiards 9:15 Strength Training with Steph 10:00 NO 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 Strength Training with Lisa 1:00 Bridge	20 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting 1:00 Duplicate Bridge	21 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:00 Summer BBQ 12:30 Strength Training with Lisa	22 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Stephanie	23 9:00 Billiards 9:15 Strength Training with Steph 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 Strength Training with Lisa 1:00 Bridge 2:00 Tai Qi Quang	27 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training with Stephanie 12:30 Five Crowns 1:00 Studio Knitting	28 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Strength Training with Lisa	29 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Stephanie	30 9:00 Billiards 9:15 Strength Training with Steph 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike

July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Closed for Independence Day 	4 Closed for Independence Day 	5 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Strength Training with Lisa 1:00 Duplicate Bridge	6 10:00 Yoga 11:00 Blood Pressure Clinic 11:15 Strength Training 12:00 Birthday Lunch 12:45 Bingo with Chief Blanchfield	7 9:00 Billiards 9:15 Strength Training 10:00 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 Strength Training with Lisa 1:00 Bridge	11 9:00 Billiards 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:20 Strength Training with Stephanie 12:30 Five Crowns 1:00 Studio Knitting	12 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Strength Training with Lisa	12 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo	13 9:00 Billiards 9:15 Strength Training 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 Strength Training with Lisa 1:00 Bridge	18 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 NO Strength Training with Stephanie 12:30 Five Crowns 1:00 Duplicate Bridge 1:00 Studio Knitting	19 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:00 Summer BBQ 12:30 Strength training with Lisa	20 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo	21 9:00 Billiards 9:15 Strength Training 10:00 NO 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 Strength Training with Lisa 1:00 Bridge	25 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:20 Strength Training with Stephanie 12:30 Five Crowns 1:00 Group of 4 Bridge	26 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Strength Training with Lisa	27 10:00 Yoga 11:15 No Strength Training 12:00 No Lunch Or Bingo	28 9:00 Billiards 9:15 NO Strength Training 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike
31 9:00 Pickleball 11:30 Chair Yoga 12:30 Strength Training with Lisa 1:00 Bridge				

August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training with Stephanie 12:30 Five Crowns 1:00 Studio Knitting	2 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Strength Training with Lisa 1:00 Duplicate Bridge	3 10:00 Yoga 11:00 Blood Pressure Clinic 11:15 Strength Training 12:00 Birthday Lunch 12:45 Bingo	4 9:00 Billiards 9:15 Strength Training 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike
7 9:00 Pickleball 11:30 Chair Yoga 12:30 Strength Training with Lisa 1:00 Bridge	8 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training with Stephanie 12:30 Five Crowns 1:00 Studio Knitting	9 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Strength Training	10 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo	11 9:00 Billiards 9:15 Strength Training 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike
14 9:00 Pickleball 11:30 Chair Yoga 12:30 Strength Training with Lisa 1:00 Bridge	15 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 1:00 Duplicate Bridge	16 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:00 Summer BBQ 12:30 Strength Training with Lisa	17 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo	18 9:00 Billiards 9:15 Strength Training 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike
21 9:00 Pickleball 11:30 Chair Yoga 12:30 Strength Training with Lisa 1:00 Bridge	22 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training with Stephanie 12:30 Five Crowns 1:00 Studio Knitting	23 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 12:30 Strength Training with Lisa	24 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo	25 9:00 Billiards 9:15 Strength Training 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge with Mike
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HEAT SAFETY

It's that time of year again! Here are a few helpful hints from the Connecticut Department of Public Health to stay safe in the heat:

- Drink plenty of fluids and avoid alcoholic, caffeinated, or sugary drinks. Note: if you have a limit on the amount of fluids you can drink, check in with your doctor.
- Choose lightweight, light colored, loose-fitting clothing and wear sunscreen.
- If you must go outside, go when it is cooler in the morning or evening.
- If at all possible, spend hot days in an air-conditioned space. Never leave infants, children, or pets in cars!
- Use a buddy system-have a friend or relative call you to check in with you twice a day on hot days.
- Call 2-1-1 to find the nearest local cooling center or check the hours of operation for the Wilton Library and Comstock Community Center to see if they are open to residents needing a place to cool off.
- Call 9-1-1 immediately if someone is experiencing symptoms of heat stroke including fever; irrational behavior; extreme confusion; dry, hot, and red skin; rapid and shallow breathing; rapid and weak pulse; seizures; or unconsciousness.

GUIDE TO SENIOR SERVICES

Sarah Heath MA, MS, LPC....203-834-6238

Director, Social Services

Municipal Agent for the Elderly

Stephanie Rowe MS203-834-6240

Senior Center Coordinator

Lauren Hughes LCSW.....203-834-6238

Coordinator, Senior Services

Debbie Wolyniec BBA.....203-834-6238

Administrative Assistant

Trinity Haswell LMSW.....203-834-6241

Youth Services Coordinator

Meals-on-Wheels..... 203-762-0566

Food Pantry.....203-834-6238

Dial-A-Ride203-834-6235

Town-to-Town 203-299-5180

AARP 888-687-2277

Visiting Nurse & Hospice203-762-8958

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

2023 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 2, 2023 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 6, 2023 at the Wilton High School Clune Center lobby from 8 am to 6 pm. In addition to the budget question, there will be 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.



Spring Has Sprung! Is Your Home Ready?

This is that magical time of year when Mother Nature reinvents herself. We love watching everything come to life after a long, cold winter.

It is also the time of year when people take a hard look at their homes and decide to tackle long-delayed projects. How nice it would be to have the inside bloom along with the outside!

So, what can you do to make this happen? Most of us feel so overwhelmed when we look at a large project that we just can't get started. There is an old adage that the way to eat an elephant is... "one bite at a time."

Here are some bites you can take out of your elephant:

Clean and declutter: Just take one room at a time. Get rid of all the extra "stuff" that has accumulated and give each room a good cleaning.

Paint: It is amazing what a new paint job in an updated color can do for a room. Are any of your rooms looking a bit tired? Wake them up with a new color!

Window Treatments: If you don't have a privacy issue and have a nice view, you're your draperies off the windows and let the sun shine in. The view will be Mother Nature's artwork in the room. If you do need window treatments, keep them simple ... side panels on a pretty rod. Roman shades and plantation shutters are fun options.

Kitchens and Baths: New faucets, light fixtures, handles and pulls on the cabinets, and new towels in the bathroom can add sparkle without breaking the bank.

Lamps: New lampshades and LED bulbs are quick fixes that can brighten things up.

Foyer: Do your guests feel immediately welcome when they come into your home? Open your front door and what do you see? A rug, mirror, small bench or chair and flowers can create a warm, cheerful welcome.

Rugs: For a quick update to a living or family room, add a new area rug to define a conversation area.

Pillows: It is amazing what a couple of new throw pillows can do to add sparkle to a room. It's a quick and inexpensive update.

Who knew eating an elephant could be so easy and so much fun. Happy Spring!

***Kathy Engstrom, A Fresh Eye, LLC
Decorating and Color Consultant/Home Stager
(203) 803-0995 kathy@afresheye.net***

FREE ACTIVITIES AT THE SENIOR CENTER

CHAIR YOGA

Mondays 11:30 –12:15 Starting May 8th

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

STRENGTH TRAINING

Mondays 12:30 Wednesdays 12:30 with Lisa

Tuesdays 12:30 Thursdays, 11:15 **Fridays 9:15 with Stephanie No Class 5/26 5/30 6/16 7/18 7/27 7/28**

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.

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 6/13

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 No class 5/19 6/9 6/16 7/21

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 9 am P&R Gymnasium until June 14th Middlebrook Courts starting June 16- August 23

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!

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 7/27

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 Winner's 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 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 Wednesdays, 10:00 a.m. to 12:00 p.m., this game will tentatively be unsupervised in the near future for more information call 203-834-6240.

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*

Congratulations Mike!!

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

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



Others caretake. We care**give**.



Like you, it's important to us who is providing care for your loved one at home. Our caregivers are screened, hired, and trained to meet and anticipate our clients' evolving needs. **Personal caregivers from a trusted and distinguished home healthcare agency.**

203.438.5555
RVNAhealth.org

LEARN MORE

rVnaHEALTH™
For Lifelong Care & Wellness