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## *Ask and You Shall Receive*

### **Wilton Senior Center rolls out new membership form**

Wilton Senior Center is now offering membership forms. Membership is free. This form will allow us to have your basic information along with emergency contact, program interest, and how you would like to receive your corridors (Mailed, Emailed or Pick up). Stop by the office and pick your membership form up today! Any questions contact Stephanie at 203-834-6240.

### **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 ..... 203-834-6238  
Director, Social Services  
Municipal Agent for the Elderly
- Stephanie Belcher.....203-834-6240  
Social Services Activities Coordinator
- Lauren Hughes..... 203-834-6238  
Coordinator, Senior Services
- Phoebe Musico..... 203-834-6238  
Adult and Family Social Worker
- Debbie Wolyniec..... 203-834-6238  
Administrative Assistant
- 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
- Mid-Fairfield Hospice... 203-762-8958
- Visiting Nurse & Hospice 203-762-8958
- Parks and Rec.....203-834-6234
- Stay at Home in Wilton 203-423-3225
- Wilton Family Y..... 203-762-8384
- Wilton Library ..... 203-762-3950

# ACTIVITIES THROUGHOUT THE SUMMER

## LINE DANCE FUSION

Mondays,  
10:30 a.m. to 11:30 a.m.  
\$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.

## MONDAY AFTERNOON YOGA

Monday's 1:30-2:30  
\$3.00 Drop in

Join Emma Converse in Amrit Yoga, an energy balanced based yoga that will be sure to make you feel stretched and relaxed. This class is great for beginners or any one wanting to get back into Yoga.

## Strength Training

Mondays 2:45, Tuesdays 12:00 Thursdays, 11:10  
Free

Strength Training is now offered 3 times a week! Join Stephanie in 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.

## TUESDAY AND/OR THURSDAY YOGA

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

Denise O'Hearn, owner of Vibrant Moves in Wilton, conducts this gentle yoga class that warms up your joints, stretches and strengthens your muscles and helps your balance and focus.

## BEMOVED!

Tuesdays, 9:45 a.m. to 10:45 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.  
\$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. Joe Alampi, Instructor

## FELDENKRAIS

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

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.

## STUDIO KNITTING

Tuesdays, 1:00 p.m. to 2:30 p.m.

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!

## THURSDAY LUNCH & BINGO

Thursdays, 12 noon, \$3 12:45 p.m., 25 cents per card

Join other seniors for lunch in the café on most Thursdays. Elizabeth Chambers, Chef, after come down to Bingo! Winners get "the pot" each game.

## FIVE CROWNS

Tuesdays, 12:30 p.m.

Five Crowns is a progressive rummy-style card game. It has spades, hearts, diamonds, clubs, and stars! It can be played by two to seven players. It's easy to learn and lots of fun to play. Call Nerina Klobas at 203-210-5624 for details.

## AMERICAN MAH JONGG

Wednesdays, 1:00 p.m.

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 Gale Roeder 203-762-3784

## CHINESE MAH JONGG

Second Tuesday of the month at 1:30 p.m.

Fourth Tuesday of the month at 12:30 p.m.

Kay Chann supervises the Chinese Mah Jongg. Call Kay at 203-544-7414 for information regarding the group.

## JEWELRY WORKSHOP

Friday, July 19, Aug 2 and 16

10:00 a.m. to noon

\$5 drop-in fee

Beads, beads, beads! No prior experience is necessary. Enjoy the fun of making your own beaded jewelry. Viola Galetta, Instructor

## BRIDGE GROUPS

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


*Duplicate Bridge*: First Tuesday of the month, contact Lois Bruce at 203-762-5818.

*Duplicate Bridge*: Third Tuesday of the month, contact Maureen Turnier at 203-762-9386.

*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.

# JULY & AUGUST 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:30 Line Dancing 1:00 Bridge 1:30 Yoga 2:30 Strength Training	2 9:45 BeMoved! 11:00 Yoga 12:00 Strength Training 12:00 Duplicate Bridge 1:00 Studio Knitting 12:30 Five Crowns	3 10:00 Open Bridge 10:30 Tai Chi 12:00 Duplicate Bridge 1:00 Mah Jongg	4 Senior Center Closed Fourth of July 	5 Senior Center Closed for Fourth of July
8 10:30 Line Dancing 1:00 Bridge 1:30 Yoga 2:30 Strength Training	9 <b>9:45 No BeMoved!</b> 11:00 Yoga 12:00 Strength Training 12:30 Five Crowns 1:00 Studio Knitting 1:30 Mah Jongg	10 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	11 10:00 Yoga 11:10 Strength Training 12:00 Lunch 12:45 Bingo	12 10:00 Feldenkrais 12:00 Bridge 1:00 Intermediate Bridge
15 10:30 Line Dancing 1:00 Bridge 1:30 Yoga 2:30 Strength Training	16 <b>9:45 NO BeMoved!</b> 11:00 Yoga 12:00 Strength Training 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Studio Knitting	17 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	18 10:00 Yoga <b>11:10 No Strength Training</b> 12:00 Lunch 12:45 Bingo	19 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:00 Intermediate Bridge
22 10:30 Line Dancing 1:00 Bridge 1:30 Yoga 2:30 Strength Training	23 9:45 BeMoved! 11:00 Yoga 12:00 Strength Training 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Studio Knitting	24 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	25 10:00 Yoga 11:10 Strength Training 12:00 Lunch 12:45 Bingo	26 <b>10:00 NO Feldenkrais</b> 12:00 Bridge 1:00 Intermediate Bridge
29 10:30 Line Dancing 1:00 Bridge 1:30 Yoga 2:30 Strength Training	30 9:45 BeMoved! 11:00 Yoga 12:00 Strength Training 12:30 Five Crowns 12:30 Mah Jongg 1:00 Studio Knitting	31 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	<b>AUGUST 1</b> 10:00 Yoga 11:10 Strength Training 12:00 Lunch 12:45 Bingo	2 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:00 Intermediate Bridge
5 10:30 Line Dancing 1:00 Bridge 1:30 Yoga 2:30 Strength Training	6 9:45 BeMoved! 11:00 Yoga 12:30 Five Crowns 1:00 Studio Knitting 1:30 Mah Jongg	7 10:00 Open Bridge 10:30 Tai Chi 12:00 Duplicate Bridge 1:00 Mah Jongg	8 10:00 Yoga 11:10 Strength Training 12:00 Lunch 12:45 Bingo	9 10:00 Feldenkrais 12:00 Bridge <b>1:00 Intermediate Bridge Last Class of Session</b>
12 10:30 Line Dancing 1:00 Bridge 1:30 Yoga 2:30 Strength Training	13 9:45 BeMoved! 11:00 Yoga 12:00 Strength Training 12:30 Five Crowns 1:00 Studio Knitting 1:30 Maj Jongg	14 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	15 10:00 Yoga 11:10 Strength Training 12:00 Lunch 12:45 Bingo	16 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge
19 10:30 Line Dancing 1:00 Bridge 1:30 Yoga 2:30 Strength Training	20 9:45 BeMoved! 11:00 Yoga 12:00 Strength Training 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Studio Knitting	21 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	22 10:00 Yoga 11:10 Strength Training 12:00 Lunch 12:45 Bingo	23 10:00 Feldenkrais 12:00 Bridge
26 10:30 Line Dancing 1:00 Bridge 1:30 Yoga 2:30 Strength Training	27 9:45 BeMoved! 11:00 Yoga 12:00 Strength Training 12:30 Mah Jongg 12:30 Five Crowns 1:00 Studio Knitting	28 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	29 10:00 Yoga 11:10 Strength Training 12:00 Lunch 12:45 Bingo	30 10:00 Feldenkrais 12:00 Bridge



## GETAWAY TOURS

The Wilton Senior Center is proud to announce that in collaboration with Getaway Tours, we are now offering information on day trips to a variety of activities through Getaway Tours. The bus will pick up participants at Norden Park 10 Norden Place, Norwalk. Participants will know pick up time one week in advance.

Below are upcoming trips that you and your loved one of any age can go on for a wonderful day full of adventure.

### THURSDAY September 5th 9/11 Memorial AND MUSEUM

Depart from Norden Park in route to New York City. Upon arrival, you will visit the 9/11 Memorial. The Memorial is a national tribute of remembrance and honor to the nearly 3,000 people killed in the terror attacks of September 11, 2001 at the World Trade Center, the Pentagon and United Flight 93 that crashed near Shanksville, PA. The Memorial design is defined by two reflecting pools, a grove of trees and the names of the victims inscribed in bronze panels edging the Memorial pools, a powerful reminder of the unprecedented loss of life in an attack on U.S. soil and of the iconic Twin Towers. You will then travel 7 stories underground to the newly opened 9/11 Museum. The museum will be broken down into two sections, leading visitors through the events of September 11, 2001. The historical aspect of the museum will include the events leading up to September 11th, the story of September 11th, and the world following the terrorist attacks. The memorial aspect of the museum will focus on the victims of September 11th attacks and will share their stories. The Museum's growing collection of diverse materials include artifacts, photographs, audio and video tapes, personal effects and memorabilia, expressions of tribute and remembrance, recorded testimonies and digital files and websites related to the history of the World Trade Center, the events of September 11, 2001 and the repercussions of these seismic attacks.

After the Museum, we will enjoy a late-afternoon lunch at the famous Italian restaurant Carmine's. Your meal will be served family style. The platters will include Rigatoni, Bolognese, Penne ala Vodka and Chicken Marsala served complete with all the trimmings, including dessert. Always a favorite, Carmine's will deliver a great meal and will leave you full for your ride home!

**Cost: 113.00 per person includes Transportation, Complete Luncheon at Carmine's and Admission to Memorial & Museum.**

### WEDNESDAY September 18th The Big E! Connecticut Day

The Big E, "New England's Great State Fair," is the premier event each Fall with nearly one million guests passing through the gates every September. Located in West Springfield, MA, it is ranked among the top fairs in the country. The Big E encompasses a wide variety of events including, Entertainment, The Storowtown Village Museum, A Consumer's paradise of shopping and browsing, The Avenue of States, Agricultural and livestock events, The Magic Midway, The Eastern States Exposition Horse Show, Food for all tastes and much more!

**Cost 57.00 Per Person includes Transportation and Admission to the Big E!**

Checks can be made out to "Getaway Tours" and given to Stephanie at the Wilton Senior Center.

Please include phone number with check. Sign ups can only occur with a check is submitted. Stephanie will call you a week ahead to give you your departure time. Plan for an all day trip



Bring your loved one to enjoy a meal and activity with our life-enrichment team while you attend these complimentary community events. Events will be held at our community: 123 Richards Avenue in Norwalk. RSVP to one or all of these educational events by calling 203.523.0510 or visit [www.BridgesbyEPOCH.com](http://www.BridgesbyEPOCH.com). CAREGIVER SUPPORT GROUP WEDNESDAYS | 12 P.M.

JULY 10 | AUGUST 7 | SEPTEMBER 11 A light lunch will be served.

Get the support you need from dementia care professionals, socialize with other caregivers and learn ways to make life easier for you and your loved one.

### MEDICAID GUIDANCE SEMINAR

TUESDAY, JULY 9 | 6 P.M. With Mark Hanover, Senior Planning Services Light refreshments will be served.

Our guest expert will provide facts and details to make Medicaid easier to understand. We'll discuss eligibility requirements, required documentation, benefits and more.

### LUNCH AND LEARN: THE IMPACT OF ALZHEIMER'S & PARKINSON'S DISEASE

TUESDAY, JULY 23 | 12 P.M. With Dr. Peter McAllister, Co-Founder & Chief Medical Officer, New England Institute for Clinical Research

Dr. McAllister will discuss the facts and figures of Alzheimer's and Parkinson's diseases and how they are impacting the Baby Boomer generation. He'll share what this means for the future and how clinical research can possibly help you and your loved one with memory loss.

### LUNCH AND LEARN: STRATEGIES FOR CREATING WEALTH FOR YOUR LONG-TERM CARE

WEDNESDAY, AUGUST 14 | 12 P.M. With David Broder, Financial Advisor, Shelton Financial Services

Long-term care is an expense that is often overlooked until it is needed. Join us as we discuss how you can develop a financial strategy to protect yourself – and your family – should the need for long-term care arise.

### LUNCH & LEARN: THE FIVE WISHES®

THURSDAY, AUGUST 22 | 12 P.M. Presented by Constellation Hospice

Are your healthcare wishes – or your loved one's – known? We'll review the easy-to-use Five Wishes advance directive document which speaks to medical, personal, emotional and spiritual needs. This document can help guide discussions about future healthcare with family or physicians.