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Sounds of the Harp with Rebecca Swett Wednesday, May 22, 12:00 p.m.



Meet Rebecca Swett; Rebecca has been playing the harp for over thirty years. She started at the young age of ten and never looked back! She performed in a recital hall at Carnegie Hall, attended Interlochen International Music Camp, played with the New England Music Festival Orchestra, the Connecticut All State Orchestra and toured Switzerland with the Greater Hartford Youth Orchestra. She also received a third place award in the 1970 Irish Festival Harp Competition in New York. Rebecca continued her studies at Boston University School of Music with Lucille Lawree.

On Wednesday May 22 at Noon, Rebecca will enchant you with classic songs and even play a bit of older hits you may remember from the 50's or 60's. She will educate you on the history, the music, and the fundamentals of the harp.

A complimentary lunch of salad and croissants will be served. Reservations: 203-834-6240.

Wilton Social Services Department Introduces Senior Discount & Service Program



Wilton Social Services is pleased to announce the roll out of the Senior Discount & Services Program. The program provides a comprehensive online guide to discounts and services offered to senior residents (age 65 and older) at over 20 participating Wilton based businesses and organizations. Senior residents can simply show an ID to qualify for available discounts. Sarah Heath of Wilton Social Services said "We are thrilled to be offering the Senior Discount Program in Wilton for both the seniors in town and the Wilton businesses. We hope any Wilton resident over 65 takes advantage of the opportunities available to them as highlighted in our brochure." While the brochure is primarily an online resource available on the Town of Wilton website (www.wiltonct.org), printed copies will also be available at the Wilton Senior Center at Comstock Community Center, the Wilton Town Clerk's Office at Wilton Town Hall, Wilton Chamber of Commerce, Ogden House, and Wilton Commons. For any questions please call Wilton Social Services at 203-834-6238.

Volunteers Honored on June 5

On Wednesday, June 5, at Noon the Wilton Senior Center and Wilton Social Services Department will honor and thank its volunteers at a luncheon at the Ogden House. More than 100 volunteers are invited to the festivities.

The Senior Center has been built on the dedication of our Volunteers. Starting in 1973, The Senior Center was the basement room of the Center School and was dedicated as an Adult Center.

Fast forward to the late 1970's, Adele MacGregor and Dot Tracey initiated a program of weekly luncheons prepared and served by the Wilton Presbyterian, Zion's Hill Methodist, Wilton Baptist, and Our Lady of Fatima churches. The Woman's Club supported the early venture by arranging programming for lunch attendees. Cis Cohen was named the first official volunteer director. Dorothy Wright and Jody Heussner followed in her footsteps. In 1983 the group moved to Ogden House where they paid rent to use the great room, library, kitchen, and craft room for activities. In 1992, the senior center moved to its present day location, the Comstock Community Center where a single room, the present day café, was dedicated to seniors. Several years later, the name changed from Wilton Adult Center to Wilton Senior Center. The first town-employed coordinator, Marie Key, was hired in 1990 for 14 hours per week. Usage of the Senior Center increased under the direction of successor coordinators Tessa Donnelly and Jan Mac Ewan. Lizabeth Doty became the first fulltime coordinator in 2002. Following in 2018, Stephanie Belcher became the second full time coordinator. In 2010 First Selectman, Bill Brennan designated space at the Comstock Community Center for the exclusive use of the Senior Center. These rooms became the café, lounge, game room, computer room, and crafts and arts studio.

At that time the food pantry was also expanded and moved to the lower level. Open four days a week, the pantry is staffed by a wonderful group of senior volunteers. At their helm is Del Overby, who assigns the monthly volunteers to their shifts. In addition to working in the pantry, several volunteers make a weekly pick-up and delivery from the Village Market while another group of volunteers from the Woman's Club makes a weekly trip to the Lower Fairfield Food Bank in Stamford to shop for pantry supplies. Without the commitment of pantry volunteers, the Social Services Department would not be able to provide this essential service. As a result of the Comstock Renovation Project in 2016, the Senior Center was refurbished with new ceiling tiles and energy-efficient lighting; enhanced handicap accessibility and security; improved heating, ventilation, and air-conditioning; remodeled café and kitchen; new technology room to replace the "old computer room" which was absorbed into the new lobby; and additional restrooms.

The senior center was started by volunteers who wish to connect with other adults through socialization and good will. This has shown constant throughout the years. Volunteers leave their mark on each and every program they touch, whether it's a book discussion leading into a lunch discussion, conducting activities, preparing and serving meals or using their own skills to better the community. The Senior Center and Social Services Department is grateful for the time and energy each volunteer has given in the past year. **If you wish to honor the Volunteers and be included in the luncheon please RVSP to Stephanie.**

Seating is Limited. 203-834-6240.



VITAS[®]
Healthcare

What is Hospice Care?
Friday, May 3rd 11:00 a.m.
Senior Center Lounge

Join us for an informational discussion on the truth and myths

about Hospice care and how it can help you or your loved one down the line. This program is sponsored by Visiting Angels. Bagels and Coffee will be served please call Stephanie at 203-834-6240.



RVNA HEALTH FAIR
Saturday May 4 10-2
East Ridge Middle School
10 East Ridge Rd
Ridgefield, CT

The Ridgefield VNA will be hosting their 45th annual Health and Wellness Fair on Saturday May 4th. The Fair will include Free Health & Wellness Screenings and services, Informational displays on services, raffle prizes, handouts and giveaways. Each year RVNA's Health & Wellness Fair has saved at least one life due to organizations providing free health and wellness screenings, counseling and advice.

Screenings include cholesterol, glucose, vision and skin exams, along with balance assessments and much more. Everything is free and no appointments are necessary. Come get a health question answered, or just enjoy learning new information. The East Ridge Middle School, located in downtown Ridgefield, offers ample parking and easy access

This year Wilton's Dial-a-ride will be offering rides to the Ridgefield VNA, Pick ups will have everyone to arrive at 10 a.m. and leave at 11:30 a.m. Please call Dial-a-ride at 203-834- 6235 to make your reservation today.

LAUGHTER YOGA
Friday, May 10th
11:00 a.m. Lounge



Have you ever heard of Laughter Yoga? Laughter Yoga, often referred as "Hasyayoga" is the practice involving prolonged voluntary laughter. Based on the belief that voluntary laughter provides the same physiological and psychological benefits as spontaneous laughter, Laughter Yoga is done in groups with jokes and playfulness between participants. Forced laughter soon turns into real and contagious laughter.

The Bridges of Norwalk will offer this FREE session of Laughter Yoga, Friday May 10th at 11:00 a.m. in the Senior Center lounge. Call 203-834-6240 to make a reservation today!



**Mother's Day Tea
Monday May 13 1-2:30 Café**

Join us in celebration of Mother's Day on Monday May 13th for a tea and dessert special brought to you by students of Wilton High School. There is no cost to this program and walk ins are welcomed!

Any questions please call Stephanie at 203-834-6240.

**What is Right For You?
Housing Consultations**

Tuesday May 14th

11:00 Senior Center Computer Room



Deciding to stay home or moving to a senior residential community is not an easy choice. We are here to help. Senior Care Authority is a full placement agency specializing in senior living options, including assisted living, independent living and memory care. Partners, Harold, with a background as a lawyer and CPA, and Kyle, who's background is in emergency medicine, bring new light to the understanding of this ever evolving and complex field.

Do you or a friend or loved one need different senior housing than what you are in currently? Are people suggesting you move but you don't feel it is necessary? Speak with Harold and Kyle to discuss the best next step, or plan for the future!

They will discuss the benefits of staying at home and the opportunities provided by senior living communities. Senior Care Authority provides free consultation to seniors and their families looking to make an informed decision about what option is best for them.

SCA will be providing FREE 1:1 Consultations starting at 11:00 in 20 minute increments.

To sign up for a time slot please call 203-834-6240.

**Lunch and Learn:
How to Maintain your Vision**



Friday May 17 at Noon Lounge

Join Dr. Omar Faridi on Friday May 17th at Noon for this informative lunch and learn. Dr. Faridi will go over all the preventive steps on how to maintain vision including the signs of cataracts, macular degeneration and glaucoma and how we can slow progression and what to do incase this happens to you!

Dr. Faridi is a Board Certified comprehensive ophthalmologist with advanced training in cataract and glaucoma surgery, specializing in laser assisted (Femtosecond) cataract surgery, advanced technology intraocular lens implants (IOLs), and innovative micro-invasive glaucoma surgery (MIGS). He is currently on staff at Yale University School of Medicine and continues to be active in clinical research.

This program is **Free**, walk in welcome, reservations are appreciated! Call Stephanie at 203-834-6240

**Tennis Tips: Win More Points!
Have More Fun!**



As the tennis season reopens, here are a few tips to reduce your number of unforced errors ... and in so doing, win more points and have more fun.

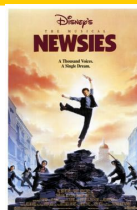
- ✓ **Hit over the middle of the net to reduce your "into-the-net" errors.** Remember, the net is 6 inches lower at this point than it is at the sideline. A shot down-the-line that went into the net 3 inches below the tape would have cleared the net, and remained in play giving your opponent another opportunity to make an unforced error!
- ✓ **Hit cross court to reduce your errors beyond the baseline.** When you do so, you are hitting into a much longer court than if you hit down the line. In singles, the court is 4 ½ feet longer corner-to-corner than straightaway. And almost 8 feet longer in doubles. A down-the-line shot that was out by 1 foot, would have been well in-play if hit diagonally. (And you would also be hitting over a lower portion of the net!)
- ✓ **Use the "Lob" strategically.**
 - Lob when you are pulled off-court and need some time to recover.
 - Lob to push aggressive opponents back from the net.
 - Lob to change the rhythm of the point. It will give you a chance to catch your breath, and may cause your opponent to make an unforced error.
- ✓ **Stay Positive. Don't get down on yourself (or your partner) because of an unforced error.** Remember, recreational tennis is a game of errors. If you didn't make any errors, you would be on the "tour".

Playing Smarter Tennis

Tuesday May 14th 1:00 Computer Room

If you enjoyed this article, you may wish to attend Peter's May 14th class: "Playing Smarter Tennis Tips to Win More Points". In addition to more on the above, and with the aid of a 3-dimensional court model, he will share tips on serving, serving strategies, poaching, approaching and playing the net, court position, and player's responsibilities.

For Questions or Reservations please call 203-834-6240



**Wilton High School
Presents
Rodgers and Hammerstein's
Newsies**

Saturday May 18th 2:00 p.m.

A limited number of complimentary senior citizen tickets are available for the Saturday, May 18, matinee performance at the Clune Center at 3:00 p.m. Call 203-834-6240 to reserve complimentary tickets. Call Dial-a-ride at 203-834-6235 to schedule a ride. Tickets will be available for pick-up beginning Monday, May 13, in the Social Services Office.



Wilton Senior Volunteer Group Informational Meeting Monday May 20th 1:30 Lounge

Are you looking to give back to your community and need a place to start? Come down to the Senior Center Café for an informational meeting of Wilton's Senior Volunteer group. The purpose of this group will be to find different organizations to volunteer with as a group for projects or special events, once a month. If you have any interest come on down! Share your ideas and find ways to give back to your community. For any questions or if you would like your non profit to be a suggested volunteer place please call Stephanie at 203-834-6240.



Celebrate Memorial Day Memories, Patriotic Songs and make -your-own Old-Fashioned Ice Cream Sundaes

Tuesday, May 21st, 3 - 5 p.m.

Sing-along with The Grandmas & Grandpas Barbershop Quartet while they perform your favorite patriotic songs in honor of Memorial Day and Flag Day. Hear stories, share stories and remember those who served our country. **Senior Center Lounge**



RSVP: 203-762-2600

Stay at Home in Wilton hosts talks and walks throughout the year. To learn more about Stay at Home in Wilton membership benefits and volunteer opportunities, contact Janet Johnson at 203-762-2600 or visit www.stayathomeinwilton.org.



Let's Celebrate YOU! Friday May 24th 11:00 Senior Center Lounge

You've led a fabulous life so "Let's Celebrate YOU!"

The Shaughnessy Banks Funeral Home of Fairfield invites you to join them to discuss why funerals do matter and the importance of preplanning how you want your life to be remembered. This informative talk will cover specific examples for creating a meaningful life celebration as well as discussion of some common myths surrounding funerals. There will be time for questions and refreshments and treats will be served.

**For Reservations or Questions
please call 203-834-6240**



Intermediate Bridge

A new session of Intermediate Bridge with instructor Michael Hess will begin on June 14th. This session will now offer a drop in rate of \$8.00 or a pay in full option for \$60.00! The new 8 week session will run June 14th to August 9th. (Closed on July 5th). For any questions or to sign up please call Stephanie at 203-834-6240.



BOOK DISCUSSION

at the Senior Center

Tuesday, May 28, 11:00 a.m.

Michael Bellacosa, Discussion Leader
Leonardo da Vinci
by Walter Isaacson

Leonardo da Vinci died 500 years ago in May of 1519 so it's fitting that we take up the biography of this amazing intellectual and creative giant, the prototypical "Renaissance Man." After his highly successful biographies of Albert Einstein, Benjamin Franklin, and Steve Jobs, Walter Isaacson immersed himself in the thousands of pages of Leonardo's notebooks, among other sources and materials, to produce this multifaceted portrait. David McCullough wrote: "To Read this magnificent biography of Leonardo da Vinci is to take a tour through the life and works of one of the most extraordinary human beings of all time and in the company of the most engaging, informed, and insightful guide imaginable. Walter Isaacson is at once a true scholar and spellbinding writer. And what a wealth of lessons there are to be learned in these pages. Lunch (\$3) at noon served in the café; reservations, 203-834-6240.



A Tale of Two Salads Wednesday, May 29th 12:00 Café

In the late spring and summertime, we like to keep it fresh and simple.

And we think you should too! On Wednesday, May 29, join RVNA's nutrition educator, Meg Whitbeck, MS RDN, along with caregiver and veteran Whole Foods salad maker, Eliza Pierre, for a fun and interactive salad demonstration. Easy to make, easy to eat, and delicious to boot, we'll introduce a grain salad and a green salad with a side of kitchen safety tips. Join the fun!

For reservations or questions please call Stephanie at 203-834-6240.



Help our Furry Friends Pet Food Drive



For the month of May, Visiting Angels is running a Food Drive for the Connecticut Humane Society in Westport. They are asking for your donations of cat and dog food, rubber mat rugs, and towels.

The Wilton Senior Center will have a donation box in the Social Services office You can also call Adriana at 203-448-8281 to pick up donations as well.

The Connecticut Humane Society is the leading resource in the state for a companion animal welfare, enriching the lives of families and communities through adoption services, medical care, education and prevention of cruelty.

☆ MAY 2019 ☆

Monday	Tuesday	Wednesday	Thursday	Friday
	Furry Friends Food Drive the entire month of May! Drop off any donations with Stephanie in the Social Services Office!	1 10:00 Open Bridge 10:30 Tai Chi 1:00 American Mah Jongg	2 10:00 Yoga 11:10 Seated Exercise 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo	3 10:00 No Jewelry Workshop 10:00 Feldenkrais 11:00: Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
6 10:30 Line Dance Fusion 1:00 Bridge 1:30 Yoga *NEW* 2:45 Seated Strength training	7 9:45 BeMoved 11:00 Yoga 12:30 Five Crowns 1:00 Studio Knitting	8 10:00 Open Bridge 10:30 Tai Chi 1:00 American Mah Jongg	9 10:00 Yoga 11:10 Seated Strength training 12:00 Lunch 12:45 Bingo	10 8:30 AAA Driver Improvement Course 10:00 Feldenkrais 11:00 Tai Chi 11:00 Laughter Yoga 12:00 Bridge 1:00 Intermediate Bridge
13 10:30 Line Dance Fusion 1:00 Bridge 1:30 Mother's Day Tea 1:30 Yoga 2:45 Seated Strength training	14 9:45 BeMoved 11:00 Yoga 11:00 Senior Care Consultations 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Studio Knitting 1:00 Tennis Strategies 1:30 Chinese Mah Jongg	15 Tax Relief Deadline 10:00 Open Bridge 10:30 Tai Chi 12:00 Lunch OH 12:45 Gentlemen Songsters 1:00 American Mah Jongg	16 10:00 Yoga 11:10 Seated Strength training 12:00 St. Mathew's Luncheon Mary Genuario – Riverbrook YMCA Updates on Senior Programs	17 8:30 AAA Driver Improvement 10:00 Jewelry Workshop 10:00 Feldenkrais 11:00 Tai Chi 12:00 Bridge 12:00 Lunch and Learn: The Aging Eye 1:00 Intermediate Bridge
20 10:30 Line Dance Fusion 1:00 Bridge 1:30 Yoga 1:30 Volunteer Group Meeting 2:45 Seated Strength training	21 9:45 BeMoved 11:00 Yoga 12:30 Chinese Mah Jongg 12:30 Five Crowns 1:00 Studio Knitting 3:00 Celebrate Memorial Day SAHW	22 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 12:00 Harpist Rebecca Swett 1:00 American Mah Jongg	23 10:00 Yoga 11:10 Seated Strength training 12:00 Lunch 12:45 Bingo	24 10:00 Feldenkrais 11:00 Let's Celebrate You! 11:00 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
27  Memorial Day Senior Center Closed	28 9:45 BeMoved 11:00 Book Discussion 11:00 Yoga 12:00 Book Lunch 12:30 Five Crowns 1:00 Studio Knitting 1:30 Chinese Mah Jongg	29 10:00 Open Bridge 10:30 Tai Chi 12:00 A Tale of Two Salads 1:00 American Mah Jongg	30 10:00 Yoga 11:10 Seated Strength training 12:00 Lunch 12:45 Bingo	31 10:00 Jewelry Workshop 10:00 Feldenkrais 11:00 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge Session Ends



JUNE 2019

Monday		Tuesday		Wednesday		Thursday		Friday	
3 10:30 Line Dance Fusion 1:00 Bridge 1:30 Yoga		4 9:45 BeMoved 11:00 Yoga 12:30 Five Crowns 1:00 Studio Knitting		5 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 12:00 Volunteer Lunch OH 1:00 Duplicate Bridge 1:00 American Mah Jongg		6 10:00 Yoga 11-12 Blood Pressure Screening 11:10 Seated Strength training 12:00 Lunch 12:45 Bingo		7 8:30 AAA Driver Improvement Class 10:00 Feldenkrais 10:00 Jewelry Workshop 11:00 Tai Chi 11:00 Sleep Specialist Discussion 12:00 Bridge	
10 10:30 Line Dance Fusion 1:00 Bridge 1:30 Yoga 2:00 Early Days of TV 2:45 Seated Strength training		11 9:45 BeMoved 11:00 Yoga 12:30 Five Crowns 1:00 Studio Knitting 1:30 Chinese Mah Jongg		12 10:00 Open Bridge 10:30 Tai Chi 12:00 How to Out scam the Scammer 1:00 American Mah Jongg		13 10:00 Yoga 11:10 Seated Strength training 12:00 Lunch 12:45 Bingo		14 10:00 Feldenkrais 11:00 Tai Chi 11:00 Around the World with April & Lia 12:00 Bridge 1:00 Intermediate Bridge *New Session*	
17 10:30 Line Dance Fusion 1:00 Bridge 1:30 Yoga 2:45 Seated Strength training		18 9:45 BeMoved 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Studio Knitting		19 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 1:00 American Mah Jongg		20 10:00 Yoga 11:10 Seated Strength training 12:00 Lunch 12:45 Bingo		21 10:00 Feldenkrais 10:00 Jewelry Workshop 11:00 Clear captions: See Every Word 11:00 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge	
24 10:30 Line Dance Fusion 1:00 Bridge 1:30 Yoga 2:45 Seated Strength training		25 9:45 BeMoved 11:00 Yoga 12:30 Five Crowns 12:30 Chinese Mah Jongg 1:00 Studio Knitting 3:00 Will Haskell Speaks SAHW		26 10:00 Open Bridge 10:30 Tai Chi 1:00 American Mah Jongg 2:00 Mark Albertson Treaty of Versai		27 10:00 Yoga 11:10 Seated Strength training 12:00 Lunch 12:45 Bingo		28 10:00 Feldenkrais 10:00 Jewelry Workshop 11:00 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge	

Spring is in the air. Taking a walk on a Town trail? Watching a game at a town field? Enjoying a warm spring day at a town park? Take SeeClickFix along with you to report non-emergency issues - such as trees down across a trail, playground equipment problem at the schools, or litter in the parks – which will be reported directly to the appropriate Town of Wilton department to be addressed and resolved. With free SeeClickFix web-based and mobile app tools, Town of Wilton residents can provide the appropriate Town of Wilton departments with pictures, videos, specific descriptions, and more — valuable information needed to get the job done efficiently. Residents can also view, comment on, and vote to fix problems submitted by their neighbors and create their own “watch areas” to receive notifications about all the issues reported in their neighborhood, enabling them to follow the progress of all service requests — not just the ones they report. In addition, the SeeClickFix platform provides officials with a centralized issue management system to manage issues from creation to resolution — engaging town residents throughout the process. The SeeClickFix mobile app is available for download on [Android](#) , [iPhone](#) and [Blackberry](#). In addition to the mobile apps, citizens can send reports to the Town of Wilton website at www.wiltonct.org.



Sleep Making You Wicked?

Friday June 7th 11:00
Senior Center Lounge

Tired? Low Energy? Awake in the Middle of the Night? It could be a nighttime breathing problem.

Sleep apnea is KING, but there are other health-damaging pawns in the world of nighttime breathing problems. Do you know the signs? Join Tara to learn how to spot nighttime breathing problems-and how to stop them! You will learn your personal risk for nighttime breathing problems and know the top action you can take to get back to feeling like yourself again

Tara Clancy, M.A. is a breathing specialist, sleep-educator, and author of a soon-to-be-released book on how to prevent sleep apnea and other nighttime breathing problems.

For reservations please call Stephanie at 203-834-6240.

Around the World with April and Lia

Friday, June 14 11:00am Lounge

There's nothing more transporting than travelling the globe — literally or virtually. Join April Rodriguez, RN, Travel Health Nurse at RVNA (Ridgefield Visiting Nurse Association) and Lia Levitt, traveler extraordinaire, for an overview of exotic and fabulous destinations,



plus the health precautions and immunizations you need to keep your travels safe and sound. Bagels and refreshments will be served. Please call Stephanie at 203-834-6240 for more information and to sign up!

Clear Captions: See Every Word

Friday, June 21st 11:00 Lounge

Clear Captions is a nationwide program, that allows you to have a clear caption phone which generates captions of the phone call you are having! Join John

Noonan on Friday June 21st in the lounge

to talk about this free nationwide program.

Requirements are:

- ✓ Hearing Loss
- ✓ Home Phone Service
- ✓ High Speed Internet

Bagels and Refreshments will be served. Call Stephanie for RSVP or more information 203-834-6240



The Early Days of TV Monday June 10th 2:00 Senior Center Lounge

Television started in 1928 in Schenectady, New

York but it was incubated in two laborites, one in Pittsburgh in George Westinghouse's Labs and the other in General Electric's Lab. TV goes through growing pains including World War II. But when GI's come home, they want their TV. They want to watch Ed Sullivan, Meet the Press, Uncle Miltie, Milton Berle, Joe Friday, Lucy and Desi and Ralph Kramden, the Twilight Zone and even test patterns. TV also reflected society, Nat King Cole never got a sponsor and actors were blacklisted.

Stroll down Memory Lane with Evan Weiner speaker and author, and get reacquainted with the 1940s and 1950s TV. The Early Days of TV. The programming looked cheap but it came right into the living room. Watching in front of stores, getting rid of rolling, snow and moving that antenna the right way was a way of life. TV Days.

Please call Stephanie at 203-834-6240 for questions or reservations. Walk ins welcome.

How to Out-Scam the Scammer Lunch + Learn Wednesday June 12th 12:00 Lounge

Incidents of fraud are on the rise, and scammers' tactics are becoming more complex. That's why it's important to educate yourself about fraud. And while no one is immune, there are steps you can take to Outsmart the Scammers. Join us for this presentation and learn important strategies to help protect you and the ones you love. We'll share:

- How to spot certain red flags that may indicate a fraudulent encounter
- Resources you can turn to in the event you or a loved one is targeted
- Steps you can take now to help protect yourself and your loved ones

Join Tom Fagan of Edward Jones in this in-depth talk about potential scams that target the people over 60. Lunch will be provided. **Please RSVP to Stephanie at 203-834-6240.**



State Senator Will Haskell Speaks Tuesday, June 25th 3 - 5 p.m.

Hear what the senator is doing for seniors in CT—

Q & A will follow

Stay at Home in Wilton President

Sally Maraventano Kirmser and Sena-

tor Haskell share the goal of making seniors a priority in Wilton and in the state.

Reservations recommended: 203-762-2600

Please provide your phone or email. In the event the Senator is called away registrants will be notified.

Location: Senior Center Lounge



Stay at Home in Wilton hosts talks and walks throughout the year. To learn more about Stay at Home in Wilton membership benefits and volunteer opportunities, contact Janet Johnson at 203-762-2600 or visit www.stayathomeinwilton.org.

History Talk: The Treaty of Versai

with Mark Albertson



Wednesday June 26th 2:00 Senior Center Lounge

June 28th marks the 100th anniversary of the Versailles Treaty, ending the “War to End all Wars”, World War 1. On Wednesday June 26th at 2:00, Professor Mark Albertson will host an in-depth talk and discussion on The Treaty of Versai, the contributing factors to the beginning and the end of the war and how you can still see the effects still play out in today’s society.

Mark Albertson is a historical research editor for “Army Aviation” magazine, a long-time member of the United States Naval Institute and author and professor of history at Norwalk Community College.

For Reservations please call Stephanie at 203-834-6240. Dessert and Refreshments will be served.



Bring your loved one to enjoy a meal and activity with our life-enrichment team while you attend our education and support events. Events will be held at our community: 123 Richards Avenue | Norwalk

LUNCH & LEARN: AGING WELL

THURSDAY, MAY 2 | 12 P.M. Presented by: Dr. Allison Ostroff, MD, Director, Stamford Health Geriatric Assessment Center Join us for an informative presentation that highlights common medical problems facing the senior population, including dementia, depression, urinary incontinence, falls and more. Dr. Ostroff will share statistics, preventative medications and lifestyle interventions that can help.

RESIDENT ART SHOW

SATURDAY, MAY 18 | 2 – 4 P.M.

Art has many therapeutic qualities for those with memory loss. Enjoy a display of our residents’ art and participate with your loved one in various quick crafts in our Community Room, provided by Sheraton Caregivers, LLC.

LUNCH & LEARN: A DAY IN THE LIFE OF DEMENTIA

THURSDAY, JUNE 6 | 12 P.M. Presented by: Alicia Seaver, Vice President of Memory Care Operations & Certified Memory Impairment Specialist Join us as Alicia discusses how dementia alters one’s abilities, perceptions and behaviors. She’ll also share how those with memory loss can engage with others through activities and programs designed to stimulate the body, mind and spirit. Bring your questions – and let Alicia answer them for you!

DANGERS OF DENIAL IN DEMENTIA & PEACEFULNESS OF RESOLUTION

WEDNESDAY, JUNE 19 | 5:30 P.M. Presented by: Amy Burckhard, LMSW, CDP® Director of Memory Care at Sterling Care
Light refreshments will be served.

Join us for an educational presentation highlighting the dangers of denying a dementia diagnosis and how acceptance can bring peace, as well as allow you to prepare effectively for the future.

CAREGIVER SUPPORT GROUP

EVERY THIRD SATURDAY | 2 P.M.

APRIL 20 | MAY 18* | JUNE 15 *Light refreshments will be served.*

Get the support you need from dementia care professionals who understand your challenges and concerns. These sessions are your chance to take a break, socialize with other caregivers and learn how to make life easier for you and your loved one. *Support Group on May 18 will begin at 1 p.m.
Kindly call 203.523.0510 or visit www.BridgesbyEPOCH.com to RSVP.



WPD Lieutenant David Hartman

DRIVER IMPROVEMENT PROGRAM

Register for one of AAA’s **FREE** Driving Improvement Programs!
Friday, May 17 or Friday, June 7
Comstock Community Center
8:30 a.m. – 12:30 p.m.

Our Driver Improvement Program is aimed at experienced drivers who wish to improve their driving skills and review defensive driving basics. By completing this class drivers 60 years of age and older may qualify for a minimum 5% discount* on their auto insurance. In fact, some insurers provide that discount to experienced drivers as young as 55. We encourage you to check with your insurer to see what benefits they offer. This course is taught by Lieutenant David Hartman of the Wilton Police Department. A graduate of Wilton High School with 18 years experience in law enforcement, Lieutenant Hartman was on the traffic division for five years. He is a Field Training Officer, a Child Safety Seat Technician certified by the NHTSA and the night-shift supervisor. Register online by visiting www.aaa.com/driverimprovement or **call AAA** at 203-937-2595, ext. 4684 for more information.

PLEASE CONTACT YOUR INSURER IN ORDER TO DETERMINE WHAT AUTO INSURANCE BENEFIT, IF ANY, WOULD BE ASSOCIATED WITH THIS PROGRAM.



Calling all Chess Players

Are you interested in playing Chess but don’t know who else plays? Would you like to get a game going once or twice a month?

The Wilton Senior Center is looking for chess players who would like to meet once a week or bi-weekly for an afternoon of chess in our Game Room . **People who are interested should inquire to Stephanie at 203-834-6240. A time and day will be set after interested parties sign up to fit everyone’s schedule.**

New & Exciting Exercise Programs

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.



Beatriz Araujo

NEW AFTERNOON YOGA

Mondays starting May 6th 1:30-2:30 P.M.
\$3.00 Drop in fee

Starting May 6th, join Yoga Teacher Emma Converse in a new afternoon Yoga Class. Amrit yoga, an energy based yoga practice will focus on posture, balance and energy in each pose. Come Monday afternoons for a relaxing class that will take your stress away!

BEMOVED!

Tuesdays, 9:45 a.m. to 10:45 a.m. \$5 drop-in fee

BeMoved is an established dance experience designed for adults of all movement abilities.

With 18 unique dance genres, BeMoved inspires participants to embrace dance as a lifelong path to health, joy and fulfillment. Our goal is to celebrate the diverse beauty of movement, while also building a sense of community within our classes. We believe that movement expressed through dance and music has a transformative power that enriches a person's wellbeing above and beyond the well-known physical fitness benefits. The Warm-Up infuses breath and movement through choreographed, artistic sequences that activate core strength and balance while improving flexibility and coordination. The Genre section of class uses continuous, engaging dance combinations to inspire anyone from first-time dancers to professionals. Finally, the Cool Down brings your workout full circle, leaving you bal-



Phyllis Hirschfield

anced in mind, body and soul – feeling rejuvenated.

TUESDAY / THURSDAY YOGA

Tuesdays, 11:00 a.m. to 12:00 p.m.
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.

TAI CHI

Wednesdays, 10:30- 11:30.

NEW Fridays, 11:00– 12

\$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. This program is **now offered twice a week!**

Joe Alampi, Instructor.



Joe Alampi

STRENGTH TRAINING

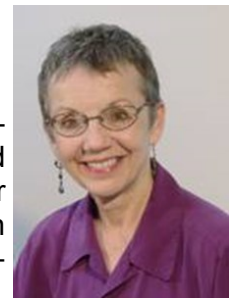
Mondays 2:45-3:15 Thursdays at 11:10-11:40

Strength Training allows people of all abilities to get the blood flowing in this 30 minute weight exercise. The exercises can be done with or without weights and modified as needed. This class promotes strength, flexibility and blood flow. This class is done partly seated with some exercises done holding on to the chair. Stephanie Belcher, 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.



Cathy Paine

All activities take place at the Senior Center unless otherwise noted.



Calling all Pickle Ball Players

The Wednesday Morning Pick Up Pickle ball group is looking for new players! Do you have experience or want to learn?

All levels are welcomed, one overview and you'll be good to go. Equipment can be provided.

Interested parties can call Stephanie at 203-834-6240.

The group meets Wednesday Mornings at 8:30-11:00 in the Comstock Community Center Gymnasium.



Bullets, Bonds, and Butter: Wilton Responds to War, 1776 – 2006

Exhibition at the Wilton Historical Society Through September 14, 2019

Bullets, Bonds, and Butter: Wilton Responds to War, 1776 – 2006,

The new exhibition at the Wilton Historical Society, commemorates the contributions of both the soldiers and the townsfolk who have answered the call of war. While troops fought on the front lines, back at home, Wilton residents of all ages were engaged in supporting the war effort in ways both large and small. Rationing, writing letters to the troops, knitting socks and making bandages, buying war bonds, manufacturing diverse supplies, spotting airplanes from observation towers, collecting scrap, sending soccer balls to underprivileged children around the world, and in some cases, protesting against war were all part of the response. How hard is it to identify possible WWII enemy planes flying overhead?

Test your skills in a new interactive display, and compare your results to that of a Wilton couple who contributed to the war effort. Cartoons and a newsreel from the same era are also part of the exhibition.

Bullets, Bonds, and Butter:

Wilton Responds to War, 1776 – 2006 includes material from the Revolutionary War, the War of 1812, the Civil War, World War I, World War II, the Korean War, the Viet Nam War, and the war in Iraq. To mark the anniversary of the birth of the American Legion in March of 1919, the Wilton Historical Society worked with Adjutant Tom Moore of Wilton's James B. Whipple Post 86 to develop a special section on the history of the organization, which includes some of their artifacts.

The Wilton Historical Society, 224 Danbury Road, Wilton, CT 06897 203-762-7257

www.wiltonhistorical.org

Elderly and Disabled Tax Relief Deadline, May 15

Elderly Wilton homeowners and totally disabled homeowners who have NOT yet applied for tax relief benefits on their July 2019 tax bills are reminded that Wednesday, May 15, is the last day applications will be accepted in the Assessor's Office. The application deadline will not be extended.

The Town of Wilton tax relief program requires annual filing. The State of Connecticut tax relief program requires a biennial filing. Please call the Assessor's office at 203-563-0122 if you have any questions.

2019 Annual Town Meeting Coming Soon

Wilton's Registrars of Voters Annalisa Stravato and Karen Birck remind all registered voters that the 2019 Annual Town Meeting and budget referendum will be held on Tuesday, May 7, 2019 at the WHS Clune Center Auditorium at 7:30 pm. Attendance at the Annual Town Meeting allows voters to get information about the recommended budget and bonding proposals from their town officials. At the conclusion of the meeting, voting will follow in the WHS Clune Center Lobby. If you can't attend the Tuesday evening meeting, adjourned voting will continue on Saturday, May 11, 2019 at the WHS Clune Center from 8 am to 6 pm. In addition to the budget question, there are four **Yes/No** bonding questions on the ballot.

A sample ballot can be viewed online on the town website, on the Registrars of Voters pages, at www.wiltonct.org. Absentee ballots will be available starting on Wednesday, May 8 through Friday, May 10 in person at the Town Clerk's office and must be returned to the Town Clerk by 4:30 pm on Friday, May 10.

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 valued at \$1000 or more on Wilton's last completed Grand List.

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



Southwestern CT Agency on Aging Presents a "Confidence in Caregiving" Panel

When: Tuesday, June 25 from 4:00 p.m. to 6:00 p.m.

Where: Elder house at 7 Lewis Street in Norwalk

Topics: what to expect as a caregiver, how to speak to healthcare professionals, how to interview paid caregivers, resources available to caregivers

RSVP: please call Elder house at 203-847-1998

Care will be available on-site for care recipient if necessary. If you cannot make it to the above event but are still interested, there will be 2 other panels:

June 13 in Stamford: call 203-977-5151 for more information or to RSVP



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 Nordem Park 10 Nordem Place, Norwalk Connecticut. 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.

Friday July 12 Coins & Claws-Lobster Lunch at Abbott's and Fun at Mohegan Sun Casino

Depart from Nordem Park in Norwalk in route to Abbott's Lobster in the Rough in Noank CT. Voted as one of the best lobster shacks in New England! Abbott's cooks its lobsters via the low steaming method to seal in all the crustacean's natural flavor. Dine Next to the scenic harbor on a dock where you can watch the boats on the Mystic River, while you enjoy your lunch. Your entrée options include a choice of steamed lobster or herb roasted chicken served complete with all the trimmings. After Lunch, we will depart for Mohegan Sun Casino. Upon arrival, you will receive a casino package including a food credit. Enjoy several hours of gaming at your own pace at one of Connecticut's world-class casinos, including its wide variety of activities and of course the slots! You won't want to miss this getaway filled with coins and claws!

Cost: 75.00 a person Includes Transportation Lunch at Abbott's Casino Bonus Package

July 24- CT Sun V NY Liberty at Mohegan Sun- Game time 11:30 a.m.

Depart from Nordem Park to the Mohegan Sun Arena! Enjoy a WNBA professional women's basketball game between the CT Sun and the New York Liberty! Playing for the CT Sun is Morgan Tuck, who won four NCAA Championships while at UConn and won three gold medals playing USA Basketball. Playing for the NY Liberty are former UConn stars, Tina Charles, Kia Nurse and Bria Hartley. Game time is 11:30 a.m. After the game you will be able to enjoy lunch and the gaming tables before we head home with wonderful memories of our WNBA Ct Sun basketball getaway!

Cost: 55.00 Per person Includes: Transportation, Ticket to CT Sun Game, Food Voucher and Casino Bonus to be used during your free time at Casino

July 25 Essex Dinner Train

We will depart from Norwalk in the morning in route to Essex, Connecticut. Enjoy a 3-course lunch aboard restored 1920's Pullman dining cars as part of a lunch, train and riverboat sightseeing excursion. An attentive staff will transport you back to an era when rail travel was king, and eating in the "diner" was a delicious special occasion. Upon boarding the dining car, you'll savor a hot lunch that is prepared and cooked on board. You will have your choice of either a beef or chicken entrée. Travel aboard the train along the lower Connecticut River Valley while you finish your meal. At Deep River Landing, transfer to the Becky Thatcher Riverboat for a cruise on the Connecticut River, bursting with lush scenery and historic sights. This large, multi-level riverboat provides unobstructed views of rolling green hills, fine houses, Gillette's Castle, the Goodspeed Opera House and many other pleasure boats as we pass by. Following our cruise, we will return to the Essex Station aboard one of the coach passenger cars.

Join us on this Connecticut excursion that will provide a wonderful day of adventure and bring back memories of days gone by.

Cost: 98.00 per person Includes Transportation, Luncheon Aboard Steam Train & Riverboat Ride.

August 8 Saratoga-Premiere Horse Racing in Upstate NY

Depart from Nordem Park in the morning and upon arrival at the raceway you will be able to enjoy an Afternoon of "The Sport of Kings" at Saratoga! Thoroughbred racing has no finer setting than Saratoga Race Course, which has been in operation for over 150 years. Named one of the world's greatest sporting venues by Sports Illustrated, the past comes alive in the historic grandstand every summer as fans experience the best in horse racing. Lunch is on your own and there are several restaurants and food vendors offering a variety of delectable treats sure to please everyone's tastes. As we board the bus for the ride home, we'll all come back with wonderful memories and hopefully, a little bit of extra cash!

Cost: 77.00 per person Includes: Transportation, Grandstand Admission, Reserved Seating

August 29- Mambo Italiano at Westchester Broadway Theater

Travel to Elmsford NY for a day of entertainment and fun. You will watch a matinee performance at the Westchester Broadway Theater where lunch is included. You will receive a choice of entrée upon arrival. After lunch, sit back and relax as you watch the pre-Broadway musical Mambo Italiano— the big family musical where no one comes out hungry! The show is based on the film written by Steven Galluccio & Emile Gaudreault. It's not a democracy— it's a family! Follow Maria & Gino Barbieri as they struggle to keep the family restaurant in Hammonton, NJ from going under. But things go from bad to worse when their grandkids move out of the house. And, what's more neither of them is married! There's only one way you leave an Italian home, Married or Dead! "My Big Fat Greek Wedding" and part "Fiddler on the Roof" this hilarious new musical is served with love; Just like Mama use to make! Join us on this very funny musical Getaway to the Westchester Broadway Theatre!

Cost: 99.00 per person Includes: Transportation & Show

Fall Trips Include: 9/11 Memorial & Museum September 5th, The Big E September 18th, Frisians of Majesty Vermont October 10th, Spellbinding Day in Salem Mass October 29th, Radio City Christmas Spectacular November 22, and Westchester Theater "It Happened One Christmas Eve" December 19th. Check out the July/August Corridors for more information!

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.

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