



CORRIDORS

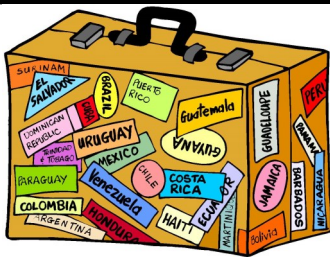
SEPTEMBER OCTOBER NOVEMBER

NATIONAL SENIOR CENTER MONTH!

September is National Senior Center Month

The National Institute of Senior Center 2019 Theme of this year is “ The Key to Aging Well”. Senior Centers are the future and hold a crucial role in aging healthy both physically and mentally!

Check out these fun events centered around Aging Well!



Lift off with Lia

September 4th 1:30 Lounge

On September 4th join Lia Levitt in one of her Travel series covering the Panama Canal. She will give you an in-depth look of traveling in in South America

Between 13 and 14 thousand ships traverse at the Panama Canal each year, and this April-you could be on one of them! Join 'Lift Off With Lia' in April 2020 for a chance to explore with World Traveler Lia Levitt of 'Ain't She Sweet LLC'. You'll embark on a fabulous 11 day cruise of the Caribbean and Central America where the Panama Canal is center stage, along with vibrant Colombia, Aruba, Curacao and Grand Cayman. There is something for everyone on this adventure sure to please sun lovers and culture vultures, alike! Join this informational session on traveling or come in just to enjoy her experience! RSVP to Stephanie 203-834-6240

Fall Assessments with the RVNA

Monday, September 23rd 12:00



Get ready for a fall-free year

According to the CDC, each year, more than one in four older adults aged 65 and older will fall. Among older Americans, falls are the number one cause of injuries and death from injury. This represents 29 million falls, 3 million emergency department (ED) visits, 800,000 hospitalizations, and 28,000 deaths.

That's no joke.

On **September 23rd**, join **Gigi Weiss, MSPT, Director of Rehabilitation from RVNA** to learn about the risks and causes of falls, as well as balance and exercises to keep you steady and stable. Additionally, Weiss and team will perform individual assessments to help you understand your personal risk of falling and advise counter-measures to keep you safe.

RSVP to Stephanie at 203-834-6240



Book Discussion

Michael Bellacosa from the Wilton Library has prepared an exceptional reading series for the coming year at the Senior Center. Each session begins at 11:00 a.m. on the fourth Tuesday of the month. Lunch (\$3) is served at noon. Books are on reserve at the Wilton Library. Brochures describing the entire 2019-2020 season are available at the Library.

Tuesday, September 17, 2019
(Please note this is the 3rd Tuesday)
Discussion Leader – Judson Scruton

The Poets Laureate Anthology edited by Elizabeth Hun Schmidt

The Poets Laureate Anthology brings together a sampling of the works of the 43 “poets laureate” of the United States from the inception of the position in 1937 until the book’s publication in 2010. Collected and edited by Elizabeth Hun Schmidt, the former poetry editor of *The New York Times Book Review*, the volume includes brief introductions to each of the poets as well as an inviting foreword by poet Billy Collins who held the position from 2001 to 2003. In its review, *Booklist* said that “the nearly 500 poems map a great republic of the imagination.” For this year’s discussion, we will be reading “[So This Is Nebraska]”, “Grasshoppers”, and “Highway 30” by Ted Kooser and “The Monosyllable”, “How We Learn”, and “Hourglass” by Josephine Jacobsen.

Tuesday, October 22, 2019
Discussion Leader – Barbara Jones

Jack London: An American Life by Earle Labor

The foremost Jack London scholar in the world, Earle Labor, has given us the finest biography of this great American writer. Jack London was one of the first writers to reach worldwide celebrity status and to amass a fortune from his writing. We are all familiar with his Klondike Gold Rush classics like *The Call of the Wild* and *White Fang* but his large literary output included dozens of novels, short stories, plays, memoirs, poetry, and non-fiction. He even wrote two novels in the nascent genre of science fiction: indeed, his dystopian novel *Iron Heel* had a significant influence on George Orwell in his writing of *1984*. So said *The Washington Post* in a review: “If you want to acquaint yourself with the writer whom much of the rest of the world equates with Melville, Hemingway and Faulkner, then begin with Labor’s elegantly written, thoroughly researched and steel-eyed biography.”



Birthday Lunches

Wilton Senior Center is now celebrating monthly birthdays! This will take place the second Thursday of the Month at our Thursday luncheon. Enjoy a delicious meal prepared by Chef E Chambers and cake brought by Sunrise of Wilton. Birthday Lunches start at Noon:

September 12th

October 10th

November 7th

December 12th

If you want to come and celebrate, Call 203-834-6240.

WEDNESDAY LUNCHES

Local religious and civic organization teams prepare a delicious lunch every month, Open to all seniors, lunch (\$3) takes place at the Ogden House, 100 River Road, at noon and is followed by entertainment or an educational program. Mark this year’s schedule on your calendar!

September 18

Oct. 16—Boutique and Tag Sale Don’t Miss out!

Nov. 13—Takes place at Comstock

Dec. 18

Jan. 15

Feb. 19

Mar 18

May 20

June 3



COMSTOCK WRITERS GROUP

The Comstock Writers group will meet on the following Wednesdays from 10 a.m. to 11:30 a.m. at the Senior Center:

September 11th

October 16th

For more information about the Writers Group, call Stephanie at 203-834-6240.

AAA Driver Improvement

Friday, September 27

Friday, October 25 8:30 a.m.-12:30 p.m.

Comstock Community Center, Room 31



Please bring a pencil or pen No charge; please register by calling 1-866-901-8457 or go to <https://dip.northeast.aaa.com/DIP/classInfo.aspx> to register online. (Choose Connecticut, choose Fairfield County, choose Comstock Community Center, and then continue to follow the online registration process.)

Intermediate Bridge starts again!

Intermediate Bridge with National Champion Michael Hess is back for the fall. The 8-week session will meet on Fridays from 1 p.m. to 3 p.m. and run from September 13 through November 1. The fee is 8 dollar drop in or 60 dollars for 8 weeks. Checks can be made out to Town of Wilton and given to Debbie or Stephanie in the Social Services office.



Monday Movies Return



Monday Movies are making their return! Stop by the senior center on Mondays at noon to watch a documentary, comedy and much more! Popcorn will be served and the movie will be decided that day. Most movies run from 90-120 minutes. It is the perfect time to get rid of the Monday blues with some good friends and great flicks!

Movie Monday starts September 9th!

Friday Tai Chi Returns

Have you been missing Friday Morning Tai Chi? Starting September 13th, Tai Chi will be returning to the Friday 11 a.m. time slot. Tai Chi contains a series of gentle and graceful movements performed with respiration coordination and deep concentration. Class is only \$3.00! Tai Chi is held on Wednesdays at 10:30. Come check out the fun!

Call the Senior Center with any questions

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! Please note, the corridors is only mailed to Wilton Residents. Any questions contact Stephanie at 203-834-6240.



Hearing Aid Cleanings

Starting September 10th, Dr. Parker's office will be providing a FREE hearing aid cleaning service the 2nd Tuesday of the Month between 2-3:30 at the Senior Center. This will happen in the Senior Center Dance studio. Any Questions please call Stephanie at 203-834-6240

Dr. Andrew J. Parker, MD is a Board Certified Otolaryngologist. His Practice is in Norwalk. He is the Chief of the Department of ear Nose & Throat-Head & Neck Surgery at Norwalk Hospital. Dr. Parker has been on CT Magazine's Top Doc since 2008.



Flu Season is fast approaching and Visiting Nurse & Hospice of Fairfield County is here to help!

Flu Clinics

**Monday, September 23
Wednesday, October 30
10:00 a.m. to 11:30 a.m.
Senior Center**

Flu clinics are conducted on a first-come, first-served basis and are open to anyone age 4 and older. If under age 18, you must be accompanied by a parent or legal guardian. The cost of flu vaccine is \$50, payable by cash or check or it can be billed directly to Medicare Part B, Aetna, Anthem, Connecticut, Harvard Pilgrim, Multi Plan, or Wellcare. High dose vaccine is available for those age 65 and over. The cost is \$70. Please bring your insurance card and wear short sleeves or sleeves that can be easily rolled up.

For more information, call 203-762-8958

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
Ridgefield VNA.....	203-438-5555
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

River Restoration Project

Thursday September 5th 2:00



Join Benjamin Cohen on Thursday September 5th at 2:00 in our lounge as he presents his BSA Eagle Scout and Hornaday award project on the Norwalk River. Ben's project will play a critical role in helping us continue restoration efforts along the Norwalk River, which is home to wild spawning brown trout. His project will remove invasive species and replant native trees and shrubs essential in developing a healthy riparian buffer along a section of the river in Schencks Island park, in Wilton, CT. Learn about this exciting new project and more!

RSVP to Stephanie at 203-834-6240.

Lunch +Learn Let's Get Acquainted!

With Margarida Velardo, Executive Director and Maureen McLam, Community Sales Director, Atria Ridgefield.

Wednesday, September 11th at Noon

At Atria Ridgefield we believe 70% of aging well is 100% in your control, and where you live can determine how well you live. Atria Ridgefield provides the environment where it is easier to make healthier choices. Join us to learn more about the vibrant lifestyle at Atria Ridgefield, opening November 2019. A Free lunch will be included RSVP to Stephanie at 203-834-6240.

Integrative Medicine

September 13th 11:00



On Friday September 13th join April Rodriguez, RN in an informational discussion about integrative medicine and how it can help you. April chose to expand her clinical nursing profession and create Medical Movement Therapy classes to help those who face medical and psychological challenges everyday. Utilizing her medical education and mind-body therapy training, she designed therapy classes to treat the whole person while complementing medical treatments. Safety is her priority. Learn more & RSVP 203-834-6240.

Round Table Discussion

with Christine Tenore

Senior Tech Room September 18th 1:30



Attorney Christine Tenore, of the firm Eliovson and Tenore, will present an open round-table discussion regarding Estate Planning, Probate and Estate Administration on Wednesday, September 18th, 2019 at 1:30 p.m. Attorney Tenore will review estate planning documents, the Probate process, explain the consequences of not having a Will and avoiding Probate, etc. She will also explore the importance of the titling of your assets and how it integrates with your estate plan. Attendees are invited to bring their questions for a mutually beneficial discussion.

Worse Case Scenarios

Friday September 20th 11:00 A.M.



Who ever said getting old was easy? This fun lecture will cause you to learn while laughing. Because "Danger" lurks at every corner. Medicare. Daughter-in-laws. Joint Pain. What do you do? *The Worst-Case Scenario for Seniors* is here to help: jam-packed with how-to, hands-on, step-by-step, illustrated instructions on everything you need to know from how to defuse Scammer phone-calls to Death itself! Providing funny, yet real information in the best-tradition of storytelling, this indispensable lecture is the definitive lesson for those times when life takes a sudden turn for the worse. The essential lecture for a perilous age. Because you never know...

To Save your seat call Stephanie at 203-834-6240

Home Fire Prevention

& Safety Tips

September 24th 3 p.m.



Wilton Fire Marshal Rocco Grosso and Deputy Fire Marshal Kevin Plank arriving in full gear and in a fire truck will present fire safety information, including tips on home smoke alarms, kitchen and bedroom safety, fire escape planning and avoiding slips and falls. Q & A will follow. RSVP 203-762-2600

HISTORY OF MAH JONG

September 25th 10:30-11:30



Have you always been interested in the game of Mah Jong but never knew where to start? This is the program for you! Join Rhonda Grief Wednesday, September 25th at 10:30 and learn the history Mah Jong as well as a brief introduction to the game. Rhonda will be hosting an 8 week beginner Mah Jong Course in October. **This introduction program is FREE!** For more information on the beginner Mah Jong lessons see page 8.

Call Stephanie to RSVP 203-834-6240.

Early Days of Radio

September 25th at 12:00



Radio is a 117-year-old medium but it was not until the sinking of the Titanic that radio became important. A young amateur radio operator named David Sarnoff pushed Congress after the Titanic disaster to open up radio frequencies and start commercial radio. Sarnoff would establish NBC radio in the mid-1920s. The early days of radio were a mixture of sports, music, comedies, dramas, soap operas and information. By 1927, William Paley starts CBS radio. Radio became the theater of the imagination as people "watch" radio shows around the living room radio. Among those shows were the Jack Benny Program, Superman and dramas such as War Of The Worlds. Radio's heyday was from the late 1920s to approximately 1953. Virtually every big name in entertainment had a radio show. Television would eventually surpass radio but the stars of early TV were recruited from NBC and CBS radio. Earlier TV owes its success to radio veterans including Benny, Groucho Marx, Bob Hope and others. Join Evan Weiner on Wednesday September 25th at 12:00 for an in-depth discussion on Radio. Snacks will be served. **To RSVP call Stephanie at 203-834-6240.**



Playing Smarter Tennis: Win more points! Have More Fun!

Friday September 27th 11 A.M.

Come join us for this entertaining and helpful classroom program presented by Peter Engstrom, a USPTA Certified Teaching Professional. Using 2- and 3-dimensional visual aids, he will review fundamental Singles and Doubles tips aimed at helping players at all levels win more points and have more fun. Among the topics covered are:

- Intimidating your opponents before and during play.
- Making the court your friend.
- Serving with confidence.
- Increasing your service advantage.
- Proper court position.
- Effective on-court movement.
- When and how to poach.
- The power of the lob.
- When and how to use the lob to your advantage.
- Approaching and playing at the net.
- Whose ball is it?
- Offensive doubles player's responsibilities.
- Defensive doubles player's responsibilities.
- Bringing out the best in your doubles partner.

No equipment is necessary. Just a desire to win more points and have more fun when playing this wonderful game. One-hour session. Registration: 203-834-6240.



Square Dance "Fun Nights"

September 4th and September 11th
7:30 to 9:00 PM
Donation request: \$5

The Square Bears Square Dance Club has recently located to Wilton, bringing this fun and healthy activity to Fairfield County residents.

Square dancing is not only fun and inexpensive, it is also:

- ◆ Good for the body (with low impact aerobics and dance movement improving balance and coordination),
- ◆ Good for the heart (with an evening of dancing enhancing blood flow and typically adding 2,000 or more steps on your Fitbit),
- ◆ Good for the mind (with the learning of the basic dance steps improving memory and cognitive function), and
- ◆ Good for the soul (making new friendships)

Come join the fun. No experience necessary. Learn while you dance. Singles and couples welcome. Casual dress. Wilton Congregational Church / 70 Ridgefield Road / Wilton, CT For more information, please contact: Sheila or Jeff Katz 203-276-8953 Email: swkatz@gmail.com



A Creative Way to Help Out

By Kathy Engstrom

The food pantry in Wilton is an amazing place. Before I started volunteering there, I had no idea how many of our Wilton neighbors depend on this service to help make ends meet. The pantry is run "supermarket style", allowing our guests to choose whatever they need from what is available to fill their bags. The pantry gets most of its food and supplies from the Kiwanis quarterly food drives and other collections from local groups. Many people add one of the prefilled bags of food at the Village Market to their items when they check out. These bags are delivered to the pantry and always have the supplies most needed at that time.

I wanted to share an experience I had one afternoon when I was at the pantry. A woman came in with carts loaded with bags of "goodies". She told me that whenever she has a party, she asks her guests to bring donations for the food pantry instead of gifts. She said people always want to bring something to the host, and she really doesn't need anything. What a great idea!!! Recently I learned that a number of people do this. It is our hope this article will encourage others to join in and contribute to our food pantry. Our neighbors are depending on us.

Tennis Lessons



Listed below are tennis classes with Tennis Professional Glen Englander. They are available to Seniors who are 62 and older beginning in September! Glen Englander is a well known and respected Tennis professional. He is presently the Director of Senior Tennis for Fairfield County.

Wilton Continuing Education:

Advance beginners and above: 6 Sessions

Thursday September 12- October 17th 12:00-1:00

Sundays September 15-October 20th 4:00-5:00

Route 7 Tennis Courts

Register online at wiltoncontinuinged.org

Wilton Parks & Rec Department:

New to Tennis- A Basic Introduction

Advance Beginners + Above

Additional playing time for senior

For more Information visit Wiltonparksandrec.org

CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)

The Wilton Social Services Department will begin assisting with applications for the Connecticut Energy Assistance Program. This program helps offset the winter heating costs of Connecticut's lower income households. The program does not start until November but applications may be taken early. Appointments will be available on Mondays, Wednesdays, and Fridays between the 9:00 a.m. and 3:00 p.m. Please call Phoebe Musico, Adult and Family Social Worker, at 203-834-6238, extension 1613 for questions regarding the program, documentation requirements, or to make an appointment.

At the time of newsletter printing, the income limits for the 2019 season have not been released. Here are last season's income limits:

\$35,116 for a household of 1

\$45,920 for a household of 2


\$56,725 for a household of 3

\$67,530 for a household of 4



SEPTEMBER 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 SENIOR CENTER CLOSED FOR LABOR DAY 	3 9:45 BeMoved! 11:00 Yoga 12:10 Strength Training 12:30 Five Crowns 1:00 Studio Knitting	4 10:00 Open Bridge 10:30 Tai Chi 12:00 Duplicate Bridge 1:00 Mah Jongg 1:30 Travel with Lia	5 10:00 Yoga 11:00 Blood Pressure Screening 11:10 Strength Training 12:00 Lunch 12:45 Bingo 2:00 River Restoration Project	6 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge
9 10:30 Line Dancing 12:00 Movie 1:00 Bridge 1:30 Yoga with Emma Converse 2:40 NO Strength Training	10 9:45 BeMoved! 11:00 Yoga 12:10 Strength Training 12:30 Five Crowns 1:00 Studio Knitting 1:30 Mah Jongg 2:00 Hearing Aid Cleanings	11 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 12:00 Lunch + Learn with Atria Senior Living 1:00 Mah Jongg	12 10:00 Yoga 11:10 Strength Training 12:00 Birthday Lunch 12:45 Bingo	13 10:00 Feldenkrais 11:00 Tai Chi *Starts Again* 11:00 Integrative Medicine 12:00 Bridge 1:00 Intermediate Bridge *New Session Starts*
16 10:30 Line Dancing 12:00 Movie 1:00 Bridge 1:30 Yoga with Emma Converse 2:40 Strength Training	17 9:45 BeMoved! 11:00 Yoga 11:00 Book Discussion 12:00 Duplicate Bridge 12:10 NO Strength Training 12:30 Five Crowns 1:00 Studio Knitting	18 10:00 Writers Group 10:00 Open Bridge 10:30 Tai Chi 12:00 OH Luncheon 1:00 Mah Jongg 1:30 Round Table Discussion with Christine Tenore	19 10:00 Yoga 11:10 Strength Training 12:00 Lunch 12:45 Bingo	20 10:00 Feldenkrais 10:00 Jewelry Workshop 11:00 Tai Chi 11:00 Worse Case Survival Guide 12:00 Bridge 1:00 Intermediate Bridge
23 10:00 Flu Clinic 10:30 Line Dancing 12:00 Movie 12:00 Fall Assessments with RVNA 1:00 Bridge 1:30 Yoga with Emma Converse 2:40 Strength Training	24 9:45 BeMoved! 11:00 Yoga 12:10 Strength Training 12:30 Five Crowns 1:00 Studio Knitting 12:30 Mah Jongg 3:00 SAHW Presentation	25 10:00 Open Bridge 10:30 Tai Chi 10:30 History of Mah Jongg 12:00 Early Days of Radio 1:00 Mah Jongg	26 10:00 Yoga 11:10 Strength Training 12:00 Lunch 12:45 Bingo	27 8:30 AAA Driver Improvement 10:00 Feldenkrais 11:00 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
30 10:30 Line Dancing 12:00 Movie 1:00 Bridge 1:30 Yoga with Emma Converse 2:40 Strength Training	<p>Starting September 16, RVNA offers Flu Shots at our Center for Exceptional Care at 27 Governor Street in Ridgefield.</p> <ul style="list-style-type: none"> ★ Drop-ins: Monday – Friday, 9:00am – 4:00pm ★ Extended Drop-ins: Wednesdays, 4:00pm – 6:00pm (October 2 – November 20) <p>Appointment Only: Saturdays, 9:00am – 12:00pm (October 5 – November 23)</p> <p>Visit ridgefieldvna.org for more information and call to schedule an appointment, 203.438.5555</p>			





OCTOBER 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:45 BeMoved! 11:00 Yoga 12:10 Strength Training 12:30 Five Crowns 1:00 Stretch Lab 1:00 Studio Knitting	2 10:00 Open Bridge 12:00 Duplicate Bridge 12:00 Share Your Stories 10:30 Tai Chi 1:00 Mah Jongg	3 10:00 Yoga 11:00 Blood Pressure Screening 11:10 Strength Training 12:00 Lunch 12:45 Bingo	4 10:00 Feldenkrais 10:00 Jewelry Workshop 11:00 Tai Chi 11:00 Clear Captions 12:00 Bridge 1:00 Intermediate Bridge
7 10:30 Line Dancing 12:00 Movie 1:00 Bridge 1:30 Yoga 2:40 Strength Training	8 9:45 BeMoved! 11:00 Yoga 12:10 Strength Training 12:30 Five Crowns 1:00 Studio Knitting 1:30 Mah Jongg 2:00 Hearing Aid Cleanings	9 10:00 Open Bridge 10:30 Tai Chi 12:00 Chris Merwin 1:00 Mah Jongg	10 10:00 Yoga 11:10 Strength Training 12:00 Birthday Lunch 12:45 Bingo	11 10:00 Feldenkrais 11:00 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
14 Senior Center Closed	15 9:45 BeMoved! 11:00 Yoga 12:00 Duplicate Bridge 12:10 Strength Training 12:30 Five Crowns 1:00 Studio Knitting	16 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 10:30 Mah Jongg Lessons 12:00 Lunch OH-Boutique and Tag Sale 1:00 Mah Jongg	17 10:00 Yoga 11:10 Strength Training 12:00 Lunch 12:45 Bingo	18 10:00 Feldenkrais 10:00 Jewelry Workshop 11:00 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
21 10:30 Line Dancing 12:00 Movie 1:00 Bridge 1:30 Yoga 2:40 Strength Training	22 9:45 BeMoved! 11:00 Yoga 11:00 Book Discussion 12:10 NO Strength Training 1:00 Studio Knitting 12:30 Mah Jongg 3:00 SAHW History Talk	23 10:00 Open Bridge 10:30 Tai Chi 10:30 Mah Jongg Lessons 1:00 Mah Jongg 1:30 Reader's Theater Presents 5 short plays	24 10:00 Yoga 11:10 Strength Training 12:00 Lunch 12:45 Bingo	25 8:30 AAA Driver Improvement 10:00 Feldenkrais 11:00 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
28 10:30 Line Dancing 12:00 Movie 1:00 Bridge 1:30 Yoga 2:40 Strength Training	29 9:45 BeMoved! 11:00 Yoga 12:10 Strength Training 12:30 Five Crowns 1:00 Studio Knitting	30 10:00 Open Bridge 10:00 Visiting Nurse Flu Clinic 10:30 Mah Jongg Lessons 10:30 Tai Chi 1:00 Mah Jongg	31 10:00 Yoga 11:10 Costume Strength Training! 12:00 Spooky Lunch 12:45 Bingo	



Autumn Winds

Madera Winds fundraising concert

Sunday, October 20th, 4 p.m.

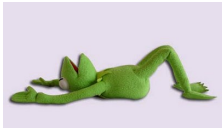
St. Matthew's Episcopal Church

36 New Canaan Road.

Presented by **Stay at Home in Wilton**, a resource for and proud supporter of a vibrant senior community. For information: **203-762-2600**

Suggested donation: \$20 Adults/\$10 Student





STRETCH LAB

TUESDAY OCTOBER 1st 2019 1-4:00

Dance Studio

If you haven't had an assisted stretch before – prepare yourself for a great time ! Your Flexologist will greet you and discuss your current flexibility, any injuries that you may have and walk you through your session. Learn the ins and outs of stretching and how stretching can change the way you move each day!

An Afternoon of Music

Spotlight:

Japanese Shakuhachi Flute



October 9th 12:00

Join us for an Afternoon of Music! The Wilton Senior Center will be spotlighting the Japanese Shakuhachi Flute with Christ Merwin.

Chris Merwin is classically trained on the Shakuhachi flute. He started playing over 20 years ago and has spent years studying both the Shakuhachi and Japanese culture. This afternoon you be enchanted and educated on the music of the flute and the history and culture behind it. A light lunch will be served.

RSVP to Stephanie at 203-834-6240

Share your Stories

October 2nd 12:00



Always Caring of CT is a home health care agency serving Fairfield County and all of Connecticut Mark and Frank Basler are committed to selecting and then developing a team of the best caregivers in Connecticut. Stories are how wisdom , values and great ideas are passed down to younger generations. We invite you to tell your stories of special moments of care-either by a family member or professional caregiver.

On October 2nd, Frank will record your stories of specific incidents when a caregiver made a significant difference in the life of the person they serve. He'll then compile your information plus other research he has done and he'll send you important qualities to look for in interviewing and selecting caregivers so you can ask good questions. He and Mark will then share stories and ideas with Always Caring team members to stimulate their ideas of ways they can enhance the lives of the people they serve.

Join us on October 2nd for a light lunch and sharing stories

RSVP to Stephanie at 203-834-6240

AMERICAN MAH JONG LESSONS

October 16-December 4th Wednesdays 10:30-11:30

Cost \$40.00 a session \$5.00 a class

Have you ever wanted to learn the game of Mah Jong? Come down to the center Wednesdays at 10:30 starting October 16th. Instructor Rhonda Grief will guide you in learning the ins and outs of this fun game!

Please RSVP for this class. Drop in Welcomes

However: Class cannot run without at least 4 people.

Questions? Call Stephanie 203-834-6240

Clear Captions

Friday October 4th 11:00



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 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.

WILTON HISTORY TALK

presented by BOB RUSSELL

Senior Center

Tuesday, October 22nd, 3 p.m.



Come learn about the town we call home. Wilton former First Selectman Bob Russell, historian and author of "Wilton, Connecticut: Three Centuries of People, Places and Progress," will present a fascinating talk on our town and its rich history.



For information and reservations contact Stay at Home in Wilton at 203-762-2600

Readers Theater Presents

October 23rd 1:30



The Comstock Players, a Readers' Theatre Group will present another performance of plays in a Readers Theatre format. The plays will be presented on Wednesday, October 23 at 1:30 PM at the Comstock Senior Center.

The plays are: Lunch Ladies at the L'Ambrosia Luncheria; All I Want Is The Recipe; and The Challenge of Bureaucracy. In between the short plays five comedy sketches from Joggin' Along. will be presented. The sketches involve two older single women who stop jogging long enough to talk about what's going on in their lives.

Nothing is sacred in their conversations and the dialogue is very funny! Performers are Kathleen Kager, Anne Richards, Elizabeth O'Connor, Donna Skolnick, Karen Pingaron, and TM McCauley. The group is directed by Andrea Ragusa. **There is no admission fee and the program is 90 minutes Come and see your friends and neighbors perform!**

MEDICARE BOOTCAMP

How do you sign up for Medicare? When do you become eligible? What are your options?



Join a community conversation on Thursday, October 24 from 7:00 p.m. to 8:30 p.m. at the Wilton Library in the Brubeck Room. This discussion will provide information for those who will be new to Medicare in the near future. Learn the “ins and outs” of Medicare enrollment and how to avoid mistakes that can be costly. Most importantly, bring questions of your own!

There will be brief presentations by Nancy Lombard, Long Term Options Specialist and CHOICES counselor for Southwestern Connecticut Agency on Aging* and Lauren Hughes, Coordinator of Senior Services for the Wilton Department of Social Services. **Please register with the Wilton Library by calling 203-762-6334.**

RENTERS REBATE

Elderly renters and totally disabled renters have until **October 1, 2019** to file for the State of Connecticut annual renters rebate program. Under this program, they may be eligible for a rebate of up to \$900.

Elderly applicants must have been 65 years of age by December 31, 2018; have rented in Connecticut for at least one year, and have income for 2018 of less than \$36,000 if single and \$43,900 if filing married. There is no age requirement for Totally Disabled renters; however, all remaining requirements are the same as for Elderly renters.

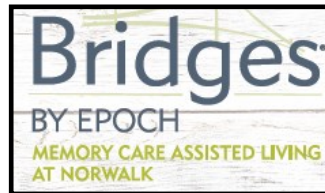
Eligible renters should come to the Assessor's Office between 9:00 am and 4:00 pm, Monday through Friday. Renters must bring proof of income, including their Federal 1040 Tax return, Social Security 1099 statement, rent receipts and utility bills for the year ending December 31, 2018. Totally Disabled renters must also bring proof of disability.

If you have any questions you may call Pam in the Assessor's office at 563-0121.

Medicare Part D Appointments

On Thursday November 7, representatives from the Southwestern Connecticut Agency on Aging will **meet one-on-one with individuals** in the Senior Center Technology Room regarding the Medicare Part D prescription drug program. Appointments are available between 10:00 a.m. and 2:00 p.m. for any Medicare beneficiary who has Medicare Part A or Part B or both. November is the time to get the help you need to **choose or change** your prescription drug plan. It is strongly recommended that you review your plan annually as plan coverage and drug costs often change for the coming year.

In order to attend this session, you must schedule an appointment through the Social Services office, 203-834-6238. Speak with either Debbie or Lauren.



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. (CT Relay 711)

EXPERT PANEL: NUTS & BOLTS OF THE AGING PROCESS

WEDNESDAY, SEPTEMBER 18

DINNER | 5:30 P.M.

PRESENTATION | 6:00 P.M.

Join us for an expert panel where we will address your questions about aging, give you the answers you need and offer you peace of mind. Our expert panel will include Elder Law Attorney Ann Fowler-Cruz, Geriatric Care Manager Florisa Zinghini and MaryAnn Ciambriello, RN, BSN.

FAMILY FUN: PUPS ON PARADE DOG SHOW

SATURDAY, SEPTEMBER 21 10 A.M. – 12 P.M. Co-sponsored by Osborn Home Care

Bring your friends and family to enjoy delicious treats and fun for everyone as the pups compete for top dog! Your furry friend is invited to participate but must score well with the mutt congeniality judges to attend.

Suggested freewill donations of \$5 will be collected for Yappy Tails Animal Rescue.

LUNCH & LEARN:

GETTING YOUR FINANCIAL HOUSE IN ORDER

TUESDAY, SEPTEMBER 24 | 12 P.M. With Vicki Mueller, Financial Planner, Charter Research and Investment Group

Prepare for possible future expenses by learning financial principles and strategies to help you manage spending, save money and evaluate what's needed – and not needed – to ensure a sound financial house.

REAL ESTATE & TECHNOLOGY

THURSDAY, OCTOBER 3 / 4 P.M. Light Refreshments
Attorney Clare Bolduc and Realtor Craig Oshrin

CAREGIVER SUPPORT GROUP

WEDNESDAYS | 12 P.M.

SEPTEMBER 11 / OCTOBER 2 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.

ACTIVITIES AT THE SENIOR CENTER

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

Mondays 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 2:40, Tuesdays 12:10 Thursdays, 11:10

Free

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. **Please note Tuesday Strength Training will not happen during Book Discussion Days**

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. Fridays 11:00-12:00 \$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, September 6th, 19th October 4th, 18th

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 Wednesday of the month, contact Diego Tomayo at 203-858-0264

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.

Intermediate Bridge: Friday Afternoons 1:00-3:00 Intermediate Bridge meets supervised by Mike Hess in 8 week sessions. During non session times, the group still meets! \$8.00 drop in fee during session. For more information please see page 3

GETAWAY TOURS



Below are upcoming trips that you and your loved one of any age can go on for a wonderful day full of adventure. The bus will pick up participants at Norden Park 10 Norden Place, Norwalk Connecticut. Participants will know pick up time one week in advance.

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!

THURSDAY, October 10th Frisians of Majesty Vermont October 10th

We will depart from Norden Park to travel to the beautiful Green Mountain State. Our first stop will be the Kringle candle Company in Bernardston, MA. This wonderful store was started by the original owner of Yankee Candle. In addition to a huge variety of candles, you will find many distinctive gifts for the home. There is even a scent lab where you can give input on future scents! Next to the candle company, The Country Barn has three levels of specialty gifts made by small local shops and artisans and the Chocolate Cottage features delicious locally-made chocolates.

After our shopping excursion, we will head to Brattleboro, VT for lunch at the New England House. A huge fireplace and early American furnishings create a warm and cozy atmosphere. Internationally acclaimed owner and chef, Kurt Jonson, has served as executive chef in countries all over the world.

After lunch, we will visit the Frisians of Majesty Horse Farm, nestled in the rolling hills of Vermont. Some of the most beautiful horses in the world are bred and trained here. The Friesian breed originated in the Netherlands' and is very graceful and nimble. You'll meet these gentle giants up close and personal and enjoy a guided tour of the beautiful European-style stables. You will also watch a captivating show as dressage freestyle is exhibited driving is demonstrated and a beautiful Friesian with her baby runs at liberty, all to inspiring music!

Cost:125 per person Includes: Motorcoach transportation, Lunch at the New England House, Frisian of Majesty Horse Farm

TUESDAY October 29th Spellbinding Day in Salem Mass

Today we will depart from Norden Park en route to historic Salem MA! This morning we will visit the House of the Seven Gables, which was originally built in 1668 by Captain John Turner and lived in by the Turner family for more than a century. This is the house that inspired Nathaniel Hawthorne's famous novel. Today, we will walk back into history as we enjoy a guided tour of the house, including the secret stairway to the upper bedroom.

Lunch is included today at the historic Hawthorne Hotel, which was established in 1925 and is situated in the heart of Salem. After lunch, we will visit the Salem Witch Museum. "She afflicts me! She comes to me at night and torments me! She's a witch!" Words such as these struck terror into the hearts of Salem townspeople in the early spring of 1692 as hysterical young girls called out names. You'll view a powerful, half-hour, multi sensory presentation on the famous 1692 witch trials. Twenty people were put to death after being convicted of engaging in witchcraft. You will see just how magical this historic town is on our getaway to Salem!

Cost:133 per person Includes: Transportation, Tour of the House of Seven Gables, Luncheon, Admission to the Salem Witch Museum

WEDNESDAY November 20th Radio City Christmas Spectacular

This Morning we will depart from your area, en route to New York City. Upon arrival, enjoy lunch at the famous Italian restaurant Carmine's. Your meal will be served family style with platters of Rigatoni Bolognese, Penne ala Vodka and Chicken Marsala & Mushrooms.

After lunch, we will depart for Radio City Music Hall where you will enjoy the 2018 Edition of the Radio City Christmas Spectacular, starring, the world-famous Rockettes! Be a part of this American tradition, as a new show will be introduced with a bounty of exciting segments and special effects, yet still retaining your favorite classical Christmas sights and songs. This is a Holiday Getaway that can't be missed!

Cost:\$210.00 per person Includes: Transportation, Radio City Christmas Spectacular Lunch at Carmine's.

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.

For any questions please call Stephanie at 203-834-6240.

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

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