

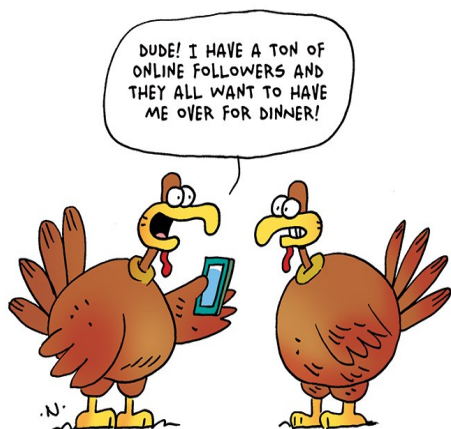


CORRIDORS

NOVEMBER-DECEMBER 2020

Please note the senior center building will be closed to the public until further notice. We will be offering online programs for our senior population and a couple of fun drive thru events! If you have any questions please call 203-834-6240 or email Stephanie at Stephanie.Rowe@wiltonct.org

Thanksgiving Drive-Thru



DATE TBD

Please call the Senior Center for more information

Join us in the first of many Holiday Drive -Thrus! Enjoy a delicious meal prepared by a local Wilton Restaurant. The Wilton Woman's club will be organizing a Thanksgiving meal with fixings for Wilton Seniors for the third week of November. Seniors will drive up to the main entrance at Comstock Community Center. If you are homebound, we will deliver your meal to you! For more information please call 203-834-6240 or email Stephanie at Stephanie.Rowe@wiltonct.org. This is for Wilton Residents.

Holiday Extravaganza

Wednesday, December 16th at 11-12:00
Ogden House Residents 1:00- 2:00

Join us in our Holiday Drive Thru Wednesday December 16th at 11:00. Wilton Seniors will receive a pre-cooked holiday meal along with a Holiday Goodie Bag created by the Wilton Woman's Club. They will also receive a DIY Wreath Kit created by the a Wilton Girl Scout Troop. Seniors will drive up to the main entrance at 180 School Rd, Comstock Community Center If you are homebound, we will deliver your meal to you! Reservation is required for this event.

Please RSVP by Thursday December 10th to Stephanie at 203-834-6240 or email Stephanie.Rowe@wiltonct.org



GUIDE TO SENIOR SERVICES

Sarah Heath	203-834-6238
Director, Social Services Municipal Agent for the Elderly	
Stephanie Rowe.....	203-834-6240
Social Services Activities Coordinator	
Lauren Hughes	203-834-6238
Coordinator, Senior Services	
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
RVNA.....	203-438-5555
Parks and Rec.....	203-834-6234
Stay at Home in Wilton	203-762-2600
Wilton Family Y.....	203-762-8384
Wilton Library.....	203-762-3950

CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)

The Wilton Social Services Department has begun assisting with applications for the Connecticut Energy Assistance Program. The Energy Assistance Program helps offset the winter heating costs of Connecticut's lower-income households. The program officially starts in November and applications can be taken through May 1—but it's best to apply earlier! Appointments will be available via phone Monday through Friday 9:00-3:00 p.m. Please call Stephanie Rowe, at 203-834-6240 for questions regarding documentation requirements or to make an appointment.

The 2021 income limits for this program are:

\$37,645 for a household of 1
\$49,228 for a household of 2
\$60,811 for a household of 3
\$72,394 for a household of 4

Medicare Part D Appointments

This year we will be offering phone only appointments with our CHOICES volunteer Ellen Abend every Tuesday from October 20 thru December 1. Appointments will be available from 10 AM to 2 PM. Ellen will review your current Medicare Part D plan to see if that plan remains the best for 2021 or if you will be better served by switching plans. It is strongly recommended that you review your plan annually as plan coverage and drug costs often change for the coming year.

On November 10, Nancy Lombard CHOICES counselor from SWCAA will also be available for appointments.

In order to schedule a phone appointment, please call Lauren Hughes or Deborah Wolyniec at 203-234-6238.

Additional options available any time between October 15 and December 7 are to call the Southwest Connecticut Agency on

WILTON ELECTION Tuesday, November 3th 6:00 a.m. to 8:00 p.m.

U.S. Presidential Election--Tuesday, November 3, 2020 6am-8 pm

The 2020 Presidential Election will take place on **Tuesday, November 3, 2020** from 6 am to 8 pm at all three Wilton polling places. In addition to President and Vice President, the ballot will include offices for U.S. Senate, U.S. Representative in Congress, State Senate, State Representative, and Registrar of Voters.

Polling places

District 1—Wilton High School Field House, 395 Danbury Road

District 2—Cider Mill School Main Gym, 240 School Road

District 3—Middlebrook School Gym, 131 School Road

You can find your voting place and confirm your voter registration on the Wilton Registrars of Voters "Voter Look Up & Voting District Maps" page on the town website

<https://www.wiltonct.org/registrar-voters/pages/voter-look-up-voting-district-maps>

Those voting in person are requested to wear a face covering. Parking for voters with disabilities will be marked at each polling place. For those unable to enter the polling place due to a physical disability, curbside voting is available upon request. Please contact the Wilton Registrars of Voters office for information.

Voter Registration Deadline

October 27, 2020—Mail-in and in-person deadline to register to vote. Mailed applications must be received or postmarked by this date. The in-person deadline is 8 pm at the Wilton Town Hall on this date.

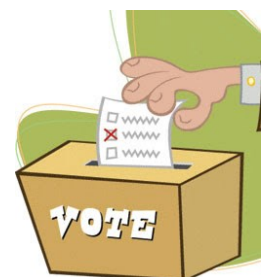
Election Day Registration—6 am-8 pm at Wilton Town Hall for new voters to Wilton. Voters must provide proof of residence and identity. Be prepared to spend extra time registering and casting your ballot.

Absentee Ballots

Voted absentee ballots must be received by mail or deposited in the absentee ballot drop box in front of the Wilton Police Headquarters no later than 8 pm on Election Day.

Questions?

Contact Registrars of Voters Analisa Stravato and Karen Birck at (203) 563-0111.





To participate in these virtual programs offered by Bridges by EPOCH at Norwalk, please reach out to Christy Perone at 203-523-0510 to register.

Caregiver Support Group:

- Tuesday, November 10th at 11 am
- Tuesday, December 8th at 11 am.

Our upcoming dates and topics for virtual dementia education are:

- Thursday, November 5th at 11 am on Legal and Financial Planning Considerations for Alzheimer's
- Thursday, November 19th at 11 am and 7 pm on Ethics of Fibbing
- Thursday, December 3rd at 11 am on Caregiver Tips: Balancing Caregiving with Holiday Stress
- Thursday, December 17th at 11 am on Educating Family for Holiday Discussions, Helping Family Understand Dementia, Educate Children and Tips for Positive Visits

**Let's Not Meet By Accident
Tuesday November 10th 1:00
ZOOM**

Carli Lee Spinola, the Injury Prevention Coordinator from Norwalk Hospital will be presenting a program to raise awareness and knowledge on distracted driving.



To register please call 203-834-6240 or email Stephanie at

Stephanie.Rowe@wiltonct.org

WHEEL IT FORWARD

A group of local volunteers have formed a community library serving southern CT and the surrounding area that enables anyone to easily borrow or donate durable medical equipment (think wheelchairs, knee scooters, shower tub seats, hospital beds etc...) at no cost - make a suggested donation if you can to keep the library running.



We hope to:

- Meaningfully help improve people's lives
- Measurably save society and individuals significant amounts of money
- Help save the planet

To donate and/or borrow medical equipment and to learn more about how to participate in our exciting volunteer-run community library, please visit <https://www.wheelitforwardusa.org/>

**Baking
Pumpkin Bread
with Sally**



Tuesday, Nov. 17th - 2PM

Bake pumpkin bread with Stay at Home in Wilton President Sally Kirmser. Sally will share her tips and recipe via Zoom, just in time for Thanksgiving! To register for the class, please contact **Janet Johnson** at **203-762-2600**.

Attendees will receive the recipe and a Zoom link invite by email upon registering.



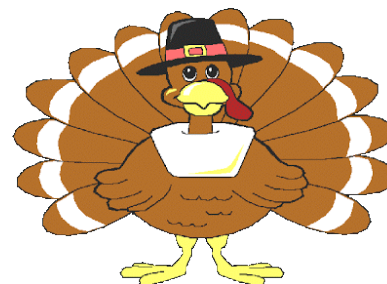
NOVEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Food Pantry 12-4	3 Election Day 10:00 Feldenkrais on Zoom *DAR will be available to bring you to the Polls please call 203-834-6235	4 Food Pantry 12-4 11:30 Amrit Yoga with Emma on Zoom	5 10:00 Gentle Yoga with Denise on Zoom 11:00 Bridges on Zoom Legal and Financial Planning Considerations for Alzheimer's	6 Food Pantry 9-12 10:30 BeMoved! On Zoom
9 Food Pantry 12-4	10 10:00 Feldenkrais on Zoom 11:00 Bridges Caregiver Support 1:00 Distracted Driving ZOOM	11 Senior Center Office Closed	12 10:00 Gentle Yoga with Denise on Zoom	13 Food Pantry 9-12 10:30 BeMoved! On Zoom
16 Food Pantry 12-4 * Thanksgiving Drive Thru this week stay tuned for details!*	17 10:00 Feldenkrais on Zoom 2:00 SAHW Baking with Sally	18 Food Pantry 12-4 11:30 Amrit Yoga with Emma on Zoom	19 10:00 Gentle Yoga with Denise on Zoom 11:00 & 7:00 Bridges Zoom Ethics of Fibbing	20 Food Pantry 9-12 10:30 BeMoved! On Zoom
23 Food Pantry 12-4	24 10:00 Feldenkrais on ZOOM	25 FOOD PANTRY CLIENTS: PLEASE NOTE FOOD PANTRY HOURS ARE 10-12 P.M. ONLY THIS DAY* 11:30 Amrit Yoga with Emma on Zoom	26 Thanksgiving Day SENIOR CENTER Office Closed 	27 SENIOR CENTER & FOOD PANTRY Closed
30 Food Pantry 12-4				

Biff: Why did the turkey cross the road?

Bob: I don't know.

Biff: It was Thanksgiving Day, and he wanted people to think he was a chicken!





DECEMBER 2020



Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 Feldenkrais on Zoom	2 11:30 Amrit Yoga with Emma on Zoom Food Pantry 12-4	3 10:00 Gentle Yoga with Denise on Zoom 11:00 Bridges Zoom Caregiver Tips	4 Food Pantry 9-12 10:30 BeMoved! On Zoom
7 Food Pantry 12-4	8 10:00 Feldenkrais on Zoom 11:00 Bridges Caregiver Support	9 11:30 Amrit Yoga with Emma on Zoom Food Pantry 12-4	10 10:00 Gentle Yoga with Denise on Zoom	11 Food Pantry 9-12 10:30 BeMoved! On Zoom
14 Food Pantry 12-4	15 10:00 Feldenkrais on Zoom	16 11:00 Holiday Drive Thru 11:30 Amrit Yoga with Emma on Zoom Food Pantry 12-4	17 10:00 Gentle Yoga with Denise on Zoom 11:00 Bridges on Zoom : Educating Family for Holiday Discussions, Helping Family Understand Dementia, Educate Children and Tips for Positive Visits	28 Food Pantry 9-12 10:30 BeMoved! On Zoom
21 Food Pantry 12-4	22 10:00 Feldenkrais on Zoom 2:00 SAHW It's a Wonderful Life on ZOOM	23 11:30 Amrit Yoga with Emma on Zoom Food Pantry 12-4	24 SENIOR CENTER CLOSED	25 SENIOR CENTER CLOSED 
28 Food Pantry 12-4	29 10:00 Feldenkrais on Zoom	30 11:30 Amrit Yoga with Emma on Zoom Food Pantry 12-4	31	Senior Center Closed on January 1, 

Are you E-Subscribed?

Be sure you are in the know! Become a subscriber of all Wilton Senior Center updates:

Step 1: Go to:

<https://www.wiltonct.org/subscribe>

Step 2: Enter your email address in

Step 3: Check off "Senior Center"

Step 4: Check off "I'm not a Robot"

Step 5 : Click 'Subscribe me!'

You will now be notified of any updates the Senior Center has. If you are not on the internet have no fear! Call 203-834-6240 for any updates and information on classes.

Please note due to the COVID-19 Pandemic we have stopped our mass mailing of Corridors. We will happily email you a copy, or send an individual copy to by mail. Please call 203-834-6240 for more information. You can also pick up a copy at the Village Market!



Subscribe

Stay at Home in Wilton Holiday Movie, "It's a Wonderful Life"



Tuesday, December 15th - 2 PM

Frank Capra's classic starring Jimmy Stewart is a true holiday heart-warmer. To register, contact **Janet Johnson** at **203-762-2600**.

Attendees will receive the a Zoom link invite by email upon registering.



FOOD PANTRY HOURS

Monday-

12:00-4:00

Wednesday-

12:00- 4:00

Friday-

9:00-12:00

***Must wear a mask**

and use hand

sanitizer or wear gloves*

*2 shoppers are allowed at a time.

*Please practice social distancing in the Food Pantry and limit visits to 5 minutes.

If you wish to donate to the food pantry please drop off non-perishable items in the shed, located by the lower entrance of the senior center.

Thank you for your donation and please check

expiration dates before donating!



RVNAhealth Offering 65+ Flu Clinics

RVNAhealth has added a series of **special flu clinics** for those 65 years+ only. The clinics will take place at RVNAhealth, 27 Governor Street, Ridgefield, CT, and **appointments** must be made in advance. The 65+ clinic dates are as follows:

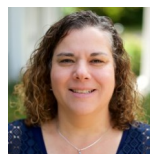
- **Friday, October 30**, 4:00pm – 6:00pm
- **Monday, November 2**, 4:00pm – 6:00pm
- **Wednesday, November 4**, 4:00pm – 6:00pm
- **Friday, November 6**, 4:00pm – 6:00pm

Visit rvnahealth.org or call 203-438-5555

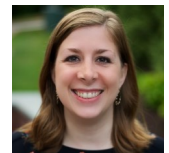
RVNAHEALTH™
For Lifelong Care & Wellness

Aging & Fall Prevention

Thursday December 3rd 10:00 ZOOM



In the U.S., more than 1 of 4 people aged 65 and older will experience a fall each year. Join **RVNAhealth** as we discuss the statistics and science behind falls, as well as strategies to help you prevent and reduce



your risk. The session will include personal tips for exercise and home safety, and cover some professional resources such as therapy and personal medical alert devices. This presentation will be given by Melissa Woodhouse, OTR/L, Director of StayWELL Non-Medical Services, and Gigi Weiss, MSPT, Director of Rehabilitation Services.

RSVP to Stephanie at 203-834-6240 or Stephanie.Rowe@wiltonct.org

BEMOVED!

Fridays online at 10:30

Are you missing our Tuesday Morning BeMoved!

Class? Our BeMoved Instructor Phyllis Hirschfield is teaching BeMoved! online Fridays at 10:30. Each week a different genre of Music! If you would like more information please contact Phyllis at phyllis.hirschfield@gmail.com.



Phyllis Hirschfield

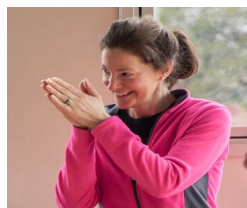
Feldenkrais

Tuesdays and Saturdays 10:00 on Zoom

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. This class is donation based, pay what you can afford. For more information email Cathy at cpaine@optimum.net



Cathy Paine



Gentle Yoga

Thursdays at 10:00
Online Via Zoom

A compassionate Kripalu-style yoga class designed to help you tune in, stretch and move in the way that feels right for your body in the moment. Classes may include any or all of the following: breath work (pranayama), yoga postures (asanas), relaxation and meditation. **A great way to ground down, connect and give back to yourself right now during this crazy time!**

Denise O'Hearn is a certified Kripalu Yoga Teacher and Reiki Master. She also holds classes and workshops on the amazing benefits and uses of Essential Oils. She teaches group and private classes. Denise is a strong yet gentle, authentic and compassionate teacher who is enthusiastic about sharing the benefits of natural healing.

To sign up Email Denise at support@vibrantmoves.com

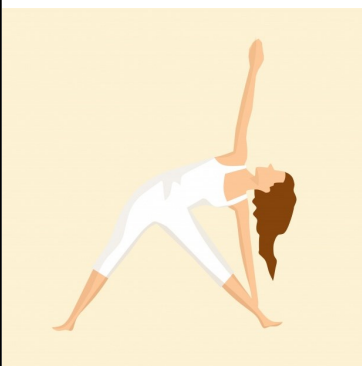
SEATED EXERCISE UPDATE

Ask and you shall Receive!

Stephanie will be putting together weekly seated/non-seated work outs that will be sent out



on Tuesday of each week. This can come to you by written work out or a YouTube link. Each work out will be 30 minutes long and help battle COVID fatigue. We can't wait to start sweating with you again, virtually! **For more information call or email Stephanie at 203-834-6240 or Stephanie.Rowe@wiltonct.org**



Outdoor Yoga moves to ZOOM

Wednesdays 11:30

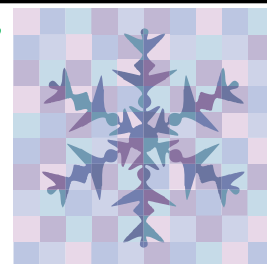
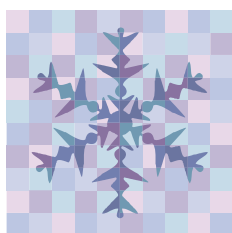
Join Emma Converse in Amrit Yoga, an energy balanced based yoga that will be sure to make you feel stretched and relaxed. This class is great for beginners or any one wanting to get back into Yoga. She will also be teaching on Zoom on Tues-

days at 6-7 and Fridays 9:30-10:30. For more information and class prices email Emma directly at emmakiara47@gmail.com

The Senior Center and Social Services staff would like to wish

Everyone a happy and healthy holiday season!

We hope to see you soon.



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

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