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Soup & Suggestions with Stephanie Wednesday, March 11th at Noon

It's that time of the year again, Stephanie is hosting her annual Soup & Suggestions! Come on down to the senior center and give your ideas about what type of activities and programming you want to see happen! Stephanie will go over her ideas and plans for the upcoming year. This program is free! All you have to do is bring your suggestion in exchange for some of Stephanie's famous cream of cheddar broccoli soup and biscuits! RSVP to this event 203-834-6240



2020 CENSUS is Here!

The 2020 Census officially started in January in Toksook Bay, Alaska. In March of 2020, most households will start receiving invitations to respond to the census.

2020 Census - It is easy. Every household will have the option of responding online, by phone, or by mail and every household that hasn't responded will receive reminders and a paper questionnaire.

2020 Census - It is safe. Private information is never published, including names, addresses, and telephone numbers. The Census Bureau collects information to produce statistics. Personal information collected by the Census cannot be used against respondents by any government agency or court. The 2020 Census takes cybersecurity very seriously; from the beginning when a respondent answers to the end when the data products are released, data are encrypted, safe, and secure.

2020 Census – Why it's done. The U.S. Constitution mandates that a census of the population be conducted once every 10 years. Census data is used to determine the number of seats each state holds in the U.S. House of Representatives, to define congressional and state legislative districts, school districts, and voting precincts, and to determine how federal funds are distributed back to the states and local communities.

WHAT WILL BE SENT IN THE MAIL

On or between:

March 12-20

March 16-24

March 26-April 3

April 8-16

April 20-27

You will receive:

Invitation to respond online to 2020 Census.

A reminder letter.

If you have not yet responded, a reminder postcard.

A reminder letter and paper questionnaire.

A final reminder postcard before follow up made in person by Census staff.

Stephanie Rowe, Social Services Activities Coordinator, Town of Wilton
Comstock Community Center, 180 School Road, Wilton, CT 06897 203-834-6240

Free Tax Help

The AARP Tax Aid Program provides income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 60 and older. **Volunteers from AARP will be at the Senior Center on Monday, March 2 from 9:00 a.m. until Noon to assist in tax preparation. No appointment is necessary. Just take a number upon entering and wait your turn.**

In order to prepare for your visit, keep in mind the following tips:

- ◆ If married, both husband and wife must be present during an income tax counseling session.
- ◆ Taxpayers must bring all the documents they have received which apply to their 2019 income taxes including:
- ◆ Copies of 2018 income tax returns.
- ◆ Social Security or Individual Taxpayer ID numbers for all household members and personal photo identification.
- ◆ A blank check with a routing number for a direct deposit refund request.
- ◆ All documents that relate to deductible expenses.
- ◆ All 2019 income report forms that have been received such as:
 - SSA-1099, Social Security Benefit Statement, and RRB-1099-R, US Railroad Retirement Board forms.
 - All 1099 forms (1099-INT, 1099-OID, 1099-DIV, 1099-R, 1099-B, 1099-S, 1099-MISC).
 - W-2, Wage and Tax Statement forms.
 - W-2G, Certain Gambling Winnings forms.
 - Original cost of assets sold during 2019.

Sessions will take place in the Senior Center Technology Room. Follow the signs when you enter the lobby.

Register for one of AAA's FREE Driving Improvement Programs

Thursday March 19, 2020
or Friday, April 24 2020



Northeast Comstock Community Center Room 31
8:30 a.m. – 12:30 p.m.

The 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, 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 1-866-901-8457 for more information.

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

Democratic and Republican Presidential Primaries April 28, 2020

Don't Miss Your Chance to Vote in Connecticut's Presidential Primary Elections

Registrars of Voters Karen Birck and Annalisa Stravato remind Wilton voters that Connecticut will hold both Democratic and Republican Presidential Preference Primaries on April 28, 2020. All three polling places in Wilton—Wilton High School, Cider Mill School, and Middlebrook School—will be open from 6 am to 8 pm. Connecticut law requires that voters must be enrolled party members to vote in primary elections. You may check your current voter registration status, polling place, and party affiliation, by going to the Wilton Registrars' Voter Look-Up site at <https://www.wiltonct.org/registrar-voters/pages/voter-look-voting-district-maps>

Secretary of the State Denise Merrill has announced that the following candidates will appear on the Democratic ballot (listed in alphabetical order):

Joe Biden
Michael Bloomberg
Pete Buttigieg
Tulsi Gabbard
Amy Klobuchar
Bernie Sanders
Tom Steyer
Elizabeth Warren

The Secretary of the State has announced that the following candidates will appear on the Republican ballot (listed in alphabetical order):

Rocky De La Fuente
Donald Trump
Bill Weld

Check below for applicable deadlines.

Thursday, April 23, 2020—midnight. *Mail-in* and *online* deadline for new voters or unaffiliated voters to join a political party in order to vote in that party's primary election. You may register online at voterregistration.ct.gov. To be eligible to vote in a primary, unaffiliated voters must have been unaffiliated for 90 days before enrolling in a party. Monday, April 27, 2020 at 12 noon –*In person* enrollment deadline, for new voters and unaffiliated voters enrolling in a party *in person at Town Hall*, for voting in a primary.

FELDENKRAIS UPDATE



Feldenkrais is now being operated in 10 week sessions. Each session will be followed by a 2-3 week break in between. Take a look at the following sessions, each class is a 5 dollar

drop –in:

Winter: January 17 - March 20,

Spring: April 17 – June 19,

Summer: July 10 – September 11,

Fall: October 9 – December 18 (No Class 11/27)

Check out fun one time demos in between sessions!



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, March 24, 2020

Discussion Leader – Janet Krauss

Where the Crawdads Sing by Delia Owens

This blockbuster debut novel by wildlife scientist Delia Owens landed on *The New York Times* Best Seller list just a few weeks after its publication in August 2018, reaching Number One by January 2019 and then spending over 20 weeks in the top spot during 2019. Its two plots are an intertwining of a coming-of-age story and a murder mystery in the context of naturalist writing centered on the marshes and swamps of North Carolina. *Chris Schlupe wrote in Amazon Book Review:* "This novel has a mystery at its core, but it can be read on a variety of levels. There is great nature writing; there is coming of age; and there is literature. *Crawdads* is a story lovingly told...You'll want to relax and take your time as well, and when you're done you will want to talk about it with another reader."

Tuesday, April 28, 2020

Discussion Leader – Miwako Ogasawara

Old New York: Four Novellas by Edith Wharton

Edith Wharton followed up her Pulitzer Prize-winning novel *The Age of Innocence* with *Old New York*: a set of four novellas set in that novel's same time and place. Indeed, some of the characters from the earlier novel overlap in these stories. Each novella corresponds to a decade with the set spanning the 1840s through the 1870s. In contrast to the full-blown novel, these are more like character studies in which the characters and their relationships to each other and to society at large are brought under the scrutiny of Wharton's acute social-critical sense. One of the novellas, "The Old Maid," was adapted as a 1939 film starring Betty Davis. Gore Vidal has said that "there are only three or four American novelists who can be thought of as 'major' -- and Edith Wharton is one."

SELF Directed Mah Jong Group



Ask and you shall receive

The Wilton Senior Center will be offering space for Mah Jong players to come and play with other players Mondays at 1 p.m. starting on March 16th. There will be a maximum of four tables open for groups.

This group will not be facilitated by an instructor or volunteer coordinator. Participation is entirely up to those who show up on that day. Show up on Monday March 16th to meet other Mah Jong players and get a group going. Any questions please call Stephanie at 203-834-6240.

Comstock Readers Theatre Group Returns Wednesdays starting March 18th at 1:30



All are invited and welcome to participate in the Readers Theatre Group! The first meeting will take place on Wednesday, March 18th at 1:30 PM. No acting experience is necessary. There is no memorization of lines but rather, the players read directly from the script. Characters are developed and the focus is on the use of voice, oral expression, facial expression and gestures. There is no stress. If you can read and speak you are all set to come and have some fun! We will be meeting at the Senior Center. Group facilitated by Andrea Ragusa Please contact Stephanie or Debbie by 203-834-6240 by March 11.

Hearing Aid Cleanings

Dr. Parker's office will be provides a FREE hearing aid cleaning service the 2nd Tuesday of the Month between 2-3:30 at the Senior Center; March 10th and April 14th. This will happen in the Senior Center Dance studio hall. Any Questions please call Stephanie at 203-834-6240



Fire Safety

Tuesday, March 24th at 3 p.m. Stay at Home in Wilton hosts an encore

Fire Dept. presentation: **Fire Safe-**

ty: How to use a Fire Extinguisher Q &

A will follow. The first presentation was a great success; don't miss this one! No

charge. Open to the public. **Reservations**

recommended: 203-762-2600



Let's Not Meet By

Accident

Lunch + Learn

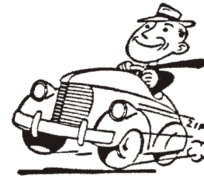
Wednesday, 12:00 March 25th 2020

Carli Lee Spinola, the Injury

Prevention Coordinator from Norwalk

Hospital will be presenting a program to

raise awareness and knowledge on distracted driving. A guest speaker from *Mourning Parents Act, Inc.* whose life has been affected by injuries or fatalities that have suffered will join and do a presentation on their story. Lunch will be served. RSVP 203-834-6240.



Self Defense for Senior

Special Demo Friday March 27th 10 A.M.

This is a basic but effective introduction to self defense for seniors. We will discuss ways to avoid dangerous situations. We will practice self defense techniques designed for seniors using everyday objects such as an umbrella or car keys. In addition, we will practice how to strike vulnerable areas of the body to ward off an assailant.

Walk ins Welcome but RSVP'S encouraged! Please call 203-834-6240.



Comstock Readers Theatre Group Returns Wednesdays starting March 18th at 1:30



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We Believe Victims


The Rowan Center is the sexual assault resource agency for lower Fairfield County. We run a 24-hour hotline (203-329-2929) if you or someone you know has been the victim of sexual violence, and we offer free in-person counseling, with access to private space in Wilton and Stamford. We also provide prevention education, raising awareness around sexual violence and trauma, providing the tools to know what to do if you or someone you know has been affected by sexual harassment or assault.

For more information, visit www.therowancenter.org.



MARCH 2020



Monday	Tuesday	Wednesday	Thursday	Friday
2 9-12 AARP Tax Help 10:30 Line Dancing 1:00 Bridge 1:30 Yoga 2:40 NO Strength Training	3 9:45 NO BeMoved! 11:00 Yoga 12:10 Strength Training 12:30 Five Crowns 1:00 Studio Knitting 1:00 Matter of Balance	4 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 1:00 Duplicate Bridge 1:00 Mah Jongg	5 10:00 Yoga 11:00 Blood Pressure Screening 11:10 Strength Training 12:00 Lunch 12:45 Bingo	6 10:00 Feldenkrais 10:00 Jewelry Workshop 11:10 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
9 10:30 Line Dance Fusion 1:00 Bridge 1:30 Yoga 2:40 No Strength Training	10 9:45 BeMoved! 11:00 Yoga 12:10 No Strength Training 12:30 Five Crowns 1:00 Studio Knitting 1:00 NO Matter of Balance 2:00 Hearing Aid Cleanings	11 10:00 Open Bridge 10:30 Tai Chi 12:00 Soup and Suggestions 1:00 Mah Jongg	12 10:00 Yoga 11:10 No Strength Training 12:00 Birthday Lunch 12:45 Bingo with Brookdale and Cassena Care	13 10:00 Feldenkrais 11:10 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
16 10:30 Line Dance Fusion 1:00 Bridge 1:00 Self Directed Mah Jongg 1:30 Yoga 2:40 Strength Training	17 9:45 BeMoved 11:00 Yoga 12:00 Duplicate Bridge 12:10 Strength Training 12:30 Five Crowns 1:00 Studio Knitting 1:00 Matter of Balance 	18 10:00 Open Bridge 10:00 Comstock Writer's Group 10:30 Tai Chi 12:00 Lunch OH 1:00 Mah Jongg 1:30 Reader's Theater	19 First Day of Spring! 8:30-12:30 AAA Driver Retraining 10:00 Yoga 11:10 Strength Training 12:00 Lunch 12:45 Bingo	20 10:00 Feldenkrais 10:00 Jewelry Workshop 11:10 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge Self Directed 1:00 The Artist Way
23 10:30 Line Dance Fusion 1:00 Bridge 1:00 Self Directed Mah Jongg 1:30 Yoga 2:40 Strength Training	24 9:45 BeMoved 11:00 Yoga 11:00 Book Discussion 12:00 Book Discussion Lunch 12:10 No Strength Training 12:30 Chinese Mah Jong 12:30 Five Crowns 1:00 Studio Knitting 3:00 Stay at Home in Wilton	25 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 12:00 Lunch and Learn 1:00 Mah Jongg 1:30 Reader's Theater	26 10:00 Yoga 11:10 Strength Training 12:00 Lunch 12:45 Bingo	27 10:00 Self Defense for Seniors 11:10 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge Self Directed
30 10:30 Line Dance Fusion 1:00 Bridge 1:00 Self Directed Mah Jongg 1:30 Yoga 2:40 Strength Training	31 9:45 BeMoved 11:00 Yoga 12:10 Strength Training 12:30 Mah Jongg 12:30 Five Crowns 1:00 Studio Knitting	Thursday, April 23rd, 10:30 AM - 12 PM Stay at Home in Wilton hosts the Semi-Annual Prospective Member & Volunteer Brunch at WEPCO You're invited to a free breakfast and Q & A. Stay at Home in Wilton is celebrating 10 years of supporting a vibrant senior community. There's no better time to get involved. Ask about member and volunteer opportunities. For more information visit www.stayathomeinwilton.org . For reservations contact: 203-762-2600		



APRIL 2020



Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 Open Bridge 10:00 Comstock Writer's Group 10:30 Tai Chi 1:00 Duplicate Bridge 1:00 Mah Jong 1:30 Reader's Theater	2 10:00 Yoga 11:10 Strength Training 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo	3 10:00 Jewelry Workshop 10:00 Qi Gong 11:10 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
6 10:30 Line Dance Fusion 1:00 Bridge 1:00 Self Directed Mah Jongg 1:30 Yoga 2:40 Strength Training	7 9:45 BeMoved 11:00 Yoga 1:30 Chinese Mah Jongg 12:30 Five Crowns 1:00 Studio Knitting 1:00 Fresh Eye: Transform your Room	8 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg 1:30 Reader's Theater	9 10:00 Yoga 11:10 Strength Training 12:00 BirthDay Lunch 12:45 Bingo with Cassena Care and Brookdale	10 Senior Center Closed for Good Friday
13 10:30 Line Dance Fusion 1:00 Bridge 1:00 Self Directed Mah Jongg 1:30 Yoga 2:40 Strength Training	14 9:45 BeMoved 11:00 Yoga 12:00 Duplicate Bridge 12:10 Strength Training 12:30 Five Crowns 1:00 Studio Knitting 2:00 Hearing Aid Cleanings	15 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg 1:30 Reader's Theater ◆ There will be <u>no</u> OH luncheon*	16 10:00 Yoga 11:00 Strength Training 12:00 Lunch 12:45 Bingo	17 10:00 Feldenkrais 10:00 Jewelry Workshop 11:10 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge 1:00 Artist Way
20 10:30 Line Dance Fusion 12:00 Downsized Gourmet 1:00 Bridge 1:00 Self Directed Mah Jongg 1:30 Yoga 2:40 Strength Training	21 9:45 BeMoved 11:00 Yoga 12:10 Strength Training 12:30 Mah Jongg 12:30 Five Crowns 1:00 Studio Knitting	22 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg 1:30 Reader's Theater	23 10:00 Yoga 11:00 Strength Training 12:00 Lunch 12:45 Bingo	24 8:30-12:30 AARP Driver Retraining 10:00 Feldenkrais 11:10 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge 1:00 Artist Way
27 10:30 Line Dance Fusion 1:00 Bridge 1:00 Self Directed Mah Jongg 1:30 Yoga 2:40 Strength Training	28 9:45 BeMoved 11:00 Yoga 11:00 Book Discussion 12:00 Book Discussion Lunch 12:10 No Strength- Training 12:30 Mah Jongg 12:30 Five Crowns 1:00 What is CBD Oil? 1:00 Studio Knitting 3:00 SAHW	29 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg 1:30 Reader's Theater	30 10:00 Yoga 11:10 Strength Training 12:00 Lunch 12:45 Bingo	



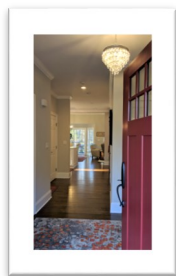
QI GONG Demo Friday April 3rd 10:00 A.M.

Broderick Helie will introduce the class to a very brief review of the history of Qi Gong, the philosophy behind it and its health benefits. A practical application follows with Qi Gong warmups, beginner forms with corresponding breathing techniques and modifications as needed so everyone can participate. **Walk ins welcomed but RSVP's encouraged! Call 203-834-6240**



RVNAhealth Talk: Strength & Mobility Regardless of Age Tuesday, April 28th

3-5 p.m. Senior Center Stay at Home in Wilton hosts a special **RVNAhealth Talk: Strength & Mobility Regardless of Age** at the **Senior Center**. This presentation is beneficial whether you're recovering from an injury, illness, or surgery or are experiencing discomfort that is compromising your mobility—and perhaps your happiness. You don't want to miss this! **Reservations recommended: 203-762-2600**

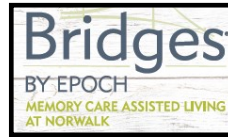


Transform Your Home! Tuesday April 7th 1:00-3:00 Room 8 Computer Lab

Would you like to transform your home into a space that functions better and lives beautifully? Kathy Engstrom, owner of A Fresh Eye, LLC, will share basic design principles and techniques in order to get that done. She will teach you how to analyze your space and make changes to make sure it functions well for your family. Learn about furniture placement, lighting choices, accessorizing and color selection. Kathy invites you to bring photographs of a room you would like to "transform".

Kathy, owner of A Fresh Eye, LLC, is a home decorating professional. She believes a home should not only look beautiful, but also function effectively for the people who live in it. Kathy enjoys working closely with her clients to understand what kind of look and feel they prefer, and what things they enjoy having around them. A well-designed home should promote feelings of comfort and harmony.

Sign up today Call 203-834-6240. This class is FREE



Events will be held at our community:
123 Richards Avenue | Norwalk
Kindly call 203.523.0510 or visit
BridgesbyEPOCH.com to RSVP.

CAREGIVER SUPPORT GROUP

WEDNESDAYS | 12 P.M. | MARCH 4 APRIL 1
Lunch will be served. Get the support and advice you need from dementia care professionals who understand your challenges and socialize with others on similar journeys.

DINE & DISCOVER: BEING MORTAL With VITAS Healthcare WEDNESDAY, MARCH 4 DINNER 5 P.M. | SEMINAR 5:30 P.M.

Join us for a special screening of the PBS FRONTLINE documentary Being Mortal. This groundbreaking film follows Boston surgeon Dr. Atul Gawande as he explores the relationships medical professionals have with patients who are nearing the end of their lives. We'll discuss the film and how your loved one's team can help you and your loved one navigate their final chapters with confidence, direction and purpose.

BACK BY POPULAR DEMAND! LUNCH & LEARN: MORE THAN JUST MEMORY LOSS – UNDERSTANDING SIGNS & SYMPTOMS THURSDAY, MARCH 12 | 12 P.M. With Alicia Seaver, Vice President of Memory Care Operations & Certified Memory Impairment Specialist

Join Alicia as she shares the differences between age-related memory loss and dementia. She'll discuss the seven stages, how to recognize the signs of progression, and how to respond to new or worsening symptoms to provide the best possible care for your loved one. Bring your questions – and let Alicia answer them for you!

CARE FOR THE CAREGIVER DAY

SATURDAY, MARCH 21 | 10 A.M. – 2 P.M. Say goodbye to winter stress with a soothing massage, yoga session, energizing Reiki treatment, painting class and aromatherapy. Between treatments, feed your soul with a delicious lunch and get tips from a professional life coach! This event is free, but space is limited; RSVPs required. Bring your loved one to enjoy a meal or activity with our Life Enrichment team while you attend our education and support events.

ENGAGEMENT ELIXIR: COMMUNICATION EXPERIENCES FOR PEOPLE WITH MEMORY IMPAIRMENT

THURSDAY, APRIL 23 5 pm Presented by Lia Jill Levitt

NON-PHARMACOLOGICAL APPROACH TO MANAGING BEHAVIORS

WEDNESDAY, APRIL 29 5 pm dinner and program from 5:30 to 6:30 pm Dr. Alison Leigh McElhone, Internal and Geriatric Medicine



The Downsized Gourmet

April 20th at Noon

It's hard to cook for one or two. Our chefs solve the problem and prepare a menu of a week's worth of healthy, affordable, easy-to-prepare meals for your downsized lifestyle.

Come, see and taste what they come up with and leave with a shopping list and easy-to-follow recipes! This event is free. RSVP to Stephanie at 203-834-6240.



What is CBD Oil?

Please join us on **Tuesday, April 28th at 1:00 pm** at the Wilton Senior Center at Comstock Community Center for this informative program about the benefits and uses of CBD Oil with Ashley Mills, RN, BSN, the Community Health Nurse at Visiting Nurse & Hospice of Fairfield County. Participants will learn about this non-intoxicating marijuana extract which has been credited with helping to address a host of medical issues from epileptic seizures to anxiety to inflammation and insomnia. This workshop is free of charge and all are welcome to attend! RSVP 203-834-6240

Getaway Tours

April 23 2020– ALL SHOOK UP Westchester Broadway Theater

Travel to Elmsford, NY for a day of entertainment and fun! Enjoy 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 musical, ALL SHOOK UP, a musical comedy built around a number of songs made famous by Elvis Presley. It takes place in 1955, somewhere in middle America, where one girl's dream of adventure and a surprise visit from a mysterious leather jacket, guitar-playing stranger helps a small town to discover the magic of romance and the power of rock and roll. Among the 24 songs featured in the score are classics like "Heartbreak Hotel" "Love Me Tender", "Don't Be Cruel" "Can't Help Falling in Love" and of course, "All Shook Up".

Join us for this great musical trip down memory lane!

Cost: **\$113.00 per person** Includes: Transportation, Lunch and Show at the Westchester Broadway Theater



May 13 2020-MoMA

Travel to "The Big Apple"-New York City! Upon arrival, lunch is included at Mont Blanc 52 Restaurant. Meal Choices: Breaded Pork Chop with Applesauce; Chicken Marsala; or Fillet of Salmon.

After lunch, we will visit the newly remodeled MoMA– The Museum of Modern Art. Forever at the forefront, MoMA is not only devoted to presenting the best in contemporary art, but also to promoting the understanding of modern art and expanding the definition of what is considered art in the first place. Whether it's showing you something you've never seen before, or showing how to see something familiar in a new way, MoMA is always an eye and mind opening experience. The museum expanded and reinstalled the entire collection this year to share exhilaratingly broad views of the art of our time in a way that is always evolving. You'll see paintings by some of the most world-acclaimed artists, including Cezanne, Chagall, Dali, Gauguin, Matisse, Monet, Picasso, Van Gogh, Warhol and Wyeth.

This New York artistic Getaway is one you certainly won't want to miss!

Cost: **\$113.00 per person** Includes: Transportation, Lunch, Admission to MoMA

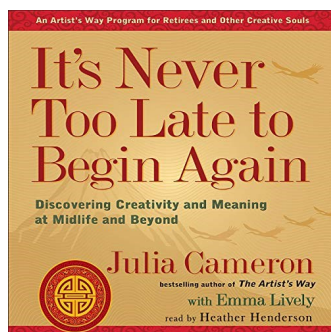


**Getaway Tours offer Day Trips leaving from Nordem Park in Norwalk.
For more information or to book a trip call 203-834-6240**

THE ARTIST'S WAY:

Discovering

Creativity and Meaning at Midlife and Beyond
Fridays 1:30-3 Starting March 20th Room 8



Spring has sprung! Tap into new creative energy this spring with a FREE 12 week course using Julie Cameron's book, *It's Never Too late to Begin Again*. Linda Buggy will guide you on this journey through connecting and exploring our creative expression through a series of facilitated discussions, weekly

assignments using the suggestions and tools including those set in each chapter of the book. Books will be provided by the senior center.

Sign up today, Seating is limited.
Any questions RSVP to Stephanie
203-834-6240.



Wilton's Emergency Contact List

The Town of Wilton's Department of Social Services maintains an Emergency Contact List of vulnerable seniors and residents with a disability. This

information will assist public safety personnel and emergency services in locating residents that may need assistance during an emergency situation or evacuation. This will permit the town of Wilton to be better aware of residents with special needs.

With a call to Social Services, you can complete a simple application which asks for your emergency contact information, any special needs, medical devices, whether you drive a car, and how long you are prepared to shelter at home without power. Although the Town cannot guarantee emergency rescue, we can reach out to your emergency contacts to check on you if the phone lines are not working and we cannot reach you.

Any senior and/or resident with a disability is encouraged to take advantage of this opportunity. All information is confidential and will only be shared with Wilton Police and Fire if rescue is needed. Please feel free to call Wilton Social Services to complete the application and get on the list:

203-834-6238.

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

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



**Call Now to Take a Tour!
203.761.1191**



A Campus of Exceptional Care

The Cannondale Campus has consistently built on its commitment to the physical and emotional health of its community while innovating to provide the highest quality of care in the area.

Our picturesque campus in Wilton offers:

- Assisted Living, providing exemplary social and wellness programs
- Specialized Memory Care Program
- Short-term skilled nursing with specialized therapies both in and out patient
- Geriatric Assessment Center

