



CORRIDORS

**We're excited to see you...
Online, Outdoors, Out of Harm's Way!**



The Wilton Senior Center will be looking a bit different in these upcoming months; adjusting to a new normal. Your safety is our top priority!

We will be hosting out door programing at Comstock Community Center and online zoom presentations.

Outdoor programming will be socially distant and masks will be mandatory when social distancing is not an option. Check out our community options! Any questions call 203-834-6240.

DON'T FALL FOR A SCAM

Tuesday September 1st at 10:00 am (ZOOM)

Criminals seeking to scam people out of their money use all sorts of shrew schemes. Anyone can fall prey to a scam. Don't let it be you!



Join Visiting Nurse & Hospice of Fairfield County and Lieutenant David Hartman of the Wilton Police Department for a scam prevention presentation via Zoom. Learn how to recognize a scam and what to do if you are a victim.

Lieutenant Hartman will discuss scams that are currently circulating in Wilton, surrounding towns and are being investigated by the Wilton Police Department. He will alert participants as to some of the warning signs of a scam and help them to avoid becoming a victim. He will also inform participants about how to report a scam complaint and where complaints should be filed.

This presentation is offered free of charge by Visiting Nurse & Hospice of Fairfield County and will be conducted online via Zoom. Please call Stephanie Rowe at the Wilton Senior Center at 203-834-6240 or email her at Stephanie.Rowe@wiltonct.org to preregister. You will receive an email with the Zoom Meeting link.



SEPTEMBER 10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31



Bagged Lunch and Bingo

Thursdays starting

September 3rd 12:00

Bring a lunch and play some bingo!

The Wilton Senior Center will be trying out door Lunch and Bingo!

HOW THIS WILL WORK:

Participants will enter through the main lobby of Comstock Community Center. They will walk directly outside to the back of Comstock. **Masks are required for walking to and from your designated area.**

Participants will be at their own table 8 feet apart from others (unless from the same household).

We will do a bagged lunch to begin with, brought by each participant. If you leave your designated area, a mask will be required .

Paper Bingo Cards will be provided. Participants will be asked to bring their own chips that they are responsible for each week.

Bingo will have a 10 game buy in. 25 cents a card. At the beginning of the game, participants will give money to the pot and will be dispersed at the end of the game.

Any questions call Stephanie at 203-834-6240.

rVnaHEALTH™

For Lifelong Care & Wellness

Flu Shot Clinic

27 Governor Street, Ridgefield, CT 06877

- ◆ Safe. Professional. Easy.
- ◆ In-Office and Drive-Through Options Available
- ◆ Beginning Wednesday September 9 at 9:00am
- ◆ Appointments may be made beginning August 27.

Visit rvnahealth.org or call 203-438-5555 to learn more.



CONQUER THE CLUTTER

THURSDAY SEPTEMBER 10 10-12 ZOOM



Are you moving to a smaller space and find you need to minimize your possessions? Are your closets scary?

Do you want to get things organized, but just don't know where to begin? Kathy, owner of A Fresh Eye, LLC, will help you start bringing order to your chaos! In this class you will learn how to attack your clutter, decide what to keep and what to eliminate. You will find out how to create systems that allow you to function more smoothly and keep the clutter under control.

Instructor Biography:
Kathy Engstrom, owner of A Fresh Eye, LLC, is a former professional organizer. She currently specializes in home decorating, color consulting, staging houses for resale, and move management. Ms. Engstrom will offer a class on organizing your home and getting control of your "stuff".



Instructor Biography:

Kathy Engstrom, owner of A Fresh Eye, LLC, is a former professional organizer. She currently specializes in home decorating, color consulting, staging houses for resale, and move management. Ms. Engstrom will offer a class on organizing your home and getting control of your "stuff".

RSVP to Stephanie at 203-834-6240

Stephanie.Rowe@wiltonct.org



RESEVE A TABLE Outdoor Card Games Tuesdays and Fridays 1-4



HOW THIS WILL WORK:

Participants will enter through the main lobby of Comstock Community Center. They will walk directly outside to the backside of

Comstock, to a table located on one of the two patios.

2 tables available. Participants will be a **MAXIMUM of 5 (NO EXCEPTIONS)**. Masks will be worn the entire time.

TO RESERVE A SPACE CALL 203-834-6240.



Humor & Caregiving
Thursday, September 10 at 11 a.m.

Coordinating a Caregiving Team
Thursday, September 24 at 11 a.m.

To Register go to: Bridgesbyepochmemorycare.com/webinar/



For Lifelong Care & Wellness

When to Say When: Am I Ready for a Joint Replacement?

How to know when it's time

and how to go into surgery your strongest

Thursday, September 10 – Virtual! 6:00pm – 7:00pm

The decision to have elective surgery is rarely an easy one and joint replacement surgeries are no exception.

Join experts from OrthoConnecticut and RVNAhealth to learn more about the surgery decision-making process, as well as what you can expect, and do, before, during, and after surgery to help ensure your surgery is a success.

A live webinar panel presentation with Dr. John Dunleavy of OrthoConnecticut; Gigi Weiss, MSPT, RVNAhealth Director of Rehabilitation Services; and a recent joint replacement patient, on hand to share their story

Register at RIDGEFIELDLIBRARY.ORG

QI GONG Demo

Friday September 11th 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. Class is free

Please see Page 7 for Outdoor Class Guidelines
Please call to reserve your space 203-834-6240

HOME STAGING CLASS

**THURSDAY SEPTEMBER
17th 10-12 ZOOM**



Sell your home quickly ... and at top dollar. Stage it!

In a fun, interactive class, Kathy, owner of A Fresh Eye, LLC, will show you what needs to be done to make sure your home looks its best and appeals to the largest number of buyers. TO RSVP Call 203-834-6240 or Email

Stephanie.Rowe@wiltonct.org

Medicare Enrollment UPDATE:

Due to the CONVID-19 Pandemic



Medicare Enrollment help will be looking a little bit different. As of this publication, our offices will be closed to the public. Please check back on the Town of Wilton's website for additional Medicare Enrollment information.



Retirement: Making the Most out Of Your Money

Wednesday September 16th, 1:00

Outdoors

(If Inclement weather, presentation will move to Zoom)

Speaker, Tom Fagan Edward Jones Financial

What matters most to you? What type of lifestyle do you want in retirement?

Once you can picture your retirement, you'll need a strategy designed to help make it happen.

Join us for *Retirement: Making Your Money Last*. We'll discuss ways to help you work toward fulfilling your retirement expectations. And, we'll focus on how to provide for your income needs, including your retirement income for the future. We'll also explore how to address key concerns such as Inflation, health care expenses, market volatility and unexpected events.

TO RSVP Call Stephanie at 203-834-6240.

CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)

The Wilton Social Services Department will begin 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 May1-but it's best to apply earlier! **Phone Appointments** will be available Monday through Fridays between 9:00 a.m. and 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:

Household of 1 \$37,645

Household of 2 \$49,228

Household of 3 \$60,811

Household of 4 \$72,394



Conversations and Connections During Isolation with the Reverend Shannon White

Tuesday, September 29th, 3 – 4 PM

The impact of the pandemic challenges one of the things which makes our lives so beautiful--our ability to connect with family and friends. And yet, at this time in our lives, we need to maintain and even deepen our connections with authentic conversations. This is a discussion with Q and A you won't want to miss!

RSVP: Janet Johnson at 203-762-2600

All presentations are via Zoom until it's safe to gather. Attendees will receive a Zoom invitation by email upon reservation.



Reverend Shannon A. White is pastor of Wilton Presbyterian Church. She is an Emmy-nominated TV journalist and author of "The Invisible Conversations" series. Rev. Shannon White is also a member of Stay at Home in Wilton's Advisory Board.

AUTUMN SCHEDULE OF SUPPORT GROUPS FOR GRIEVING ADULTS

Offered via Zoom by Visiting Nurse & Hospice of Fairfield County



Loss of a Spouse Weekly on Wednesdays 1:00 – 2:30 pm

for those grieving the loss of a spouse 9/23/20 - 10/28/20 with Nanette Greene, MA, LPC

Loss of a Parent Weekly on Tuesdays 1:00 – 2:30 pm

for adults grieving the loss of a parent 9/15/20 - 10/20/20 with Rev. Varghese Daniel

Loss of a Child Weekly on Tuesdays 3:00 – 4:30 pm

for adults grieving the loss of a child 9/15/20 - 10/20/20 with Rev. Varghese Daniel

Loss of a Loved One Weekly on Tuesdays 7:00 – 8:30 pm

for adults grieving the loss of someone close 9/15/20 - 10/20/20 with Sheila Russo, LCSW

For more information about the Bereavement Support Groups or about Visiting Nurse & Hospice of Fairfield County, please visit us online at www.visitingnurse.net

Self Defense for Senior

Special Demo Friday September 18th 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. Class is free

Please see Page 7 for Outdoor Class Guidelines
Please call to reserve your space 203-834-6240.

Learning about Oils

WEDNESDAY OCTOBER 14th 1:00 ZOOM



Have you ever wondered what essential oils are? Where do they come from? What do you do with them?

Would you like to learn what our parents knew about the therapeutic value of natural oils? Did you know that Oregano is the #1 plant based antibiotic there is? Did you know that all citrus essential oil comes from the rind, and is wonderful to cleanse our organs? Please join us, as we delve into the world of essential oils. From calming someone with memory loss or anxiety, having a healthy digestive system, or bringing renewed energy to our bodies, there are so many uses for these oils. Come and learn how to utilize many of them into your everyday life to help your body help itself to be stronger.

Chris Ventura has been working as an Essential Oil Instructor over the last 4 years and is able to share her knowledge either through a virtual zoom class or in-person, when the conditions allow. **To Register Call 203-834-6240 or email Stephanie.Rowe@wiltonct.org**

Concerning COVID with

Infectious Disease Specialist Dr. Paul Pino



Tuesday, October 27th, 3 – 4 PM

Dr. Paul Pino, Chief of the Section of

Infectious Diseases, Norwalk Hospital will give a presentation on the COVID-19 pandemic focusing on issues pertinent to seniors. He will discuss the status of vaccination trials and therapeutics, as well as advisable public measures to reduce

the spread of the virus. With the flu season upon us, its effect on the pandemic will be a "hot" topic as well. A question and answer session will follow his presentation.

RSVP: Janet Johnson at



203-762-2600 All presentations are via Zoom until it's safe to

gather. Attendees will receive a Zoom invitation by email upon reservation.

EXERCISE FOR YOUR MIND, BODY & HEALTH

BEMOVED!

Fridays online at 10:30

Are you missing our Tuesday Morning BeMoved! Class? Our BeMoved Instructor Phyllis Hirschfield will be 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.

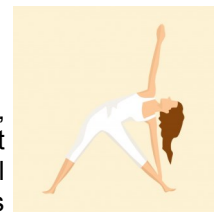


Phyllis Hirschfield

Outdoor Yoga

Wednesdays 11:30 \$3.00 fee

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.



Below are class guidelines Call 203-834-6240.

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

OUTDOOR TAI CHI

WEDNESDAYS AT 10 AM 3.00 fee

Join Broderick Heile in Traditional Tai Chi. 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.

CALL 203-834-6240



Gentle Yoga

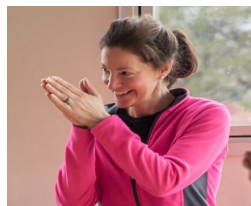
Tuesdays at 11:00 and

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**



OUTDOOR EXERCISE CLASS GUIDELINES:

Classes will be held outdoors behind the building, Walk into the Main Lobby of Comstock and then walk past the Vending machines outside.

The following are the protocols for Exercise Class during Covid-19.


Procedures:

- ◆ All participants must sign and complete an informed consent document and a Wilton Health Department Screening Tool prior to class
- ◆ All participants must wear masks until safely on your mat. Areas will be marked where mats can be set up to ensure social distancing
- ◆ A maximum of 10 participants will be permitted in each class. Please call 203-834-6240 to reserve your space
- ◆ Participants temperatures will be taken prior to starting class
- ◆ After class is over proceed directly to your vehicle, no socialization.
- ◆ Please leave class payment on your designated space.



SEPTEMBER 2020



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>10:00 Don't Fall for a Scam (Zoom)</p> <p>10:00 Feldenkrais (Zoom)</p> <p>11:00 Gentle Yoga with Denise (Zoom)</p> <p>1:00 Reserve a Table</p>	<p>2</p> <p>10:00 Traditional Tai Chi (outdoors)</p> <p>11:30 Gentle Yoga with Emma (Outdoors)</p>	<p>3</p> <p>12:00 Bagged Lunch</p> <p>12:45 Bingo</p>	<p>4</p> <p>10:30 BeMoved! Zoom</p> <p>1:00 Reserve a Table</p>
<p>7</p> <p>Senior Center Closed</p> 	<p>8</p> <p>10:00 Feldenkrais (Zoom)</p> <p>11:00 Gentle Yoga with Denise (Zoom)</p> <p>1:00 Reserve a Table</p>	<p>9</p> <p>10:00 Traditional Tai Chi (Outdoors)</p> <p>11:30 Gentle Yoga with Emma (Outdoors)</p>	<p>10</p> <p>10:00 Conquer the Clutter Zoom (Zoom)</p> <p>12:00 Bagged Lunch</p> <p>12:45 Bingo</p> <p>6:00 RVNA When to Say When: Joint Replacement (Zoom)</p>	<p>11</p> <p>10:30 BeMoved! Zoom</p> <p>10:00 Qi-Gong</p> <p>1:00 Reserve a Table</p>
<p>14</p>	<p>15</p> <p>10:00 Feldenkrais (Zoom)</p> <p>11:00 Gentle Yoga with Denise (Zoom)</p> <p>1:00 Reserve a Table</p>	<p>16</p> <p>10:00 Traditional Tai Chi (Outdoors)</p> <p>11:30 Gentle Yoga with Emma (Outdoors)</p> <p>1:00 Retirement: Making the Most of your Money</p>	<p>17</p> <p>10:00 Staging Your Home to Sell (Zoom)</p> <p>12:00 Bagged Lunch</p> <p>12:45 Bingo</p>	<p>18</p> <p>10:30 BeMoved! Zoom</p> <p>10:00 Self Defense</p> <p>1:00 Reserve a Table</p>
<p>21</p>	<p>22</p> <p>10:00 Feldenkrais (Zoom)</p> <p>11:00 Gentle Yoga with Denise (Zoom)</p> <p>1:00 Reserve a Table</p>	<p>23</p> <p>10:00 Traditional Tai Chi (Outdoors)</p> <p>11:30 Gentle Yoga with Emma (Outdoors)</p>	<p>24</p> <p>12:00 Bagged Lunch</p> <p>12:45 Bingo</p>	<p>25</p> <p>10:30 BeMoved! Zoom</p> <p>1:00 Reserve a Table</p>
<p>28</p>	<p>29</p> <p>10:00 Feldenkrais (Zoom)</p> <p>11:00 Gentle Yoga with Denise (Zoom)</p> <p>1:00 Reserve a Table</p> <p>3:00 SAHW Conversations and Connections Zoom</p>	<p>30</p> <p>10:00 Traditional Tai Chi (Outdoors)</p> <p>11:30 Gentle Yoga with Emma (Outdoors)</p>		



OCTOBER 2020



Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:00 Gentle Yoga with Denise (Zoom) 12:00 Bagged Lunch 12:45 Bingo	2 10:30 BeMoved! Zoom 1:00 Reserve a Table
5	6 10:00 Feldenkrais (Zoom) 11:00 Gentle Yoga with Denise (Zoom) 1:00 Reserve a Table	7 10:00 Traditional Tai Chi 11:30 Gentle Yoga with Emma (Outdoors)	8 10:00 Gentle Yoga with Denise (Zoom) 12:00 Bagged Lunch 12:45 Bingo	9 10:30 BeMoved! Zoom 1:00 Reserve a Table
12	13 10:00 Feldenkrais (Zoom) 11:00 Gentle Yoga with Denise (Zoom) 1:00 Reserve a Table	14 10:00 Traditional Tai Chi 11:30 Gentle Yoga with Emma(OutDoors) 1:00 Essential Oils Zoom	15 10:00 Gentle Yoga with Denise (Zoom) 12:00 Bagged Lunch 12:45 Bingo	16 10:30 BeMoved! Zoom 1:00 Reserve a Table
19	20 10:00 Feldenkrais (Zoom) 11:00 Gentle Yoga with Denise (Zoom) 1:00 Reserve a Table	21 10:00 Traditional Tai Chi 11:30 Gentle Yoga with Emma (Outdoors)	22 10:00 Gentle Yoga with Denise (Zoom) 12:00 Bagged Lunch 12:45 Bingo	23 10:30 BeMoved! Zoom 1:00 Reserve a Table
26	27 10:00 Feldenkrais (Zoom) 11:00 Gentle Yoga with Denise (Zoom) 1:00 Reserve a Table 3:00 SAHW: Concerning COVID (Zoom)	28 10:00 Traditional Tai Chi 11:30 Gentle Yoga with Emma (Outdoors)	29 12:00 Bagged Lunch 12:45 Bingo	30 10:30 BeMoved! Zoom 1:00 Reserve a Table

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 call Wilton Social Services to complete the application and get on the list: 203-834-6238.**

Wilton Dial-a-Ride to resume with limited service in Wilton



During the Coronavirus pandemic, service will be limited to within Wilton. There will be no more than two riders per van in assigned seats. Riders must wear masks/face-coverings unless a medical condition prevents use of a mask/face-covering and will have their temperatures taken prior to entering the van.

Anyone with a temperature over 100 degrees will not be allowed to ride the van. Riders will also have to complete a Wilton Health Department screening tool and sign an informed consent document prior to using Dial-a-Ride. Drivers will also wear masks/face-coverings and will be separated from passengers by a protective divider.

Current service hours are Monday through Friday and trips will begin at 9:30 am and will be scheduled on the half hour with the last pick-up of the day at 3:30 pm. No trips will be offered between 12:00 pm and 1:00 pm.

No fees will be charged until further notice.

Wilton Dial-a-Ride provides van transportation for Wilton Seniors and adults with disabilities to destinations within Town of Wilton boundaries. Reservations for Dial-a-Ride must be made no later than 4:00 pm the day before the requested ride by calling (203) 834-6235.

Questions and comments should be directed to Wilton's Parks and Recreation Office at (203) 834-6234 or emailed to steve.pierce@wiltonct.org.



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>

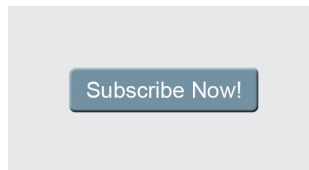
Step 2: Enter your email address in

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



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 Health.....	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