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## *Knock Knock! We're Open!*



Did you hear? The Wilton Senior Center is slowly re opening with a limited schedule and new guidelines.

We are excited to have you back safely.

Take a look at our new guidelines:

- √ For the time being, we only have one program in a room a day. Why? This ensures less traffic and proper cleaning of each room after an activity
- √ Pre Registration is required . We are not having walks in and please sign in when you get here.
- √ Programs are free for the next couple months. Enjoy this nice treat and put away your wallets!
- √ New Entrance Points. If your program is upstairs please come in our SIDE door not the Comstock main entrance. This will be clearly marked. If your program is downstairs, please use our lower entrance.
- √ No Food or Drinks will be served. Please do not bring in your own food. Water is acceptable. Our Coffee Station will not be available and we hope to have this in the upcoming months.
- √ MASKS ARE REQUIRED; But I've been vaccinated! That's great! However in public buildings we are still requiring masks during all activities.
- √ If you are sick, STAY HOME. If you are able to be vaccinated we highly encourage you to. If you need help please contact Stephanie .

We've missed you and are excited to see you! Any questions please speak to Stephanie Rowe or Sarah Heath. 203-834-6238 or 203-834-6240



### *Drive Thru Luncheons*

**May 19th 11-12 in  
partnership  
with RVNAhealth  
June 16th 11-12**



We are continuing with our drive-thru luncheons!  
Enjoy a delicious bagged lunch made by Village Market.

In May, receive a small gift from a local Wilton Girl Scout Group. RSVP is Mandatory. Call 203-834-6240. RSVP by May 14th and June 11th.

## *Still want to stay home? No problem! Check out these Zooms*

# The Downsized Gourmet

OasisSeniorAdvisors.com/CT-NY

It can be hard to cook for one or two. Susan and Paul Doyle of Oasis Senior Advisors bring you a cooking demo via Zoom to solve the problem of how to enjoy cooking on a smaller scale during – and after - the pandemic. Learn to prepare easy and tasty treats from the comfort of your own home.

MONDAY MAY 17th at Noon

MONDAY JUNE 21st at Noon.

For Zoom Information, please email [Stephanie.Rowe@wiltonct.org](mailto:Stephanie.Rowe@wiltonct.org) or call 203-834-6240 and give your email address.

### **Program Ideas?**

In a typical year, The Wilton Senior Center would host “Soup and Suggestions!” which would be a brain storming session on activities or presentations you would like to see at the Wilton Senior Center.



Even though we cannot host large gatherings or serve soup, we still want your suggestions! Please email Stephanie at [Stephanie.Rowe@wiltonct.org](mailto:Stephanie.Rowe@wiltonct.org) or call 203-834-6240 and tell us your suggestions! We would love to hear from you .



**FOOD PANTRY**  
The Wilton Food Pantry is happy to be able to still offer shopping hours to Wilton Social Service Clients.

Our hours are as follows:

Mondays: 12-4

Wednesdays 10-2

Please call 203-834-6238  
for any questions.

While the Food Pantry is open, there will be no activities downstairs on those days. Please use our upper side entrance to enter the building.

# ☆ MAY 2021 ☆

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Food Pantry 12-4  11:00 Line Dance Fusion  1:00 Bridge (Lounge)	<b>4</b> 9:00 Pool Time  10:00 Be Moved!  12:30 Five Crowns  1:00 Studio Knitting	<b>5</b> Food Pantry 10-2  10:30 Tai Chi  1:00 American Mah Jongg	<b>6</b>   1:30 Bingo	<b>7</b> 10:00 Jewelry Workshop  12:00 Bridge (Game Room)
<b>10</b> Food Pantry 12-4  11:00 Line Dance Fusion  1:00 Bridge (Lounge)	<b>11</b> 9:00 Pool Time  10:00 Be Moved!  12:30 Five Crowns  1:00 Studio Knitting	<b>8</b> Food Pantry 10-2  10:30 Tai Chi  1:00 American Mah Jongg	<b>9</b>   1:30 Bingo	<b>14</b> 10:00 Jewelry Workshop  12:00 Bridge
<b>17</b> Food Pantry 12-4  11:00 Line Dance Fusion  12:00 Oasis Cooking Demo on Zoom  1:00 Bridge (Lounge)	<b>18</b> 9:00 Pool Time  10:00 Be Moved!  12:00 Duplicate Bridge  12:30 Five Crowns  1:00 Studio Knitting	<b>19</b> Food Pantry 10-2 10:30 Tai Chi  11:00 Drive Thru Luncheon with RVNA Health  1:00 American Mah Jongg  6:00 SAHW Pizza Fundraiser	<b>20</b>   1:30 Bingo	<b>21</b> 10:00 Jewelry Workshop  12:00 Bridge
<b>24</b> Food Pantry 12-4  11:00 Line Dance Fusion  1:00 Bridge (Lounge)	<b>25</b> 9:00 Pool Time  10:00 Be Moved! 10:30 SAHW History Talk  12:30 Five Crowns  1:00 Studio Knitting	<b>26</b> Food Pantry 10-2  10:30 Tai Chi  1:00 American Mah Jongg	<b>27</b>   1:30 Bingo	<b>28</b> 10:00 Jewelry Workshop  12:00 Bridge
<b>31</b> <div style="border: 2px solid black; padding: 10px; text-align: center;">    <b>Memorial Day Senior Center Closed</b> </div>				



# JUNE 2021

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

	<b>1</b> 9:00 Pool Time  10:00 Be Moved!  12:30 Five Crowns  1:00 Studio Knitting	<b>2</b> Food Pantry 10-2  10:30 Tai Chi  1:00 American Mah Jongg	<b>3</b> 1:30 Bingo	<b>4</b> 10:00 Jewelry Workshop  12:00 Bridge
<b>7</b> Food Pantry 12-4  11:00 Line Dance Fusion  1:00 Bridge	<b>8</b> 9:00 Pool Time  10:00 Be Moved!  12:30 Five Crowns  1:00 Studio Knitting	<b>9</b> Food Pantry 10-2  10:30 Tai Chi  1:00 American Mah Jongg	<b>10</b> 1:30 Bingo	<b>11</b> 10:00 Jewelry Workshop  12:00 Bridge
<b>14</b> Food Pantry 12-4  11:00 Line Dance Fusion  1:00 Bridge	<b>15</b> 9:00 Pool Time  10:00 Be Moved!  12:00 Duplicate Bridge  12:30 Five Crowns  1:00 Studio Knitting	<b>16</b> Food Pantry 10-2  10:30 Tai Chi  11:00 Drive Thru Luncheon  1:00 American Mah Jongg	<b>17</b> 1:30 Bingo	<b>18</b> 10:00 Jewelry Workshop  12:00 Bridge
<b>21</b> Food Pantry 12-4  11:00 Line Dance Fusion  1:00 Bridge	<b>22</b> 9:00 Pool Time  10:00 Be Moved!  12:30 Five Crowns  1:00 Studio Knitting	<b>23</b> Food Pantry 10-2  10:30 Tai Chi  1:00 American Mah Jongg	<b>24</b> 1:30 Bingo	<b>25</b> 10:00 Jewelry Workshop  12:00 Bridge
<b>28</b> Food Pantry 12-4  11:00 Line Dance Fusion  1:00 Bridge	<b>29</b> 9:00 Pool Time  10:00 Be Moved!  12:30 Five Crowns  1:00 Studio Knitting	<b>30</b> Food Pantry 10-2  10:30 Tai Chi  1:00 American Mah Jongg		



### 2021 Annual Town Meeting Coming Soon

Wilton's Registrars of Voters Annalisa Stravato and Karen Birck remind all registered voters that Wilton's 2021 Annual Town Meeting will be held on Saturday,

May 8, 2021 at the Wilton High School Clune Center Auditorium at 3:00 pm. Voting on the final proposed budget will take place only on Saturday, May 15, 2021 at the Wilton High School Clune Center lobby from 9 am to 6 pm. There will be no voting on May 8. In addition to the budget question, there will be five (5) Yes/No bonding questions on the ballot.

A sample ballot can be viewed online after the May 8<sup>th</sup> Annual Town Meeting on the Registrars of Voters page of the town website at [www.wiltonct.org/registrar-voters](http://www.wiltonct.org/registrar-voters).

Absentee ballots will be available from the Town Clerk's office from 8:30 am on Monday, May 10 through 4:30 pm on Friday, May 14. Voted ballots must be returned to the Town Clerk by 4:30 pm on Friday, May 14 or placed in the absentee ballot drop box in front of the Police Department by 6:00 pm on Saturday, May 15.

All registered Wilton voters are eligible to vote on the budget and bonding questions. Also, U.S. citizens, at least 18 years old, resident or nonresident, may vote if they own real property or a motor vehicle valued at \$1000 or more on Wilton's last completed Grand List.

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



*Stay at Home in Wilton*

**Pizza Night  
Fundraiser**

**Wednesday,  
May 19<sup>th</sup>  
6 - 9:30 PM**

**Take Out - Dine in - Delivery**

Mention *Stay at Home in Wilton* when ordering. 15% of the proceeds benefit Wilton seniors. Fundraiser begins at 5 PM.

**Wilton Pizza**

101 Old Ridgefield Road  
[www.WiltonPizza.com](http://www.WiltonPizza.com)

**203-762-0007**

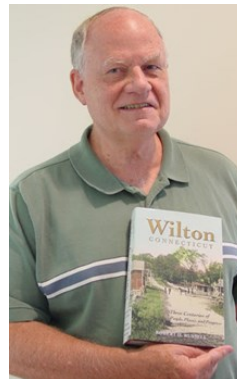
(\$2.75 charge for deliveries)



*For more information, call 203-762-2600.*

### Join us for a Walk & Talk with Historian Bob Russell

**Tuesday, May 25,  
10:30 AM**



Wilton's historian, Bob Russell will lead a guided walk at the Hillside

Cemetery. Bob's talk will include a brief history of the historic cemetery and the notable people buried there, including Civil War veterans plus familiar names such as Olmstead, Middlebrook and Comstock, dating back to the 1800's. All are welcome. Bring a chair and a walking stick.

**RSVP: Janet Johnson at 203-762-2600**  
Park and meet by the flagpole at Hillside Cemetery at 165 Ridgefield Road.



### SEATED EXERCISE UPDATE

Stephanie hosted a bi-weekly seated/non-seated workout on

Youtube. With the opening of the senior center, We will take a small hiatus! Check back the July/August Corridors for more information!

# Exercise Programs in person and Zoom

## LINE DANCE FUSION SENIOR CENTER

Mondays  
11:00 a.m. to 12:00 p.m.  
No Fee  
Max: 8 People

Line Dancing is back!  
This program blends traditional dance steps with elements of modern line dancing. This is a great form of exercise, social interaction, and just plain FUN!  
Beatriz Araujo, Instructor.



*Beatriz Araujo*

## BEMOVED! SENIOR CENTER

Tuesdays, 10:00 to 11:00 a.m.  
No Fee  
Max Class; 8 People

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



*Phyllis Hirschfield*

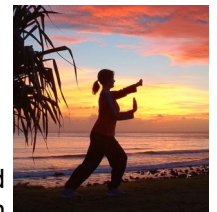
Interested in an In person class? Please call in advance to RSVP. All classes are free but we are not welcoming Walk In's at this time. All RSVP must be taken at least 24 hours before class starts. Call 203-834-6240. Masks are required, even if vaccinated. While we cannot require vaccinations for participants, we highly encourage everyone to be vaccinated. See page 7 for more details on how to become vaccinated.

## TRADITIONAL TAI CHI SENIOR CENTER

Wednesdays, 10:30- 11:30.  
No Fee  
Max Class: 10 People

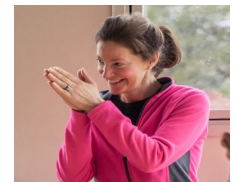
Tai Chi contains a series of gentle and graceful movements performed with respiration coordination and deep concentration. Tai Chi has been shown to prevent falls and improve the functioning of daily activities.

**New Instructor: Broderick Heilie**



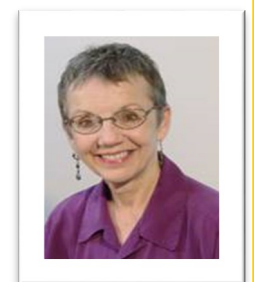
## GENTLE YOGA ON ZOOM

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](mailto:support@vibrantmoves.com)**



## Feldenkrais on Zoom Wednesdays and Saturdays 10:00

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, \$5-\$25.00, no judgements! For more information email Cathy at [cathypaine51@gmail.com](mailto:cathypaine51@gmail.com)



*Cathy Paine*

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



## COVID 19 VACCINE INFORMATION

Have you yet to receive your vaccine? Look below for helpful links!

- Call the Stamford Hospital Vaccine line and avoided the computer altogether. This is the easiest way to schedule if you are able to get to Stamford Hospital: **203-276-7300 M-F 9am-4pm**
- **Call Connecticut's COVID-19 Vaccine Appointment Assist Line:** Call **877-918-2224**. The assist line is open from 8:00 a.m. to

8:00 p.m., seven days a week.

If you would prefer to schedule via the computer, here are some links to various hospitals that are offering the vaccine as well as VAMS which is the main scheduling tool for various vaccine clinic locations throughout Fairfield County and CT in general:

**Walgreens is now making appointments for the Covid vaccine and it easy to make an account and login. [www.walgreens.com](http://www.walgreens.com)**

**VAMS online system:** VAMS is the Vaccine Administration Management System and can be used to schedule appointments at multiple clinics. <https://dphsubmissions.ct.gov/onlinevaccine> .Appointments may not be immediately available. Statewide, clinics are added daily. Please check back frequently if you need an appointment.

**For a full list of resources email: [Stephanie.Rowe@wiltonct.org](mailto:Stephanie.Rowe@wiltonct.org)**

Spring is in the air. Taking a walk on a Town trail? Enjoying a warm spring day at a town park? Take SeeClickFix along with you to report non-emergency issues - such as trees down across a trail, playground equipment problem at the schools, or litter in the parks – which will be reported directly to the appropriate Town of Wilton department to be addressed and resolved.

With free SeeClickFix web-based and mobile app tools, Town of Wilton residents can provide the appropriate Town of Wilton departments with pictures, videos, specific descriptions, and more — valuable information needed to get the job done efficiently. Residents can also view, comment on, and vote to fix problems submitted by their neighbors and create their own “watch areas” to receive notifications about all the issues reported in their neighborhood, enabling them to follow the progress of all service requests — not just the ones they report. In addition, the SeeClickFix platform provides officials with a centralized issue management system to manage issues from creation to resolution — engaging town residents throughout the process.

The SeeClickFix mobile app is available for download on [Android](#) , [iPhone](#) and [Blackberry](#). In addition to the mobile apps, citizens can send reports to the Town of Wilton website at [www.wiltonct.org](http://www.wiltonct.org).

**WE'RE BACK!**

### Activities that are back at the center!

- ✓ **Open Pool, Tuesdays 9:00 Game Room**
- ✓ **Studio Knitting Tuesdays 1:00 Café**
- ✓ **Bingo 1:30-2:45 Thursday Game Room**
- ✓ **Jewelry Workshop, Fridays, Art Room 10-11:30**

To register for these programs call 203-834-6240.



### 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”

Step5 : 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.

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

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

### **GUIDE TO SENIOR SERVICES**

- Sarah Heath MA, MS, LPC.....203-834-6238  
*Director, Social Services and Municipal Agent for the Elderly*
- Stephanie Rowe MS.....203-834-6240  
*Senior Center Coordinator*
- Lauren Hughes LCSW.....203-834-6238  
*Coordinator, Senior Services*
- Debbie Wolyniec BBA.....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
- Visiting Nurse & Hospice.....203-762-8958
- RVNAhealth.....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