



# CORRIDORS

## NATIONAL SENIOR CENTER MONTH



September is a fitting month; it marks the beginning of the harvest season, a time of reflection and of gathering strength alongside others to harvest what you have carefully, thoughtfully, and conscientiously sown over the course of the past year. This year, senior centers have sown a great deal — probably more than ever imagined. This year, our theme is “community”. As senior center professionals, we hope to have shined a light on our center this year by showing

the entire community how vital we are to the health and well-being of our senior community. If you or a loved one need any guidance please call us at 203-834-6240.



### *Drive Thru at the Center this Fall*

#### September 15th 11:00-12:00– Brookdale Drive Thru

Our popular monthly luncheon drive thrus are back! Join Brookdale Senior Living and the Wilton Senior Center for a boxed lunch Wednesday, September 15th between 11:00 and 12:00. We will be giving out a free lunch from the Village Market! RSVP 203-834-6240 by September 10th.

**October 20th 11:00-12:00– RVNAhealth Drive Thru–** Celebrate Autumn with RVNAhealth and the Wilton Women’s Club with another delicious lunch from the village market, Wednesday Oct. 20th! RSVP 203-834-6240 by October 15th

## Fall Assessments and Balance Testing Wednesday , September 22nd 11:30



### Assessment and Balance Testing

Wednesday, September 22, 11:30am

Don’t be the 1 in 4 who falls down this year! Join Gigi Weiss, MSPT, Director of Rehabilitation Services at RVNAhealth for a hands-on Falls Assessment and Balance Testing session.

- Hear the stats, facts, and risk factors that increase the likelihood of falling;
- measure and assess your vulnerability;
- learn strategies and exercises to minimize your risk.

You’ll leave the session armed with information and techniques to keep you safe and sound in the months to come. RSVP to Stephanie at 203-834-6240.

SEPTEMBER  
OCTOBER  
NOVEMBER



**Meet our new  
Youth Services Coordinator  
Trinity Haswell**

Trinity Haswell began work last month as the new Youth Services Coordinator with Wilton. Trinity has her Masters in Social Work from Columbia University and a Bachelors in Psychology from Mount Saint Mary College. Trinity has experience in Dialectical Behavior Therapy (DBT), equine-assisted interventions, and mindfulness practice. Trinity is excited to be working with the Wilton community and supporting residents through counseling referrals and other key services. Trinity is equally excited to become more familiar with Energy Assistance applications as she assists in the Fall. Working together with Social Services and those in the community where needed will be deeply rewarding!

When not working, Trinity enjoys reading, watching movies, playing video and tabletop games, and gardening. She resides in Redding with her three cats and is looking forward to learning all she can about Wilton while utilizing her empathic nature and skillset to assist wherever necessary.

Hours: Monday to Thursday 9:30 – 4:30 and Fridays remotely.

Phone number: 203-834-6241

E-mail: [Trinity.Haswell@wiltonct.org](mailto:Trinity.Haswell@wiltonct.org)



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

**Flu Clinics**

**Monday, September 20th  
Wednesday, October 27th  
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, Connect care, 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

**Appointments for Open Enrollment- Medicare Part D**

This year we will be offering appointments in-person at the Comstock Community Center with our CHOICES volunteer Ellen Abend on Tuesdays and Thursdays from October 19th thru December 7th. Appointments will available from 10 AM to 2 PM. If you are not comfortable with coming into the Center, a telephone appointment with Ellen can be scheduled. Ellen will review your current Medicare Part D plan to see if that plan remains the best for 2022 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.

In order to schedule an appointment, please call Lauren Hughes or Deborah Wolyniec at 203-834-6238.

If you are not able to schedule an appointment, any time between October 15 and December 7, you can call the South-west Connecticut Agency on Aging (SWCAA) at 203-333-9288 and ask to speak with a CHOICES counselor. You can also go online to the [Medicare.gov](https://www.medicare.gov) website, log in to your My Medicare account and follow the prompts to find information about your current coverage and explore options for 2022.



**AAA Driver Improvement Returns!**

Friday, September 17th  
Friday, October 15th  
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.)

**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 22nd

October 6th

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

**Intermediate Bridge starts again! Fridays 12:45 –2:45 Starting Sept 3rd**

Intermediate Bridge with National Champion Michael Hess is back for the fall. The group will meet on Fridays from 12:45-2:45 starting September 3rd. The fee is 5.00 Drop in. Mike Hess has been mentoring and teaching bridge for 30+ years. He is a Sapphire Life Master with over 4,800 master points. A Number of his bridge hands have appeared in the New York Times, The Cincinnati Enquirer and the Alder Syndicate of 70+ newspapers. Mike also teaches at Wilton Continuing Education, Westport Continuing Education, Rolling Hills Country Club as well as instructing private groups. Any questions please call 203-834-6240



## Meditation 101

Wednesday September 15th  
11:00

The Meditation topic will be presented by Physical Therapist, Wendy Boller; She will be using the "Loving-Kindness" Meditation Method to help feel unconditional compassion for ourselves and all beings. To help relax and eliminate stress to benefit overall health. **RSVP to Stephanie at 203-834-240.**



## Book Discussion is Back!

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. **This year a boxed lunch is included with the Book Discussion Sign up. No fee.** Books are on reserve at the Wilton Library. Brochures describing the entire 2021-2022 season are available at the Library. We will not be making reminder calls this year if you previously attended book discussion in the past. Please RSVP at 203-834-6240.

Tuesday, September 28, 2021

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 season's discussion, we will be reading "Those Winter Sundays," "The Whipping" and "A Plague of Starlings" by Robert Hayden and "The Gentle Snorer," "The Burning of Yellowstone" and "A Kind of Music" by Mona Van Duyn.

Tuesday, October 26, 2021

Discussion Leader – Robert Marafioti

***The Autobiography of Alice B. Toklas* by Gertrude Stein**

Gertrude Stein penned a biography of her long-time companion Alice B. Toklas as an "autobiography" narrated in the voice of her subject. It's a sort of faux-memoir. But beyond just a literary experiment, the book takes the reader on a grand tour of the cultural life of Paris in the twilight years of the Belle Epoque. Indeed, the pair's famous salons became one of the literary and artistic focal points of the time hosting such guests as writers T.S. Eliot, F. Scott Fitzgerald, and Ernest Hemingway as well as artists such as Picasso, Matisse, and Man Ray. The Modern Library ranked it at #20 in its list of the best non-fiction books of the 20<sup>th</sup> Century. *Kirkus* wrote in its review of the 2020 illustrated edition: "Whimsical illustrations meet quirky prose in this tag-team reinvention of the iconic 1933 book...A sparkling, imaginative rendition of a literary classic."



Stay at Home in Wilton presents

Wilton Go Green

Tuesday, September 28th 3 - 4 PM at

Comstock

Reservations are recommended.

Contact Janet Johnson: 203-762-2600



## To Market, To Market

Tuesday October 26th 11:30



Everybody's favorite, The Village Market, offers a wonderful selection of prepared foods. Especially perfect when you don't feel like cooking, or you're no longer feeding an army of five! Meet RVNAhealth registered dietitian and nutrition educator, Monica Marcello, MS RD, for a Village Market menu review. Learn which options are great choices for good health (and why); which are best enjoyed in moderation; and great pairing options for optimal nutrition. Learn a lot and leave with samples and tastes! RSVP is required 203-834-6240

## Tea Time

with Visiting Nurse and Hospice

Wednesday October 20th 11:00

Join us for a Tea Time presentation exploring the Health Benefits of Tea and How herbal teas have been used since ancient times as a natural remedy for a variety of ailments. RSVP to Stephanie at 203-834-6240.



Stay at Home in  
Wilton presents

Tuesday, October 26th  
3 - 4 PM at Comstock

Learn the incredible story

behind Michele's Pies. Owner Michele Stuart will share how it all got started. After her presentation, she will pass out samples of her award-winning pies. Reservations are required. No charge. Please register early, space is limited. Contact Janet Johnson: 203-762-2600

## Sherwood Island Walk

Thursday September 23rd 10:30 AM



Join *Stay at Home in Wilton's Walking Club* at Sherwood Island State Park, on the shore of the Long Island Sound in Westport. Meet in the handicapped

parking area of the pavilion parking lot and bring a

brown-bag lunch to enjoy afterwards (optional).

**All are welcome! Rain date: 9/24**


Information please contact Janet Johnson at 203-762-2600.





# SEPTEMBER 2021



Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 Open Bridge 10:30 Tai Chi 12:00 Duplicate Bridge 1:00 Mah Jongg	2 10:00 Yoga <b>11:00 Blood Pressure Screening</b> 11:15 Strength Training 1:30 Bingo	3 9:00 Billiards 10:00 Feldenkrais 10:00 Jewelry Workshop 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge
6 SENIOR CENTER CLOSED FOR LABOR DAY  	7 9:00 Billiards <b>NO REMOVED!</b> 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:30 Mah Jongg	8 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	9 10:00 Yoga 11:15 Strength Training 1:30 Bingo	10 9:00 Billiards 10:00 Feldenkrais 10:00 Jewelry Workshop 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge
13 11:00 Line Dancing  1:00 Bridge	14 9:00 Billiards 10:00 BeMoved! 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:30 Mah Jongg	15 10:00 Open Bridge 10:30 Tai Chi <b>11:00 Drive Thru Luncheon with Brookdale</b> <b>11:00 Meditation 101</b> 1:00 Mah Jongg	16 10:00 Yoga 11:15 Strength Training 1:30 Bingo	17 <b>8:30 AAA Driver Improvement</b> 9:00 Billiards 10:00 Feldenkrais 10:00 Jewelry Workshop 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge
20 <b>10:00 Flu Clinic</b>  11:00 Line Dancing  1:00 Bridge	21 9:00 Billiards <b>NO REMOVED!</b> 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Duplicate Bridge 1:30 Mah Jongg	22 9:30 Comstock Writers 10:00 Open Bridge 10:30 Tai Chi <b>11:30 Fall Prevention and Balance Testing with RVNAHealth</b> 1:00 Mah Jongg	23 10:00 Yoga 11:15 Strength Training 1:30 Bingo	24 9:00 Billiards 10:00 Jewelry Workshop 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge
27 11:00 Line Dancing  1:00 Bridge	28 9:00 Billiards <b>No Removed!</b> 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:30 Mah Jongg 3:00 SAHW Wilton Go Green	29 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	30  10:00 Yoga 11:15 Strength Training 1:30 Bingo	



*Stay at Home in Wilton presents*

**Dr. Joe Utterback plays The Great American Songbook**

Music from Broadway, jazz, love songs, the greatest movie songs of all time

**Sunday, September 12th 4 - 5 p.m. WEPCO**

48 New Canaan Road

**Suggested donations at the door: \$20 Adults/\$10 Students**


For more information: **203-762-2600**





# OCTOBER 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Flu and Pneumonia Shots with RVNAhealth</b> Flu season approaches! Get your flu vaccine with RVNAhealth at 27 Governor Street in Ridgefield, or at a local community clinic. Visit <a href="http://rvnahealth.org/">rvnahealth.org/</a>				1 9:00 Billiards 10:00 Jewelry Workshop 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge
4 11:00 Line Dancing  1:00 Bridge	5 9:00 Billiards 10:00 BeMoved! 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:30 Mah Jongg	6 9:30 Comstock Writers 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	7 10:00 Yoga <b>11:00 Blood Pressure Screening</b> 11:15 Strength Training 1:30 Bingo	8 9:00 Billiards 10:00 Jewelry Workshop 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge
11 <b>Senior Center Closed</b>  	12 9:00 Billiards 10:00 BeMoved! 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:30 Mah Jongg	13 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	14 10:00 Yoga 11:15 Strength Training 1:30 Bingo	15 <b>8:30 AAA Driver Improvement</b> 9:00 Billiards <b>10:00 Feldenkrais 10 week session</b> 10:00 Jewelry Workshop 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge
18 11:00 Line Dancing  1:00 Bridge	19 9:00 Billiards 10:00 BeMoved! 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Duplicate Bridge 1:30 Mah Jongg	20 10:00 Open Bridge 10:30 Tai Chi <b>11:00 RVNAhealth and WWC Drive Thru Luncheon</b> <b>11:00 Tea Time with Visiting Nurse and Hospice</b> 1:00 Mah Jongg	21 10:00 Yoga 11:15 Strength Training 1:30 Bingo	22 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge
28 11:00 Line Dancing  1:00 Bridge	26 9:00 Billiards 10:00 BeMoved! 11:15 Yoga <b>11:30 Market to Market</b> 12:30 Strength Training 12:30 Five Crowns 1:30 Mah Jongg <b>3:00 SAHW Michele's Pies</b>	27 10:00 Open Bridge <b>10:00 Visiting Nurse Flu Clinic</b> 10:30 Tai Chi 1:00 Mah Jongg	28 10:00 Yoga 11:15 Strength Training 1:30 Bingo	29 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 12:45 Intermediate Bridge

## MEDICARE BOOTCAMP

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



Join a community conversation on Tuesday, October 26 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! Please note that the event may be changed to a Zoom presentation depending on Covid-19 recommendations at the time. There will be brief presentations by Claire Volain, CHOICES Coordinator, for the Southwestern Connecticut Agency on Aging (SWCAA) 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.**

# ACTIVITIES AT THE SENIOR CENTER— BACK TO DROP INS!

## LINE DANCE FUSION

Mondays 11:00-12:00. \$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

## STRENGTH TRAINING

**Tuesdays 12:30 New!** Thursdays, 11:15 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.

## TUESDAY AND/OR THURSDAY YOGA

**Tuesdays, 11:15 a.m. to 12:15 p.m. NEW!**

Thursdays, 10:00 a.m. to 11:00 a.m. \$3 drop-in fee

Broderick Heile will conduct a gentle yoga class that warms up your joints, stretches and strengthens your muscles and helps posture and focus

## BEMOVED!

Tuesdays, 10:00 a.m. to 11:00 a.m., \$5 drop-in fee

## No class September 7th, 21st and 28th

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 11:15-12:15 NEW!** \$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. Broderick Heile, Instructor

## BILLARDS

Tuesday and Fridays at 9:00-11:00

Enjoy a morning of Billiards downstairs in our game room. To see if there is space to play, give the center a call!

## FELDENKRAIS

Fridays, 10:00 a.m. to 11:00 a.m. \$5 drop-in fee

September 3rd 10th and 17th

10 Week Session starts October 15th—December 17th

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.

## BINGO

Thursdays 1:30 PM 25 cents per card

Come down to the center and play some bingo! We start with a traditional bingo and winner chooses the next style game, whether it's a Winners get "the pot" each game.

## 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 the center at 203-834-6240 for more information.

## JEWELRY WORKSHOP

Fridays

10:00 a.m. to noon

Beads, beads, beads! Enjoy the fun of making your own beaded jewelry. Please bring your own equipment.

## 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 and 3rd Tuesday contact Diego Tomayo at 203-858-0264

*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 12:45-2:45 Intermediate Bridge meets supervised by Mike Hess in \$5.00 drop in fee during session. For more information please see page 3



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](http://www.BridgesbyEPOCH.com).

### **Bridges Information Session**

Live Zoom Presentation Thursday September 9<sup>th</sup> 11:00am.

**Open Forum with Alicia Seaver, Vice President of Memory Care Operations & Certified Memory Impairment Specialist**

Learn more about everything Bridges<sup>®</sup> by EPOCH communities have to offer – from our compassionate, highly trained dementia care experts and life-changing support to our engaging daily experiences and unique community designs.

We'll share details about how our inspiring philosophy, community features, life-enriching programs, senior-friendly technologies, personalized care plans and safety measures create meaningful, joyful lives for people in all stages of memory loss.

**To Register:** [www.bridgesbyepochmemorycare.com/webinar/web/](http://www.bridgesbyepochmemorycare.com/webinar/web/)

### **A HISTORY OF ALZHEIMER'S TO TODAY**

Live Zoom Presentation Tuesday October 5<sup>th</sup> 7 p.m.

**With special guests, Brent Forester, MD, MSc, and Regan Patrick, PhD, McLean Hospital**

Join us for a fascinating session about the history of Alzheimer's through today – including details on current research and ongoing studies. Dr. Forester and Dr. Patrick will discuss:

- The critical advantages of an early diagnosis of mild cognitive impairment (MCI).
- FDA-approved medications that are currently used to slow cognitive decline.
- The lack of FDA approved medications to treat the behavioral and psychological symptoms of dementia, which range from depression and agitation to hallucinations and delusions.
- The possibility that 35% of dementia risk may be preventable through practical lifestyle choices.
- Updates on research for several exciting disease modifying therapies.

**To Register Call: 203-523-0510**

**Caregiver Support Group Tuesdays 11:00 A.M. Starting September 7th**

**Open Forum with Alicia Seaver, Vice President of Memory Care Operations & Certified Memory Impairment Specialist**

Join us online to connect with Bridges<sup>®</sup> dementia care professionals and other family caregivers who are in a similar situation in caring for a loved one with memory loss.

Take this time to ask questions about your loved one's symptoms, voice your concerns and frustrations, and learn tips and strategies to make caring for your loved one at home a more fulfilling and meaningful experience for you both.

**To Register:** [www.bridgesbyepochmemorycare.com/support-group-web/](http://www.bridgesbyepochmemorycare.com/support-group-web/)

### **EARLY-STAGE SUPPORT GROUP**

**OPEN FORUM & DISCUSSION ON ZOOM Wednesday, September 15 | 4:30 p.m.**

A dementia diagnosis can be overwhelming. We invite those with early-stage dementia to join us for a guided conversation to connect with others who truly understand the specific challenges and emotions that they may be going through.

Join Bridges<sup>®</sup> memory care professionals to ask questions, share your concerns, and connect with others who are coping with early-stage dementia – people who understand what you're experiencing.

Bridges will provide resources, information about the disease, and practical tips and advice to help you live a full, rewarding life while planning for the future.

### **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 Stephanie Rowe at 203-834-6240 for questions regarding the program, documentation requirements, or to make an appointment. The income limits for the 2021 season:

\$39,027 for a household of 1	\$51,035 for a household of 2
\$63,044 for a household of 3	\$63,044 for a household of 4

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

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

## Free Introduction to Modern Square Dancing



***It's not your Grandma's pastime!***

***Wednesday September 1st***

***and/or September 8th 7:30– 9 p.m.***

***Wilton Congregational Church 70 Ridgefield Rd,  
Wilton, CT***



- ◆ ***No experience necessary ... learn while you dance***
- ◆ ***Casual clothes***
- ◆ ***Singles & couples welcome***
- ◆ ***Vaccinated dancers only, please. Masks optional***

*Fun, laughter, good music, movement, new friends, the joy of being in a group learning together.  
Come see why modern square dancing is so much fun.*

*After this introduction you may choose to continue to learn the basics of modern square dancing in  
a 20-week course. Lessons cost \$10/person.*

*Upon completion you will be able to enjoy this activity at dances anywhere in the USA and many foreign countries.*

***Come dance and have fun with us!!***

**For More information contact : Dellie and David Booth**

**(973) 512-2021 [adela.booth@gmail.com](mailto:adela.booth@gmail.com) Or visit our website at: [www.squarebears.net](http://www.squarebears.net)**