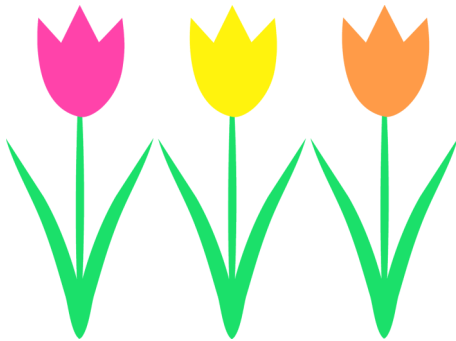




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Let's celebrate Moms!



MOTHER'S DAY TEA

TUESDAY MAY 10th 1:00 P.M. Café

Let us celebrate Moms! Join the Wilton Woman's Club and Sunrise Senior Living for a tea party with some fabulous desserts! Bring a friend and enjoy a wonderful afternoon. Walk in's welcome and also RSVP to 203-834-6240.

The First Ladies Of Comedy

Discussion and Lookback

Wednesday, May 11th 2022 11:00 Lounge



It's really a man's world according to the bookers and talent agents but some women did manage to open the door with Phyllis Diller credited to be the first real woman standup comic. Women were held back. But there were others before her including Moms Mabley and Jean Carroll. Joan Rivers and many others have followed in this highly competitive field. Presented by Evan Weiner. RSVP 203-834-6240

Save the date



**The RVNAhealth
Wellness Fair is Back!**

Saturday, May 7, 2022

rVnaHEALTH™
For Lifelong Care & Wellness

The RVNAhealth Wellness Fair is Back! COVID-19 made preventative screenings almost impossible. The RVNAhealth Wellness Fair is an opportunity to get back on track. You will be able to check things like your cholesterol, blood pressure, glucose, balance and many more screenings.

Date: Saturday, May 7th

**Location: East Ridge Middle School,
Ridgefield CT**

Time: 10:00 am – 2:00 pm

rVnaHEALTH™
For Lifelong Care & Wellness

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

Spring into Exercise



ZUMBA

Mondays
11:00 a.m. to 12:00 p.m.
Free

A total workout class that combines elements of dance and aerobics. Every week you can learn a new dance! This is a great form of exercise, social interaction and a lot of FUN!!!
Beatriz Araujo, Instructor.

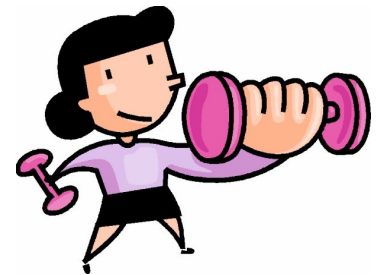


Beatriz Araujo

STRENGTH TRAINING

Mondays 12:10-12:30
Tuesdays 12:20-12:50
Thursdays: 11:15-11:45
Free

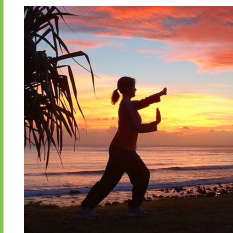
Certified Instructor Lisa Thompson will be continuing her Monday strength training class. Stephanie will start back up her Tuesday Thursday class. Strength Training is a 30 minute seated exercise class done with weights. Ten minutes are done out of chair. Listen to fun tunes and break out a sweat!



TRADITIONAL TAI CHI

Wednesdays, 10:30- 11:30.
Fridays 11:15-12:15
Free

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.

Instructor: Broderick Helie

GENTLE YOGA

Tuesdays, 11:15 a.m. to 12:15 p.m.
Thursdays, 10:00 a.m. to 11:00 a.m.
Free

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



FELDENKRAIS

Fridays, 10:00 a.m. to 11:00 a.m.
Free

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.

No class 6/10 and 6/17



Cathy Paine

BEMOVED!

Tuesdays
10:00 to 11:00 a.m.
Free

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. **No Class June 14th**



Attention

Effective Immediately

The Wilton Senior Center will not be charging for classes!
On April 19th, the Board of Selectman voted to end class fees at the senior center for the year.

We are better together and want you to enjoy this small perk at our senior center.
We hope to see you more!

Staging your Home

Thursday May 12th 1:00 –3:00



Sell your home more quickly ... and at top dollar. Stage it! In a fun, interactive class, Kathy Engstrom, 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. **RSVP 203-834-6240**

Conquer the Clutter

Thursday May 19th 1:00-3:00

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 Engstrom, 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.



RSVP 203-834-6240

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".

Stay at Home in Wilton presents special concert...

Sounds of Spring

Sunday, May 22nd, 5 - 6:15 PM
WEPCO

Connecticut's own Madera Winds Quintet: Janet Atherton, Clarinet; Ralph Kirmsier, Oboe; Rosemary Dellinger, Bassoon; Kerry Walker, Flute; Marjorie Callaghan, French Horn; and appearance by New York City pianist Kay Cynamon



Contact **Janet Johnson** at **203-762-2600** for information.
Suggested donation: \$20 Adults/\$10 Students

Learn About the Proposed New Police Building

Before the May Vote

Wednesday May 4th 11:00

Built in 1974, today's Wilton Police Department building is an inefficient workplace with serious deficiencies that include original, inadequate and failing infrastructure, noncompliance with multiple state and federal requirements and severe overcrowding. Come learn about the proposed new building, the process that resulted in its recommendation and why the building committee believes it is the most responsible solution for both the WPD and taxpayer. Presenter: Dave Waters, Co-Chair, Police-Town Hall Building Committee. To acquaint yourself with the project prior to the presentation visit www.wpdtownhallproject.org. **RSVP 203-834-6240**

Lunch and Fun at Sunrise

Thursday June 9th 11:45

Come for a delicious lunch and then stay for a fun exciting program at Sunrise Senior Living! This event is free but reservation is required.

RSVP to Stephanie at 203-834-6240 no later than June 7th Sunrise Senior living is located at 211 Danbury Rd in Wilton.



Super Foods

Wednesday May 18th

11:00

Join Waveny Visiting Nurse and Hospice to explore those most nutrient dense foods "Super Foods" and how they can benefit overall health.

RSVP to 203-834-6240



AAA Driver Improvement Course

Friday, May 13th 8:30am—12:30pm

Friday, June 10th 8:30am -12:30pm

Friday August 26th 8:30 am-12:30 pm

The Driver Improvement Program is aimed at experienced drivers who wish to improve their driving skills and review defensive driving basics. Comstock Community Center, Room 31. Please bring a pencil or a pen. There is no charge; please register by calling AAA at 1-866-901-8457 or go to <https://dip.northeast.aaa.com/DIP/classinfo.aspx> to register.




What are you looking for?

Program Meeting

Friday May 13th 11:00 Café

What would you like to see at the senior center this upcoming summer and fall? Join this brainstorming session with Stephanie to see different program ideas Stephanie is working on and suggest other ideas! Light refreshments and desserts will be served
RSVP 203-834-6240

☆ MAY 2022 ☆

Monday	Tuesday	Wednesday	Thursday	Friday
2 11:00 Zumba 12:10 Strength Training with Lisa 1:00 Bridge	3 9:00 Billiards 10:00 Be Moved! 11:15 Yoga 12:20 Strength Training with Stephanie 12:30 Five Crowns	4 10:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 11:00 Building Talk 1:00 Duplicate Bridge 1:00 American Mah Jongg	5 10:00 Yoga 11:00 Blood Pressure Clinic 11:15 Strength Training 1:30 Bingo with Chief Blanchfield 	6 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Intermediate Bridge-Lounge
9 11:00 Zumba 12:10 Strength Training with Lisa 1:00 Bridge	10 9:00 Billiards 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:20 Strength Training with Stephanie 12:30 Five Crowns 1:00 Mother's Day Tea-Café 1:00 Group of 4 Bridge	11 10:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 11:00- First Women of Comedy 1:00 American Mah Jongg	12 10:00 Yoga 11:15 Strength Training 1:00 Staging your Home- Room 8 1:30 Bingo	13 9:00 Billiards 10:00 Feldenkrais 11:00 Program Meeting 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Intermediate Bridge-Lounge
16 11:00 Zumba 12:10 Strength Training with Lisa 1:00 Bridge	17 9:00 Billiards 10:00 Be Moved! 11:15 Yoga 12:20 Strength Training with Stephanie 12:30 Five Crowns 1:00 Duplicate Bridge	18 10:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 1:00 American Mah Jongg	19 10:00 Yoga 11:15 Strength Training 1:00 Conquer the Clutter -Room 8 1:30 Bingo	20 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Intermediate Bridge-Lounge
23 11:00 Zumba 12:10 Strength Training with Lisa 1:00 Bridge	24 9:00 Billiards 10:00 Be Moved! 11:00 Social Group 11:00 Book Discussion 11:15 Yoga 12:20 Strength Training with Stephanie 12:30 Five Crowns 1:00 Group of 4 Bridge	25 10:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 1:00 American Mah Jongg	26 10:00 Yoga 11:15 Strength Training 1:30 Bingo	27 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Intermediate Bridge-Lounge
30 Memorial Day Senior Center Closed 	31 9:00 Billiards 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:20 Strength Training with Stephanie 12:30 Five Crowns	What is the Wilton Senior Social Group? The Wilton Senior Social Group meets every other Tuesday 11-12:00 in our café, led by MSW Lacey Bernier. This group dives into a variety of topics facing Wilton Seniors today. Drop ins are always		





JUNE 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 1:00 American Mah Jongg 1:00 Duplicate Bridge	3 10:00 Yoga 11:00 Blood Pressure Clinic 11:15 Strength Training 1:30 Bingo with Chief Blanchfield	4 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Intermediate Bridge-Lounge
6 11:00 Zumba 12:10 Strength Training with Lisa 1:00 Bridge	7 9:00 Billiards 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:20 Strength Training with Stephanie 12:30 Five Crowns 1:00 Group of 4 Bridge	8 10:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 1:00 American Mah Jongg	9 10:00 Yoga 11:15 Strength Training 12:00 Lunch at Sunrise No Bingo	10 No Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Intermediate Bridge-Lounge
13 11:00 Zumba 12:10 Strength Training with Lisa 1:00 Bridge	14 9:00 Billiards NO Be Moved! 11:15 Yoga 12:20 Strength Training with Stephanie 12:30 Five Crowns 1:00 Duplicate Bridge	15 10:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 11:00 1964-Discussion 1:00 American Mah Jongg	16 10:00 Yoga 11:15 Strength Training 1:30 Bingo	17 No Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Intermediate Bridge-Lounge
20 11:00 Zumba 12:10 Strength Training with Lisa 1:00 Bridge	21 9:00 Billiards 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:20 Strength Training 12:30 Five Crowns 1:00 Group of 4 Bridge	22 10:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 1:00 American Mah Jongg	23 10:00 Yoga 11:15 Strength Training 1:30 Bingo	24 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Intermediate Bridge-Lounge
27 11:00 Zumba 12:10 Strength Training with Lisa 1:00 Bridge	28 9:00 Billiards 10:00 Be Moved! 11:15 Yoga 12:20 Strength Training with Stephanie 12:30 Five Crowns 3:00 SAHW event	29 10:00 Open Bridge 10:30 Tai Chi 1:00 American Mah Jongg	30 10:00 Yoga 11:15 Strength Training 1:30 Bingo	



The Mediterranean Lifestyle: Unlock 9 Keys to Health and Happiness

Wednesday, June 8th, 4 - 6 PM

Wilton Library 137 Old Ridgefield Rd. Road

Learn the Secrets to Health, Longevity and Quality of Life

Join *Stay at Home in Wilton* for a special talk on the Mediterranean Lifestyle with RVNAhealth registered dietitian and nutrition educator Monica Marcello, MS, RD and Ryan Ventura, RVNAhealth Staying Well Account Manager.

Learn why living to 100 is common in some areas of the world.

Reservations are recommended.

Contact: **Janet Johnson** at 203-762-2600 No charge. Q & A. Reception to follow.

rVnaHEALTH™

For Lifelong Care & Wellness

Join us **Sunday**
June 5th
 TO SPARK YOUR GREEN
 ♿ 11AM - 4PM **MILLER-DRISCOLL**



Come to Fairfield County's Large Zero Waste Faire with Activities and Learning For All Ages

THOUSANDS OF GREEN IDEAS FOR INDOOR & OUTDOOR LIVING
 CHILDREN'S ACTIVITIES & SCAVENGER HUNTS
 FREE RECYCLING FOR HOUSEHOLD ITEMS, ELECTRONICS, CLOTHING & ACCESSORIES
 DOOR PRIZES & PRODUCT DEMONSTRATIONS
 MUSIC, ENTERTAINMENT & FOOD
 WHEELCHAIR ACCESSIBLE

AN OUTDOOR COMMUNITY EVENT BY WILTON GO GREEN | RAIN OR SHINE wiltongogreen.org

**WILTON DIAL-A-RIDE AVAILABLE FROM 11AM - 2:00PM FOR WILTON SENIOR CITIZENS.
 CALL (203) 834-6235 TO RESERVE YOUR RIDE TO THE FAIRE!**

Tax Relief Programs Information

Those applying for tax relief must apply between February 1, 2022 and May 13, 2022.

Applications can be made at Wilton Assessor's Office 238 Danbury Road, Wilton, CT 0689 Between the hours of 9:00am to 4:00pm

All applicants must furnish the following information at the time of application: (If you file a Federal tax return it must be done prior to application.)

- √ Social Security 1099 form(s) for 2021
- √ A complete copy of your filed 2021 Federal tax return
- √ If you are not required to file a tax return you must provide all year end documents. For example; rental income, bank interest, pension, stocks and bonds, dividends, and any other income received in 2021.

Applicants must be 65 years of age by December 31, 2021 or approved 100% disabled by the Social Security Administration. Individuals who are Social Security Disabled must also bring current proof of social security disability. Those applying for the Additional Veterans program only must apply before September 30, 2022. This program is not age restricted.

Income Guidelines	Unmarried	Married
State Homeowners Program	\$38,100	\$46,400
Town Homeowners Program	\$88,150	
Additional Veterans Program	\$38,100	\$46,400

BRIDGE GROUPS

If you would like to join other seniors in an afternoon of bridge, call the organizers listed below:

Duplicate Bridge: First Wednesday of the month and 2nd, 3rd and 4th Tuesdays. 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. Mike Hess supervises. All levels Welcomed . Free

Mike Hess is a 5000 Diamond Life Master in Bridge (Congrats Mike!!)

Intermediate Bridge: Friday Afternoons 1:00-3:00 Intermediate Bridge is taught by Mike Hess. Free



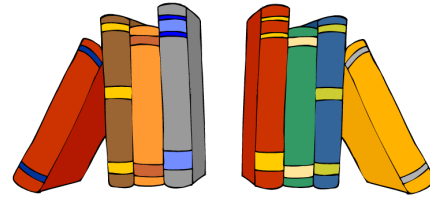
1964

Discussion and Lookback

Wednesday June 15th 2022 11:00 Lounge

America is still reeling following the Kennedy Assassination. The first of the Baby Boomers born in 1946 become adults, Lyndon Johnson signs the Civil Rights Act into law. Johnson is also given power by Congress to set up military action in Vietnam with the Gulf Of Tonkin Resolution. There is rioting in American streets, Nikita Khrushchev is forced out as the Soviet Union leader. The Beatles appear on Ed Sullivan and things change rapidly in culture. Cassius Clay becomes Heavyweight Champion of the Boxing World and the New York World's Fair Opens. Presented by Radio Personality Evan Weiner.

RSVP 203-834-6240



BOOK DISCUSSION

Tuesday, May 24, 2022 11:00

Discussion Leader – Michael Bellacosa

Five Days in London, May 1940 by John Lukacs

The five days in 1940 from May 24 through May 28 in London were among the most consequential in world history. Just two weeks after Winston Churchill became Prime Minister, and with the British Army bottled up backs against the English Channel at Dunkirk, the fate of Western Civilization hung in the balance. Historian John Lukacs takes us through a fascinating, behind-the-scenes account of the struggle inside Britain's War Cabinet between Winston Churchill and Lord Halifax: Churchill advocating standing alone against Hitler even unto death; and Halifax arguing for a negotiated settlement with the Nazi dictator. Even though we know the outcome, the book reads like a tense political thriller. *The Boston Globe* said that it "is a relatively compact book, but it has the power and sweep of Shakespeare's chronicle plays....One of Lukacs' impressive strengths is a gripping narrative drive. He is lucid and splendidly readable, and furthermore, commands a host of dramatic characters." **RSVP 203-834-6240. Free lunch included and can be dined upstairs in the café or taken home.**

2022 Annual Town Meeting Coming Soon



Wilton's Registrars of Voters Annalisa Stravato and Karen Birck remind all registered voters that the 2022

Annual Town Meeting will be held on Tuesday, May 3, 2022 at the Wilton High School Clune Center Auditorium at 7:00 pm. Voting on the final proposed budget will take place at the conclusion of the Annual Town Meeting and on Saturday, May 7, 2022 at the Wilton High School Clune Center lobby from 8 am to 6 pm. In addition to the budget question, there will be six (6) Yes/No bonding questions on the ballot. A sample ballot can be viewed online after the May 3rd Annual Town Meeting on the Registrars of Voters page of the town website at www.wiltonct.org/registrar-voters 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 assessed at \$1000 or more on Wilton's last completed Grand List. Contact the Registrars of Voters office at 203-563-0111 for more information.

Special Reminder:

July-August Corridors will not be mailed. Please e-subscribe for our newsletter or pick up a copy at the center! Any questions please 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"

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

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

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'Well enough' is *not* enough.

When it comes to your care and well-being,
well enough is not enough.

RVNAhealth provides exceptional lifelong care and wellness services that bring the WELL to your health, care, and daily living. We provide the WELL you need when, where and how you need it.

BEWELL Wellness, Prevention and Nutrition
GETWELL Nursing and Rehabilitation Therapies
STAYINGWELL In-Home Caregivers
COMFORTWELL Palliative and Hospice Care

At RVNAhealth, well enough is never enough.



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www.rvnahealth.org/support-us/

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