



CORRIDORS

SEPTEMBER
OCTOBER
2022

Community get together's are back!



After a long almost three years, the Wilton Senior Center is proud to start up their community lunch program.

Each lunch will cost \$3.00

- Thursday Lunch: Every Thursday at Noon in the senior center café
- Ogden House Luncheons: Third Wednesday of the month at Noon, Location: 100 River Rd Wilton CT

September 21st October 19th

RSVP is required for each event. Please RSVP by the Friday before the event. Limited spots available for Thursday Lunch. All meals catered by the Village Market. **RSVP 203-834-6240**

How to Fall Wednesday , October 5th 11:30

The world is full of banana peels.

As hard as we try to prevent a fall, they do happen!

But what if you could learn how to control your fall to limit potential injury?

Believe it or not, there is a way.

Join us for this interactive workshop to learn this crucial skill so that IF you fall, you will know WHAT to do, and HOW to get up. We can't just show you; you must try it too! Please dress in comfortable clothing.

Caregivers are welcome to join to learn how to safely assist with falls too



This talk is given by RVNAhealth Outpatient Practice Manager, Kate Campbell, PT, DPT, SCS, Cert. MDT, CSCS, and Andrea De Lange, PT, LSVT BIG, MDT. **RSVP 203-834-6240**

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 18th thru Wednesday, 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 2023 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 203-234-6238. If you are not able to schedule an appointment, any time between October 15 and December 7, you can call the Southwest 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 2023.



Discussion on Covid 19 and the impact of Isolation Among Senior Adults
Wednesday September 7th 11:00

Join Ridgefield Station in this 1 hour presentation that will cover the many residuals effects that Covid-10 has had on our senior population. We'll also discuss the diagnostic criteria for seniors in the early stages of the Covid-10 pandemic and what we have since learned. Participants will get a chance to share their personal experiences and discuss strategies they can use to battle isolation and loneliness in their communities. RSVP 203-834-6240



Brain Healthy
Friday September 23rd 12:00

Ridgefield Station's chefs will show you how to prepare several tasty Mediterranean-style meals from a short list of cost-effective brain healthy ingredients, helping you eat nutritiously, reduce food waste and stretch your shopping budget when cooking for one! RSVP 203-834-6240.



The Wisdom of Ayurveda with Denise O'Hearn
Wednesdays 11:00 Starting September 28th

Ayurveda is considered by many scholars to be the oldest healing science. In Sanskrit, Ayurveda means "The Science of Life." Ayurvedic knowledge originated in India more than 5,000 years ago and is often called the "Mother of All Healing." In this five week course, participants will dive into the six pillars of health, discover their own personal "Dosha", and learn simple and effective tools to help balance the body, mind and spirit. Through the lens of their Dosha, they'll discover practical and fun ways to look at nutrition, movement, meditation, emotions, sleep and self-care to help sustain energy, elevate mood and create more joy in their lives. For more information or to **RSVP please call 203-834-6240**. This program is Free and Space is limited. The program is 5 weeks. Participants are expected to attend as much of the five weeks that they can.



1986
Friday 11:00 September 9th

The year where celebrity culture takes over, Oprah, Joan Rivers, Geraldo, but a year filled with crisis. The Challenger Explosion, the Philippines election, Iran-Contra and Chernobyl has a meltdown. America has a new TV network and Bill Buckner's error during game six of the World Series becomes a national story. Join Evan Weiner on this discussion. RSVP is necessary call 203-834-6240 to reserve your space.



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

Flu Clinics
Friday September 16th
Friday October 14th
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. Please call 203-762-8958

The Great Ones

With Mark Albertson

Thursday September 29th 1:00 Room 8



Jackie Gleason: The boy from Brooklyn was one of the most talented entertainers in American history: He did it all, Broadway, film screen, TV actor and comedian; stand-up comic; vaudeville; carnival barker, announcer, innovator of television comedy and an organizer and producer of music albums. But it was his ability as a comedian and actor which endeared Jackie to millions.

Mark Albertson is a historical research editor for "Army Aviation" magazine, a long-time member of the United States Naval Institute and author and professor of history at Norwalk Community College. **RSVP 203-834-6240**

Playing Smarter Tennis

Tuesday September 20 2022 10 am

Location: Wilton Town Tennis Court #7.
 Instructor, Peter Engstrom, USPTA Certified Instructor, and Author of: 'Playing Smarter Tennis: Tips to Win More Points & Have More Fun will be hosting a live in person Playing Smarter Tennis Demonstration Peter will be sharing valuable tips on:

- Stroke Selection
- Playing Strategy
- Court Position
- Court Movement

Collectively they are aimed at helping you:

- Make fewer unforced errors.
- Stay in the point longer.
- Play comfortably at the net.
- Serve more effectively.
- Play with more confidence.
- Bring out the best in your doubles partner.



He will share some playing fundamentals and suggestions that will be of value each time you get on the court and ultimately enable you to:

- Win more points.
- Have more fun!

And he will be happy to work with each of you on the stroke of your choice. Grab your racket and come join him for an informative and fun session. **RSVP 203-834-6240**

COMSTOCK WRITERS GROUP

The Comstock Writers group will meet on the following Wednesdays from 10 a.m. to 11:30 a.m. on **zoom**

September 7th September 28th

For more information call 203-834-6240.



Share your experience with local Teens

Do you have a passion that you want to share? Are you interested in connecting with the younger generations to impart your passion or knowledge while having fun? The Wilton high school HEAL Group, a community-service oriented group for high school aged girls, is looking to connect with Wilton's seniors at the Senior Center, in order to bring the two generations together to learn from one another and enjoy an activity that all are passionate about! Please reach out to Stephanie or Trinity at 203-834-6240 with any ideas or questions.

Early Days of Rock and Roll

Wednesday October 12th 11:00 Lounge

Teenagers in the 1950s loved the new sound which really was an old sound. Rhythm and Blues. The older generation and the establishment thought rock and roll music led teenagers to become juvenile delinquents. Bill Haley and His Comets had the first rock and roll hit, Rock Around The Clock. Elvis was dangerous as were Little Richard and Chuck Berry, The early days of Rock and Roll lasted just four years, 1954-58 but left a lasting impact. Join Evan Weiner in this exciting look back. RSVP 203-834-6240



Garden Therapy Class

Wednesday, October 12th, 10:00-12:00

Comstock, Room 30

Fall is in the air and the Wilton Garden Club is back in action! Please join us on Wednesday, October 12th at 10:00 am for Fall Fun! You will be creating fall arrangements for you to enjoy at home. All materials will be provided and garden club members will be on hand to assist you in assembling your creations. This Garden Therapy class is provided free of charge by the Wilton Garden Club. Reservations are required. Please RSVP to Mary Otocka at maryotocka@gmail.com or 203-414-5277.

AAA Driver Improvement

Friday, October 14th
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



Cooking for One

Wednesday, October 26, 12-1pm

It can be difficult to transition from cooking for a large family to cooking for yourself or one other. Join RVNAhealth Registered Dietitian, Monica Marcello, MS, RD, CDN as she talks about the stages of "Cooking for One" including meal planning, shopping, prepping, and cooking while providing senior nutrition considerations at all stages. Sample meal plans and a shopping list will be provided. All recipes included are easy to cook and senior friendly. RSVP 203-834-6240



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. **This year lunch will be served upstairs after Book Discussion. Sign up. No fee.** Books are on reserve at the Wilton Library. Brochures describing the entire 2022-2023 season are available at the Library. Please RSVP at 203-834-6240.

Tuesday, September 27, 2022

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: "Before the Flood," "Rain Light" and "Forgotten Fountain" by W.S. Merwin; "In the Child's Night" and "The Heaven of Animals" by James Dickey; and, "Manhole Covers" and "A Drawerful of Eyeglasses" by Karl Shapiro.

Tuesday, October 25, 2022

Discussion Leader – Carol Kaelin

Five Points: The 19th-century New York City Neighborhood that Invented Tap Dance, Stole Elections, and Became the World's Most Notorious Slum by Tyler Anbinder

Tyler Anbinder has provided us with a much-needed upgrade to the history of the notorious 19th-century Five Points neighborhood of lower Manhattan. Relying on a wide variety of sources including census lists, police reports, the records of charitable organizations and real estate companies, as well as personal documents, he tells the intimate stories of the German, Jewish, Italian, Irish, Chinese and African-American immigrants that crowded into this neighborhood. And, beyond the individual anecdotes, the social, cultural, political, and economic history of this densely-packed melting pot of humanity is engagingly recounted. *Booklist* wrote that it's "a marvelously tactile work that radiates how this legendary immigrant neighborhood pulsed with schemes, dreams, and despair."



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. These Wilton residents can receive a call to check in on them during a public emergency, such as a prolonged power outage. 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 survive 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.



SEPTEMBER 2022



Monday	Tuesday	Wednesday	Thursday	Friday
Computer Help? Did your family member gift you a device to make your life easier and now you are more confused than ever? Please contact Stephanie at 203-834-6240 with all of your tech questions and to potentially get matched with a teen or how to video!			1 10:00 Yoga 11:00 Blood Pressure Screening 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Chief Blanchfield	2 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
5 SENIOR CENTER CLOSED FOR LABOR DAY 	6 NO REMOVED! 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting	7 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi 11:00 Discussion On Covid-19 12:30 Strength Training 1:00 Mah Jongg 1:00 Duplicate Bridge	8 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Stephanie and Comfort Keepers	9 9:00 Billiards 10:00 Feldenkrais 11:00 1986 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
12 11:00 Line Dancing 12:10 Strength Training with Lisa 12:30 Bridge	13 NO BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting	14 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi 12:30 Strength Training 1:00 Mah Jongg	15 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Stephanie	16 9:00 Billiards 10:00 Flu Clinic No Feldenkrais 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
19 11:00 Line Dancing 12:10 Strength Training with Lisa 12:30 Bridge	20 10:00 BeMoved! 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Duplicate Bridge 1:00 Studio Knitting	21 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi 12:00 Ogden House Luncheon 12:30 Strength Training 1:00 Mah Jongg	22 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Stephanie	23 9:00 Billiards No Feldenkrais 11:15 Tai Chi 12:00 Brain Healthy 12:00 Bridge 1:00 Intermediate Bridge
26 11:00 Line Dancing 12:10 Strength Training with Lisa 12:30 Bridge	27 10:00 BeMoved! 11:00 Book Discussion 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting 3:00 SAHW –Benefits of Exercise	28 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi 11:00 The Wisdom of Ayurveda– Session 1 12:30 Strength Training 1:00 Mah Jongg	29 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Stephanie 1:00 The Great Ones with Mark Albertson	30 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge

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 through Friday between the 9:30a.m. and 3:30 p.m. Please call 203-834-6238 for questions regarding the program, documentation requirements, or to make an appointment. The income limits for the 2022 season:

\$39,761 for a household of 1	\$51,996 for a household of 2
\$64,230 for a household of 3	\$76,465 for a household of 4



OCTOBER 2022



Monday	Tuesday	Wednesday	Thursday	Friday
3 11:00 Line Dancing 12:10 Strength Training with Lisa 12:30 Bridge	4 10:00 BeMoved! 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Duplicate Bridge 1:00 Studio Knitting	5 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi 11:00 The Wisdom of Ayurveda Session 2 11:30 How to Fall 1:00 Mah Jongg 1:00 Duplicate Bridge	6 10:00 Yoga 11:00 Blood Pressure Screening 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Chief Blanchfield	7 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 11:00 Intermediate Bridge
10 Senior Center Closed 	11 10:00 BeMoved! 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting	12 10:00 Open Bridge 10:00 Pickleball 10:00 Garden Club 10:30 Tai Chi 11:00 The Wisdom of Ayurveda Session 3 1:00 Mah Jongg	13 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Stephanie and Comfort Keepers	14 8:30 AAA Driver Improvement 9:00 Billiards 10:00 Flu Clinic 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
17 11:00 Line Dancing 12:10 Strength Training with Lisa 12:30 Bridge	18 10:00 BeMoved! 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting 1:00 Duplicate Bridge	19 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi 11:00 The Wisdom of Ayurveda Session 4 12:00 Ogden House Luncheon with Wilton Women's Club 1:00 Mah Jongg	20 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Stephanie	21 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
24 11:00 Line Dancing 12:10 Strength Training with Lisa 12:30 Bridge	25 10:00 BeMoved! 11:00 Book Discussion 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting 3:00 SAHW-Christine Tenor	26 10:00 Open Bridge 10:00 Pickleball 10:30 Tai Chi 11:00 The Wisdom of Ayurveda- Final Session 12:00 Cooking for 1 1:00 Mah Jongg	27 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Stephanie	28 9:00 Billiards 10:00 Feldenkrais 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge

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 welcome! For any questions please call the center at 203-834-6240. First Fall Meeting September 13th, Schedule will be determined at meeting.



31
11:00 Line Dancing
12:30 Strength Training with Lisa
12:30 Bridge

Medicare Boot Camp

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



Join a community conversation on **Tuesday, October 18** 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 **Lisa Alhabal, CHOICES Counselor and SMP 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.

FREE ACTIVITIES AT THE SENIOR CENTER

LINE DANCING

Mondays 11:00-12:00

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

Mondays 12:10 Wednesdays 12:30 with Lisa

Tuesdays 12:30 Thursdays, 11:15 with Stephanie

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.

Thursdays, 10:00 a.m. to 11:00 a.m.

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.

No class September 6th 13th

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, 10:30-11:30 Fridays 11:15-12:15

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

FELDENKRAIS

Fridays, 10:00 a.m. to 11:00 a.m. **No class 9/16 9/23**

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.

PICKLEBALL Wednesdays 10 am

New to Pickleball? Come down the center and observe or learn the ins and outs of pickleball. Each Wednesday the Wilton Park and Recreation graciously host senior pickleball Wednesday at 10 am. This is all pick up games and walk ins are welcomed. For more information call 203-834-6240.

STUDIO KNITTING

Tuesdays 1:00 Café

Join fellow knitters with your work in progress and enjoy great company! Relax on a Tuesday Afternoon in a calm space and knit the afternoon away!

BILLARDS

Fridays 9:00-11:00

Enjoy a morning of Billiards downstairs in our game room. Walk in's welcome

BINGO

Thursdays 12:45 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.

1st Thursday with Chief Blanchfield

2nd Thursday is sponsored by Comfort Keepers. Full card winners get an additional prize!



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.

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., Michael Hess supervises.

Intermediate Bridge: Friday Afternoons 1:00-3:00

Intermediate Bridge supervised by Mike Hess



Benefits of Exercise and Balance Training to Boost your Health as you Age

**Tuesday, September 27, 3 pm
Comstock Community Center**

Learn strategies on HOW to get started with regular exercise and WHAT kind of exercise to do depending on your overall needs. It doesn't take much to improve your balance, strengthen your bones, and benefit your heart health. Learn the least and the most you can do to help you live a longer, healthier, and more joyous life.



Presented by RVNAhealth Outpatient Practice Manager Kate Campbell, PT, DPT, SCS, Cert. MDT, CSCS
RVNAhealth Physical Therapist Kristine Greco, DPT.

Reservations recommended. No charge.
Contact: Janet Johnson, 203-762-2600



Entangled & Ingested

Combating Plastic Pollution through Art

**Saturday, October 29th, 2022
2:00 PM - 3:00 PM**

Optional Community Sewing: 3:00 PM - 4:00 PM Wilton Library

Dr. Katharine Owens will share how she uses the arts to communicate about the pervasive problem of plastic pollution. A researcher and artist, Dr. Owens has spent the last year and a half creating a series of forty-six life-sized portraits of animals harmed by marine debris. She creates most of the pieces herself by hand sewing film plastic onto canvas, but the largest pieces (including three life-sized whales) are being co-created with the public. After the presentation you can choose to stay and put your sewing skills to work and help stitch one of Dr. Owen's pieces.

Wilton Library will be handling registration in October.
203 - 762 - 3950



An Open Roundtable Discussion with Attorney Christine Tenore Bring Your Questions!

Tuesday, October 25, 3 pm at Comstock

Attorney Christine M. Tenore of the firm Elioivson and Tenore in Fairfield, will review the many documents needed for Life Planning – not only Estate Planning. It is essential for seniors to insure that their medical wishes as well as their financial goals are met as they age. We will also discuss Wills and Trusts and their place in planning. Attendees are encouraged to bring their questions for a maximally beneficial discussion.

Reservations recommended. No charge.

Contact: Janet Johnson, 203-762-2600



LAW OFFICES OF

Elioivson & Tenore

(203) 259-7195

www.ConnecticutElderlaw.com
117 Tunxis Hill Rd., Fairfield, CT

Dedicated to helping senior adults and their families™



On Thursday, September 15th from 4 to 6 pm Bridges by EPOCH at Norwalk will have our Paint the Night Purple Alzheimer's Fundraiser with live music, appetizers, wine pull, raffle and silent auction. RSVP to Christy Perone at 203-523-0510.

Bridges by EPOCH virtual Dementia Education Sessions. On Thursday, September 8th at 7 pm Mass General Hospital will be presenting on Alzheimer's Awareness and Sleep and on Thursday, September 22nd at 11 am the topic is Benefits of Early Detection. Please use this link to register: <https://www.bridgesbyepochmemorycare.com/webinar/>

Bridges by EPOCH virtual Caregiver Support Groups on Monday, September 12th at 7 pm and Tuesday, September 27th at 11 am. Please use this link to register:

<https://www.bridgesbyepochmemorycare.com/support-group-session-1/>

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

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