



Wilton Senior News



Fall Edition
September– October 2023



The White House Butler is Back !

White House Memories Part II

Monday October 2nd 10:30

This presentation is a continuation of White House Memories Part I. There will be more celebrity sightings, and more insight into what working as a butler at the White House entailed. There is also an in-depth look at First Lady Nancy Reagan (the good and the bad). If you enjoyed Part I, then you won't want to miss Part II! Walk ins welcomed but reservations are highly encouraged as Part I was very well attended. Please call 203-834-6240 or email Stephanie.Rowe@wiltonct.org



Save the Date!

Garden Therapy

Wednesday September 13th 10:00-12:00 Room 30

The Wilton Garden Club, in partnership with the Senior Center, invites you to join us for a workshop! You will be making greeting cards with dried pressed flowers.

The cards will also be suitable for framing to keep or give as gifts. Garden club members will be on hand to assist you and all materials will be provided. Space in this class is limited and reservations are required.

Please RSVP to Mary Otocka at 203-414-5277 or maryotocka@gmail.com

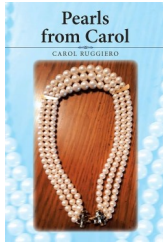


You're Invited **The Monster Mash!**

Tuesday October 31st 2:00-3:30 Dance Studio

Join us on Halloween for a Monster Mash Dance! Learn basic moves and see live demos from professional dancers. No partner needed. Fun Halloween Themed appetizers and snacks will be served in our café. Costumes are not required but encouraged! RSVP 203-834-6240.





Pearls from Carol
Friday September 8th 10:30 Lounge

Carol Ruggiero passed away in October of 2020, but her charming wit and humor live on through “Pearls from Carol”, a collection of her life’s work meant to bring joy and laughter to readers everywhere published by her husband Albert Ruggiero. Truly a work that creatively twines the experiences of her day-to-day life with universally understood emotions like frustration and love, Carol’s take on the world sprinkles sarcasm and humor onto all of life’s little moments. Join Albert in this presentation and walk away with a fun perspective on life. Coffee and Pastries provided RSVP 203-834-6240



Bingo with
Always
Caring
September 28th
2023 12:45
Gameroom

Join Gisselle from Always Caring of Connecticut for Bingo on Thursday September 28th. Each round will have an additional prize! No reservation required.



Beginning Canasta

7 Fridays

Fridays, September 8, 15, 22 and 29, 11 a.m.-1 p.m. Cafe
Then a break to practice.

Resumes Fridays, October 27, November 3, and November 10 11 a.m.-1 p.m.

Since the 1950s Canasta has been a popular game with leagues and clubs all over the country. Chances are you have a friend or two who play! Come learn how to meld, talon, make canastas and go out to win the game. Fun and challenging. Class size limited to 16. Instructor Geri Rhoades RSVP to Stephanie 203-834-6240



Municipal Election--Tuesday, November 7, 2023, 6am-8 pm

On **Tuesday, November 7, 2023** Wilton voters will be casting their votes for First Selectman, Board of Selectmen, Board of Finance, Board of Education, Planning and Zoning Commission, Zoning Board of Appeals, Board of Assessment Appeals and Constables. Voting will take place at all three of Wilton’s voting districts from 6 am to 8 pm.

Polling places:

- District 1—Wilton High School Clune Center, 395 Danbury Road.
- District 2—Cider Mill School Main Gym, 240 School Road.
- District 3—Middlebrook School Gym, 131 School Road.

Parking for voters with disabilities will be marked at each polling place. For those unable to leave their vehicles due to a temporary physical incapacity, curbside voting is available upon request at each polling place.

Deadlines for Elections

October 31, 2023—Mail-in, In-person and Online deadline to register to vote. Town Hall will be open from 9 am-8 pm to accept in person voter registrations.

November 6, 2023—In-person deadline for those who became US citizens, moved into Wilton or turned 18 years old after October 31. Town Hall will be open from 9 am-5 pm to accept in person voter registrations from these persons.

Election Day Registration—For Wilton residents who are eligible to vote and have delayed registering, Election Day registration is available at the Town Hall, from 6 am-8 pm. Voters should bring positive proof of identity and residence, such as a current and valid photo ID showing their Wilton address.

Absentee Ballots—Available October 6, 2023

Voters may apply for an absentee ballot electronically at any time by visiting the Secretary of the State’s website at: <https://oabr-sots.ct.gov/OABR/absenteeBallotReqPortalHome.do>. Or, you may obtain a paper application by calling the Town Clerk's office at (203) 563-0106. You may submit the paper application to the Town Clerk by mail, in person or via the drop box located outside the back door of Town Hall. The Town Clerk will send you an absentee ballot when they become available on October 6. If you are on the Town Clerk’s list of voters with permanent physical disabilities, you will receive your ballot automatically.

Questions?

Contact the Registrars of Voters Karen Birck and Annalisa Stravato at (203) 563-0111 or Town Clerk Lori Kaback at (203) 563-0106.



Sleeping Better As We Age

Tuesday, September 19th, 3 PM Lounge

"Sleeping Better As We Age" presented by Stay at Home in Wilton and Waveny/Visiting Nurse & Hospice of Fairfield County. Christine Burns, RN, of Waveny/Visiting Nurse & Hospice will discuss the functions and importance of sleep, how sleep changes as we age, and techniques for improving sleep. RSVP to 203-762-2600 or info@stayathomeinwilton.org.

Schenck's Island

Tuesday, September 26th, 10:30 AM

Stay at Home in Wilton and the Wilton Land Conservation Trust partner to explore Schenck's Island. David McCarthy, executive director of the WLCT will lead the walk and describe the flora, fauna and geological features of this treasured Wilton preserve. For more information and to register for this exciting event, call 203-762-2600 or visit <http://www.wiltonlandconservationtrust.org>.



Aging and the Brain

Tuesday, October 24th, 3 PM Lounge

"Aging and the Brain" presented by Stay at Home in Wilton and RVNAhealth. RVNAhealth's Susan DiGregorio, M.A. CCC-SLP, will discuss risk factors for cognitive decline and proactive steps you can take to protect brain health and boost memory function. RSVP to 203-762-2600 or info@stayathomeinwilton.org.

**Ogden House Luncheon
Wednesday
October 18th 2023**

The Wilton Presbyterian Church is back! They will be cooking a delicious lunch at the Ogden House. Cost is \$3.00 sign up required. Please call 203-834-6240.



Book Discussion

Book Discussion is back for the 2023-2024 season! This year we are expanding the discussion time to 11-12:30 and including coffee and pastries with each discussion. Please call 203-834-6240 to reserve your spot.

Tuesday, September 26, 2023 11:00-12:30

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 “Doctor Frolic,” “Shirt,” “To Television,” and “Last Robot Song” by Robert Pinsky.

Tuesday, October 24, 2023 11:00-12:30

Discussion Leader – Caroline Mandler

The Secrets We Kept: A Novel by **Lara Prescott**

Lara Prescott’s debut novel weaves together a romance and a spy thriller, inspired by a true story. During the Cold War of the 1950s, the CIA hatches a plot to send two woman spies, posing as secretaries from the typing pool, into the Soviet Union to smuggle out the manuscript of Boris Pasternak’s novel *Doctor Zhivago*. Interwoven with this plotline is the love story of Pasternak and the mistress who went to the Gulag rather than betraying him to Stalin. And, yes, that mistress became the inspiration for the literary heroine Lara of the famous novel and film. *Bookpage* wrote: “A whirlwind of storytelling. In Prescott’s supremely talented hands, the result is no less than endlessly fascinating, often deliciously fun, as well as heartbreaking. *The Secrets We Kept* is a dazzling, beguiling debut.”

CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)

The Wilton Social Services Department will began 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!

Appointments will be available via phone, email or in person Monday through Friday 9:00-3:00 p.m. **Please call 203-834-6238 and ask for Trinity or Stephanie for questions regarding documentation requirements or to make an appointment.**

This year’s income limits for this program are:

- \$41,553 for a household of 1
- \$54,338 for a household of 2
- \$67,124 for a household of 3
- \$79,910 for a household of 4



Birthday Lunches/ First Thursday of Every Month

12:00 Café

Sunrise Senior Living will be sponsoring the first Thursday of every month with lunch prepared by their in house chef along with a Birthday Cake for dessert. If it is your birthday that month please RSVP and let us know so we can celebrate! Lunch is for everyone regardless of birthday.

To RSVP please call 203-834-6240.

Open Enrollment for Medicare Part D prescription plan: Starting Tuesday October 17th

This year we will again be offering appointments in-person at Comstock Community Center with our CHOICES volunteer, Ellen Abend on Tuesdays and Thursdays from Tuesday October 17 thru Thursday December 7th. Appointments will be available from 10 AM to 2 PM. If you call for an appointment for yourself and a spouse or partner, you will each need an hour time slot. Ellen will review your current Medicare Part D plan to determine if that plan will continue to be the best for 2024 or if you will be better served by switching plans.

It is strongly recommended that you review your plan annually as plan premiums, drugs covered by individual plans and drug costs associated with the plans often change for the coming year. To schedule an appointment, please call Deborah Wolyniec at Wilton Social Services, 203-834- 6238.

If you are unable to schedule a Tuesday or Thursday appointment with Ellen between October 15 and December 7, you can call the Southwest Connecticut Agency on Aging (SWCAA) directly at 203-333-9288 and ask to speak with a CHOICES counselor who will be available Monday – Friday. You can also go online to the 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 2024.



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

Flu Clinics

Friday September 22nd , October 20th 10:00 to 11:30 a.m. Senior Center Lounge

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



Movie Club

Wednesdays at 11:30-12:30 Lounge
Starting September 6th

Do you never know what to watch? Looking for a recommendation or want to talk about a movie you just saw. Come to Movie Club! This group will meet Wednesdays at 11:30 with Senior Center Coordinator Stephanie Rowe as the host. Walk-ins welcome. This group will also meet and pick a movie to watch as “Homework” and discuss the following week. The first session the group will discuss what they would like to do each week. Questions? Contact Stephanie at 203-834-6240. This group will run from September through October and potentially throughout the year pending on interest.

Senior Tech Update



The Wilton Highschool HEAL service group will restart their Tech Thursdays the second Thursday of each month starting November in the Wilton Youth services office from 3:30-4:30 for walk in appointments. It is okay to arrive around 3:00 Need Tech help sooner? Please call 203-834-6240 and we can try and help!

The HEAL service group is a group of three to four high school students and two cofacilitators that come together to do acts of service for the greater Wilton and Fairfield county community. We are glad to try and assist with hands on technological questions as best as possible!



Coffee with a Cop

Wednesday September 6th 10-11
Wednesday October 4th 10-11
Café

Join Wilton Police Department the first Wednesday of September and October with Coffee (and doughnuts!) with a Cop! Stop into the Senior Center café. Ask questions, socialize and have a doughnut! No Reservation required but for any questions please call 203-834-6240

Medicare Bootcamp: Thursday November 9th 7:00 Wilton Library

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

Join us for a presentation on Thursday, November 9th from 7:00 PM to 8:30 PM at the Wilton Public Library (Brubeck Room) to find the answers to these and other Medicare related questions. This presentation, complete with a Q&A session, will provide information for those who are new to Medicare as well as updates for those already on Medicare. A trained CHOICES counselor from the Southwest Connecticut Area Agency on Aging (SWCAA) and Lauren Hughes, LCSW, Coordinator of Senior Services for the Wilton Department of Social Services, will provide the presentation and will be available for questions. Please register with the Wilton Public Library directly by calling 203-762-6334





September 2023



Monday

Tuesday

Wednesday

Thursday

Friday



Wilton Go Green - Green Speaker Series: Sustainability in Fashion- Curating an Ethically Conscious Closet Wednesday, September 13th 6:30pm Wilton Library

Did you know that Americans throw away nearly 11.3 million tons of textile waste each year? That equates to roughly 2,150 pieces of clothing per second. Synthetic fabrics used in fast fashion account for one-fifth of all the plastic produced globally, exposing us to forever chemicals and filling the oceans with microplastics. The average American only wears a garment 7-10 times before throwing it away. Only a very small percentage of discarded clothing is re-used or recycled

Join us as we explore the effects of fast fashion on the environment and vulnerable populations on a global scale. There are ways each of us can shop smarter, lengthen the life of our clothes and commit to brands who put the welfare of their employees and the planet first. Educate yourself with our expert panel and learn ways to make your closet fashion forward and planet friendly.

1
9:00 Billiards
9:15 Strength Training
10:00 Feldenkrais
11:15 Tai Chi
12:00 Bridge (Game Room)
1:00 Open Bridge with Mike (Lounge)

4
The Senior Center is closed for Labor Day



5
10:00 Be Moved!
11:00 Social Group
11:15 Yoga
12:30 Strength Training
12:30 Five Crowns
1:00 Studio Knitting

6
9:00 Pickleball
10:00 Coffee with a Cop
10:00 Open Bridge
10:30 Tai Chi
11:30 Movie Club
12:30 Better Balance & Strength
1:00 Bridge

7
10:00 Yoga
11:15 Blood Pressure Clinic
11:15 Strength Training
12:00 Birthday Lunch
12:45 Bingo with Chief Blanchfield

8
9:00 Billiards
9:15 Strength Training
10:00 Feldenkrais
10:00 Jewelry- Art Room
10:30 Pearls from Carol
11:00 Canasta Lessons
11:15 Tai Chi
12:00 Bridge (Game Room)
1:00 Open Bridge with Mike (Lounge)

11
9:00 Pickleball
11:30 Chair Yoga
12:30 Better Balance & Strength (Formerly Strength Training with Lisa)
1:00 Bridge

12
10:00 Be Moved!
11:00 Social Group
11:15 Yoga
12:30 Strength Training
12:30 Five Crowns
1:00 Studio Knitting

13
9:00 Pickleball
10:00 Garden Therapy
11:30 Movie Club
10:00 Open Bridge
10:30 Tai Chi
12:30 Better Balance & Strength

14
10:00 Yoga
11:15 Strength Training
12:00 Lunch
12:45 Bingo with Stephanie

15
9:00 Billiards
9:15 Strength Training
10:00 Feldenkrais
10:00 Jewelry- Art Room
11:00 Canasta Lessons
11:15 Tai Chi
12:00 Bridge (Game Room)
1:00 Open Bridge with Mike (Lounge)

18
9:00 Pickleball
11:30 Chair Yoga
12:30 Better Balance & Strength
1:00 Bridge

19
10:00 Be Moved!
11:00 Social Group
11:15 Yoga
12:30 Strength Training
12:30 Five Crowns
1:00 Studio Knitting
1:00 Duplicate Bridge
3:00 SAHW- Sleeping Better

20
9:00 Pickleball
10:00 Open Bridge
10:30 Tai Chi
11:30 Movie Club
12:30 Better Balance & Strength

21
10:00 Yoga
11:15 Strength Training
12:00 Lunch
12:45 Bingo with Stephanie

22
9:00 Billiards
9:15 Strength Training
10:00 Feldenkrais
10:00 Jewelry- Art Room
10:00 Flu Clinic
11:00 Canasta Lessons
11:15 Tai Chi
12:00 Bridge (Game Room)
1:00 Open Bridge with Mike (Lounge)

25
9:00 Pickleball
11:30 Chair Yoga
12:30 Better Balance & Strength
1:00 Bridge

26
10:00 Be Moved!
11:00 Social Group
11:00 Book Discussion
11:15 Yoga
12:30 Strength Training
12:30 Five Crowns
1:00 Studio Knitting

27
9:00 Pickleball
10:00 Open Bridge
10:30 Tai Chi
11:30 Movie Club
12:30 Better Balance & Strength

28
10:00 Yoga
11:15 Strength Training
12:00 Lunch
12:45 Bingo with Always Caring CT

29
9:00 Billiards
9:15 Strength Training
10:00 NO Feldenkrais
10:00 Jewelry- Art Room
11:00 Canasta Lessons
11:15 Tai Chi
12:00 Bridge (Game Room)
1:00 Open Bridge with Mike (Lounge)



October 2023



Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 9:00 Pickleball 10:30 White House Memories 11:30 Chair Yoga 12:30 Better Balance and Strength 1:00 Bridge</p>	<p>3 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training with Stephanie 12:30 Five Crowns 1:00 Studio Knitting</p>	<p>4 9:00 Pickleball 10:00 Coffee with a Cop 10:00 Open Bridge 10:30 Tai Chi 12:30 Better Balance and Strength 1:00 Duplicate Bridge</p>	<p>5 10:00 Yoga 11:00 Blood Pressure Clinic 11:15 Strength Training 12:00 Birthday Lunch 12:45 Bingo with Chief Blanchfield</p>	<p>6 9:00 Billiards 9:15 Strength Training 10:00 Feldenkrais 10:00 Jewelry Making 11:00 Canasta Practice 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge (Lounge)</p>
<p>9 Senior Center Closed for Columbus/Indigenous People Day</p>	<p>10 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training with Stephanie 12:30 Five Crowns 1:00 Studio Knitting</p>	<p>11 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 11:30 Movie Club 12:30 Better Balance and Strength</p>	<p>12 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Stephanie</p>	<p>13 9:00 Billiards 9:15 Strength Training 10:00 Feldenkrais 11:00 Canasta Practice 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge (Lounge)</p>
<p>16 9:00 Pickleball 11:30 Chair Yoga 12:30 Better Balance and Strength 1:00 Bridge</p>	<p>17 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Duplicate Bridge 1:00 Studio Knitting</p>	<p>18 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 11:30 (No Movie Club) 12:00 Ogden House Lunch 12:30 Better Balance and Strength</p>	<p>19 10:00 Yoga 11:15 Strength Training No Lunch or Bingo</p>	<p>20 9:00 Billiards 9:15 Strength Training 10:00 Feldenkrais 10:00 Flu Clinic 11:00 Canasta Practice 11:15 Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge (Lounge)</p>
<p>23 9:00 Pickleball 11:30 Chair Yoga 12:30 Better Balance and Strength 1:00 Bridge</p>	<p>24 10:00 Be Moved! 11:00 Social Group 11:00 Book Discussion 11:15 NO Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting 1:00 Duplicate Bridge 3:00 SAHW– Aging and the Brain</p>	<p>25 9:00 Pickleball 10:00 Open Bridge 10:30 NO Tai Chi 11:30 Movie Club 12:30 Better Balance and Strength</p>	<p>26 10:00 NO Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo with Stephanie</p>	<p>27 9:00 Billiards 9:15 NO Strength Training 10:00 Feldenkrais 11:00 Canasta Lessons 11:15 NO Tai Chi 12:00 Bridge (Game Room) 1:00 Open Bridge (Lounge)</p>
<p>30 9:00 Pickleball 11:30 Chair Yoga 12:30 Better Balance and Strength 1:00 Bridge</p>	<p>31 10:00 Be Moved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training with Stephanie 12:30 Five Crowns 1:00 Studio Knitting 2:00 Monster Mash</p>	<div data-bbox="678 1644 831 1797" data-label="Image"></div> <p>Acapella Concert to Benefit Wilton Go Green and Wilton Library Saturday, October 14th 4:00pm - 5:00pm Wilton Library Register at www.wiltonlibrary.org or call (203) 762-3950</p> <p>Comprising Yale Whiffenpoof alumni from the 1960's and '70's, the Classic Whiffs, now in their twelfth year, have performed acapella before audiences in Upper NY State, Philadelphia, Washington DC, Boston, Cape Cod, and the New Haven area. Drawing on traditional songs within the Whiffenpoof repertoire, the Classics remain serious about singing, rehearse diligently, and thoroughly enjoy the old songs in contemporary and challenging arrangements.</p>		

FREE ACTIVITIES AT THE SENIOR CENTER

CHAIR YOGA

Mondays 11:30 –12:15

This is a 45 minute Gentle Yoga session that is done in chair. It is perfect for anyone who is looking for the benefits of Yoga without having to be on a mat! Come check out this new class!

Instructor: Beverly Leighton

BETTER BALANCE AND STRENGTH (formerly Strength Training with Lisa)

Mondays & Wednesdays 12:30

Calling all Seniors! Significantly improve your posture, balance and strength with proper form as the focus.

All Levels Welcome! Instructor Lisa Thompson

STRENGTH TRAINING

Tuesdays 12:30 Thursdays, 11:15 Fridays 9:15 No class 10/27

This 30 minute aerobic class that will get your blood pumping! This class is done with a set of heavy and light weights.

Three rounds done twice. The class is done mostly in chair with a 7 minute standing portion that can be modified if needed.

Instructor by Senior Center Coordinator Stephanie Rowe

GENTLE YOGA NO CLASS 10/24 10/26

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

REMOVED!

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

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 NO CLASS 10/25 10/27

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 No class 9/29

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

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

Mondays Wednesdays 9 am P&R Gymnasium

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

SOCIAL GROUP -

Every Tuesday at 11:00

The Wilton Senior Social Group led by MSW Lacey Bernier dives into a variety of topics facing Wilton Seniors today. Drop ins are always welcome! This group will meet in the Game room every Tuesday except when there is book discussion (then the group will meet in the café)

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 No Bingo 10/19

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

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 Wednesdays, 10:00 a.m. to 12:00 p.m. Mike Hess Supervises Open Bridge with Mike: Friday Afternoons 1:00-3:00 Mike Hess supervises.

Mike has been mentoring and teaching bridge for 30+ years. In 2021 he became a Diamond Life Master and has now earned over 5000 master points*

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

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WILTON, CT



**THE CANNON GRANGE
CALENDAR OF EVENTS**
FOR MORE INFO: CANNONGRANGE.ORG

JULY 22	WILTON SIDEWALK SALE
AUG 27	AGRICULTURAL FAIR
SEPT 16	SQUARE DANCE
SEPT 23	WINE MAKING LECTURE
SEPT 30	WILTON GO-GREEN COSTUME EXCHANGE
OCT	BULB PLANTING, POTLUCK, DUCK RACE, SCARECROW SOCK DRIVE TO BENEFIT WILTON SOCIAL SERVICES
NOV 4&5	PHOTO WITH SANTA
NOV 11 OR 18	GO GREEN REPAIR CAFE
NOV 26	BREAKFAST WITH SANTA
DEC 2	HOLIDAY MARKET

MAY 4, 2024 - 125TH ANNIVERSARY CELEBRATION

Navigating Your Wellness, Together.

Serving Wilton and Surrounding Communities

Visiting Nurses
In-Home Physical Therapy
Rehabilitation & Wellness Center
Parkinson's Center
Palliative & Hospice Care
Hourly & Live-In Caregivers
Nutrition & Education

27 Governor Street, Ridgefield

203.438.5555
RVNAhealth.org

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