



CORRIDORS

JANUARY-FEBRUARY 2020

Share your Sweetheart Photos

Starting February 1st 2020

Stephanie is married and has been asked to share photos! Starting February 1st, Stephanie wants YOU to share photos with your sweetheart! Bring a copy of your photos (does not have to be wedding photos) with your name, date and how many years of love! There will be a special montage in our café. Celebrate the month of Love and bring your photo down to the senior center. (Copies can be made).



Matter of Balance Returns

Tuesdays starting January 28th 1-3



Managing Concerns About Falls

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, *A Matter of Balance: Managing Concerns About Falls* is a program for you.

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. *A Matter of Balance* can help people improve their quality of life and remain independent.

A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

The Wilton Senior Center is offering *A Matter of Balance: Managing Concerns About Falls* on : Tuesdays January 28, February 4, 11, 18, 25, March 3, 17, and 24 1-3 in our dance studio. The program is no cost. A workbook is provided and refreshments are served. ***Please note you have to commit to the 8 week session***

Please call Stephanie at 203-834-6240 to register or for more information. Limited Seating Sign Up Early



JUDY

(Rescheduled from December 2nd)

Monday February 10th 12:30

FOREVER JUDY & THE WIZARD OF OZ

Francine Evans & Joel Zelnik will take you on this memorable musical program featuring America's number one female vocalist, Judy Garland. Crafted with love, "Forever Judy" is an inspiring musical experience, highlighting song hits from the "The Wizard of Oz" celebrating its 80th anniversary this year, her concert years, and selections from the Broadway musical "The Wiz". RSVP 203-834-6240 Snacks and refreshments will be served.

LOOKING FOR A WINTER ACTIVITY?

Come to the Senior Center!

LINE DANCE FUSION

Mondays 10:30 a.m. to 11:30 a.m. \$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.

MONDAY AFTERNOON YOGA

Mondays 1:30-2:30 \$3.00 Drop in

Join Emma Converse in Amrit Yoga, an energy balanced based yoga that will be sure to make you feel stretched and relaxed. This class is great for beginners or any one wanting to get back into Yoga.

STRENGTH TRAINING

Mondays 2:40, Tuesdays 12:10 Thursdays, 11:10

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. **Please note Tuesday Strength Training**

will not happen during Book Discussion Days

TUESDAY AND/OR THURSDAY YOGA

Tuesdays, 11:00 a.m. to noon

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

Denise O'Hearn, owner of Vibrant Moves in Wilton, conducts this gentle yoga class that warms up your joints, stretches and strengthens your muscles and helps your balance and focus.

BEMOVED!

Tuesdays, 9:45 a.m. to 10:45 a.m., \$5 drop-in fee

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 **11:10-12:00** \$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. Joe Alampi, Instructor

FELDENKRAIS

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

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.

STUDIO KNITTING

Tuesdays, 1:00 p.m. to 2:30 p.m.

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!

THURSDAY LUNCH & BINGO

Thursdays, 12 noon, \$3 12:45 p.m., 25 cents per card

Join other seniors for lunch in the café on most Thursdays. Elizabeth Chambers, Chef, after come down to Bingo! Winners get "the pot" each game.

FIVE CROWNS

Tuesdays, 12:30 p.m.

Five Crowns is a progressive rummy-style card game. It has spades, hearts, diamonds, clubs, and stars! It can be played by two to seven players. It's easy to learn and lots of fun to play. Call Nerina Klobas at 203-210-5624 for details.

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 Gale Roeder 203-762-3784

CHINESE MAH JONGG

Second Tuesday of the month at 1:30 p.m.

Fourth Tuesday of the month at 12:30 p.m.

Kay Chann supervises the Chinese Mah Jongg. Call Kay at 203-544-7414 for information regarding the group.

JEWELRY WORKSHOP

Friday, January 3, 17 February 7 and 21

10:00 a.m. to noon \$5 drop-in fee

Beads, beads, beads! No prior experience is necessary. Enjoy the fun of making your own beaded jewelry. Viola Galetta, Instructor

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, contact Diego Tomayo at 203-858-0264

Duplicate Bridge: Third Tuesday of the month, contact Maureen Turnier at 203-762-9386.

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 1:00-3:00 Intermediate Bridge meets supervised by Mike Hess in 8 week sessions.

During non session times, the group still meets! \$8.00 drop in fee during session.

Ageless Warriors

The Wilton Parks and Recreation Department will be conducting a tennis workshop for Seniors beginning Friday January 3rd from 10:30-11:30 a.m. at the Comstock Gym.

The workshop is designed specifically for seniors who have been away from playing tennis over a period of time and would like to get back on the court. Also seniors who are looking for traditional playing time are welcome. The Fee is 55 per person for the entire course.

Fridays January 3-31st Instructor: Glen Englander Register online a WiltonParksandRec.org or go to the Parks and Recreation Office

AAA Driver Improvement

Friday, January 10th

Friday February 7th 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.)

NEW

Poetry Group starts at Senior Center Fridays at 9 the Computer Lab

Do you have a love of writing and poetry?

Come down to the senior center Friday mornings and be inspired! Wilton Senior Poetry group will be meeting Fridays at 9 in our computer lab. Come to share, write or be inspired! Any questions please call Stephanie at 203-834-6240.



Outlook and Opportunities Investing in the Late Innings of the Bull Market Lunch and Learn Wednesday January 22nd Noon

Outlook and Opportunities: Investing in the Late Innings of the Bull Market discusses the economy and actions to take today. The program explores today's stock market, the importance of asset allocation, preparation for volatile markets and opportunities in the current environment. Join Tom Fagan in this interesting lunch and learn and learn the ins and outs of the stock market. RSVP to Stephanie 203-834-6240



Do you Know Your Options? Monday January 27th Noon

Do you know your options for obtaining health care at home? What does Medicare and private insurance pay for?

Will my long term insurance policy help?

Come join the team of Home Care professionals from Waveny LifeCare Network for an informative discussion of these and other topics as they relate to your healthcare options on Monday January 27th at Noon and bring all your questions. We look forward to assisting you in making informed decisions about your care! Lunch will be provided! RSVP to Stephanie 203-834-6240.

Book Discussions

Tuesday, January 28, 2020

Discussion Leader – Michael Hess

The Structure of Scientific Revolutions

By Thomas S. Kuhn

Have you ever wondered where the concept of “paradigm shift” came from? Thomas Kuhn’s *The Structure of Scientific Revolutions* is the book that coined the phrase. Based on years of research on how scientific progress actually takes place, Kuhn’s controversial book became a landmark event in the history, philosophy, and sociology of scientific knowledge. It challenged the prevailing view of scientific progress as the accumulation of accepted facts and theories. He argued that periods of continuity in “normal science” were interrupted by periods of “revolutionary science” in which anomalies are discovered that cannot be explained by the existing paradigm. Hence the shift to a new paradigm which then asks new questions of old data, changes the rules of the game, and suggests directions for new research. *Scientific American* said the book “may be the most influential treatise ever written on how science does (or does not) proceed.”

Tuesday, February 25, 2019

Discussion Leader – Carol Kaelin

American Lion: Andrew Jackson in the White House

By Jon Meacham

Following our last three great discussions of Alexander Hamilton, John Adams, and Thomas Jefferson we now move on to Andrew Jackson. Award-winning writer Jon Meacham’s definitive biography of the seventh American president won the Pulitzer Prize in 2009. Upon his ascent to the presidency, “Old Hickory” championed the rights of the common man against the corrupt elites. If you think today’s politics are dramatic, you ain’t seen nothin’ yet! Walter Isaacson said it is “a book that explains our nation’s most enigmatic hero, a man who was revered and reviled and little understood...It’s a vivid, fascinating human drama, and Meacham shows how the personal was interwoven with the political. Jackson presided over the birth of modern politics, and this book’s brew of patriotism and religion and populism tastes very familiar. In helping us understand

Book discussions take place in the Senior Center Game Room at 11:00 a.m.; lunch (\$3) is served in the Lounge at noon. Call 203-834-6240 for reservations.

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: January 8th

February 5th and 19th

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

JANUARY 2020

Monday

Tuesday

Wednesday

Thursday

Friday

**SENIOR CENTER
INCLEMENT WEATHER
POLICY**

When in doubt, call 203-834-6240 after 7:30 a.m. and listen to the recording for information regarding the day's activities at the Senior Center. We do not follow the public school closings.

1
SENIOR CENTER
CLOSED
**Happy
New Year!**

2
Senior Center is
open but no planned
activities.

3
9:00 Poetry Group
10:00 Feldenkrais
10:00 Jewelry Workshop
11:10 Tai Chi
12:00 Bridge
1:00 Intermediate Bridge

6
10:30 Line Dancing
1:00 Bridge
1:30 Yoga

7
9:45 BeMoved!
11:00 Yoga
12:30 Five Crowns
1:00 Studio Knitting
1:30 Mah Jongg

8
10:00 Open Bridge
10:00 Comstock Writers
10:30 Tai Chi
1:00 Mah Jongg

9
10:00 Yoga
11:00-12:00 **Blood
Pressure Screening**
12:00 Birthday Lunch
12:45 Bingo

10
8:30 AAA Drivers
Improvement
10:00 Feldenkrais
11:10 Tai Chi
12:00 Bridge
1:00 Intermediate Bridge

No Strength Training this Week

13
10:30 Line Dancing
1:00 Bridge
1:30 Yoga
2:40 **Strength
Training**

14
9:45 BeMoved!
11:00 Yoga
12:10 **Strength
Training**
12:30 Five Crowns
1:00 Studio Knitting
2:00 **Hearing Aid
Cleanings**

15
10:00 Open Bridge
10:00 Writers Group
10:30 Tai Chi
12:00 Luncheon **OH with
Entertainment by Bill
Kohler**
1:00 Mah Jongg

16
10:00 Yoga
11:10 Strength
Training
12:00 Lunch
12:45 Bingo

17
10:00 Feldenkrais
10:00 Jewelry Making
11:10 Tai Chi
12:00 Bridge
1:00 Intermediate Bridge

20 SENIOR
CENTER CLOSED



21
9:45 BeMoved!
11:00 Yoga
12:00 Duplicate Bridge
12:10 **Strength
Training**
12:30 Five Crowns
1:00 Studio Knitting

22
10:00 Open Bridge
10:30 Tai Chi
12:00 **Lunch and Learn**
1:00 Mah Jongg

23
10:00 Yoga
11:10 **Strength
Training**
12:00 Lunch
12:45 Bingo

24
10:00 Feldenkrais
11:10 Tai Chi
12:00 Bridge
1:00 Intermediate Bridge

27
10:30 Line Dancing
12:00 **Lunch and
Learn**
1:00 Bridge
1:30 Yoga
2:40 Strength
Training

28
9:45 BeMoved!
11:00 Yoga
11:00 Book Discussion
12:00 Book Discussion
Lunch
12:10 **NO STRENGTH
TRAINING**
12:30 Five Crowns
12:30 Mah Jongg
1:00 Studio Knitting
1:00 **Matter of Balance**

29
10:00 Open Bridge
10:30 Tai Chi
1:00 Mah Jongg

30
10:00 Yoga
11:10 Strength
Training
12:00 Lunch
12:45 Bingo

31
10:00 Feldenkrais
11:10 Tai Chi
12:00 Bridge
1:00 Intermediate Bridge





**Get to Know Your Library
Tuesday, January 21st, 10:30 AM**

Did you know you can make personalized gifts at the library or check out devices to help you read more easily? The staff at the Wilton Library will take you on a walking tour and introduce you to all the resources available to you. Don't miss this opportunity to get to know your library! Learn how to download books to your phones or iPads. Bring your devices!

Location: **The Wilton Library** Reservations Recommended: **203-762-2600**

FEBRUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:30 Line Dancing 1:00 Bridge 1:30 Yoga 2:40 Strength Training	4 9:45 BeMoved! 11:00 Yoga 12:10 Strength Training 12:30 Five Crowns 1:00 Studio Knitting 1:00 Matter of Balance	5 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 1:00 Mah Jongg 1:00 Duplicate Bridge	6 10:00 Yoga 11:00-12:00 Blood Pressure Screening 11:10 Strength Training 12:00 Lunch 12:45 Bingo	7 8:30 AAA Drivers Improvement 9:00 Poetry Group 10:00 Feldenkrais 10:00 Jewelry Making 11:10 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
10 10:30 Line Dancing 12:30 Forever Judy 1:00 Bridge 1:30 Yoga 2:40 Strength Training	12 9:45 BeMoved! 11:00 Yoga 12:30 Five Crowns 1:00 Studio Knitting 1:30 Mah Jongg 1:00 Matter of Balance 2:00 Hearing Aid Cleanings	12 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	13 10:00 Yoga 11:10 Strength Training 12:00 Birthday Lunch 12:45 Bingo with Brookdale	14 9:00 Poetry Group 10:00 Feldenkrais 11:10 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge 
17 SENIOR CENTER CLOSED 	18 9:45 BeMoved! 11:00 Yoga 12:00 Duplicate Bridge 12:10 Strength Training 12:30 Five Crowns 1:00 Studio Knitting 1:00 Matter of Balance 1:00 Andrew Jackson History Talk	19 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 12:00 Luncheon OH State of Wilton Police Address 1:00 Mah Jongg	20 10:00 Yoga 11:10 Strength Training 12:00 Lunch 12:45 Bingo	21 9:00 Poetry Group 10:00 Feldenkrais 10:00 Jewelry Making 11:10 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
24 10:30 Line Dancing 1:00 Bridge 1:30 Yoga 2:40 Strength Training	25 9:45 BeMoved! 11:00 Yoga 11:00 Book Discussion 12:00 Book Discussion Lunch 12:10 NO STRENGTH TRAINING 12:30 Five Crowns 12:30 Mah Jongg 1:00 Studio Knitting 1:00 Matter of Balance 3:00 SAHW Joint Replacement	26 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	27 10:00 Yoga 11:10 Strength Training 12:00 Lunch 12:45 Bingo	

Mark your Calendar for March

AARP Tax Help

The AARP Tax Aid Program provides income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 60 and older.

Volunteers from AARP will be at the Senior Center on **Monday, March 2**, from 9:00 a.m. until noon to assist in tax preparation. No appointment is necessary. Just take a number upon entering and wait your turn.



Special Bingo!

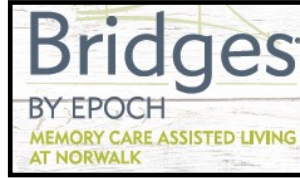
**2nd Thursday of every month
Starting February 13th 12:45**

Join Brookdale Senior Living and Cassena Care at Norwalk for our first monthly Bingo event, on Thursday, February 13th. Each month we'll be playing 10 rounds (25 cents a card), and one lucky winner will take home the grand prize on our full card round! You won't want to miss out on this chance to mingle with friends and try your luck at the Bingo table. We'll see you there!

Cassena Care at Norwalk

Cassena Care at Norwalk is committed to delivering the highest quality rehabilitation and nursing care in the region. We offer short term rehabilitation, long term care, and memory care. Maximizing quality of life for our patients is the cornerstone of our work. Our extraordinary team of physicians, therapists, specialists, nurses, and staff works collaboratively to develop customized programs to restore our residents' independence, renew the spirit, and rehabilitate the body

Brookdale Wilton offers personalized Assisted Living services and Alzheimer's and dementia care for seniors. Our many years of experience, top-rated services, and well trained staff makes us a wonderful choice for seniors. Brookdale provides a full range of choices for today's seniors. Choosing a senior living community represents a lifestyle choice and we understand that our residents are choosing much more than a comfortable living environment to call home.



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.

CAREGIVER SUPPORT GROUP WEDNESDAYS | 12 P.M. JANUARY 8 | FEBRUARY 5 | MARCH 4 Lunch will be served.

Get the support and advice you need from dementia care professionals who understand your challenges and socialize with others on similar journeys.

LOSS, LONELINESS & TRANSITIONS AS WE AGE

WEDNESDAY, JANUARY 15 | 12 P.M. With Jennifer Colby, LCSW, CCM
Lunch will be served.

The changing roles and transitions surrounding aging can often result in concerns like loneliness, depression and anxiety. Jennifer will discuss ways to combat these challenges through remaining engaged in the community, reaching out for help when needed and taking time for self-care.

She'll share why having a strong support network in place for both you as a caregiver and your loved one is vital to coping with changing dynamics of aging and memory loss.

DEMENTIA LIVE®

WEDNESDAY, JANUARY 22 | 12 - 1 P.M. Presented by Right at Home
A light lunch will be served.

Come see, hear and feel what it is like to live with cognitive impairment. You'll experience simulated symptoms of dementia and gain an in-depth understanding of neurodegenerative disease. Space is limited; RSVPs are required.

SWEETHEART LUNCHEON

SUNDAY, FEBRUARY 9 | 12:30 P.M.

Make your loved one's Valentine's season a little sweeter this year. Bring them to enjoy lunch and live entertainment by a favorite old-time string band, The Hoot Owls!

DINE & DISCOVER: BEING MORTAL

THURSDAY, FEBRUARY 27

DINNER 5 P.M. | SEMINAR 5:30 P.M. With VITAS Healthcare

Join us for a special screening of the PBS FRONTLINE documentary Being Mortal. This groundbreaking film follows Boston surgeon Dr. Atul Gawande as he explores the relationships medical professionals have with patients who are nearing the end of their lives. We'll discuss the film and how your loved one's team can help you and your loved one navigate their final chapters with confidence, direction and purpose.

Bring your loved one to enjoy a meal or activity with our Life Enrichment team while you attend our education and support events.



HISTORY TALK:

ANDREW JACKSON

TUESDAY FEBRUARY 18th 1:00

Andrew Jackson, The Nations 7th president has been described as "The Man who changed Politics". What does this mean?

Why was his presidency significant?

Mark Albertson is an historical research editor at Army Aviation magazine; and is the historian for the Army Aviation Association of America. Mark is a long time member of the United States Naval Institute. He has authored several books, as well. Join him on Tuesday February 18th at 1:00 to discuss President Andrew Jackson.

Also See Page 3 for February's Book Discussion; American Lion: Andrew Jackson in the White House, Led by Carol Kaelin.

CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)

The Wilton Social Services Department has begun 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 May 1-but it's best to apply earlier! Appointments will be available on Mondays, and Fridays between 9:00 a.m. and 3:00 p.m. Please call Stephanie Rowe, at 203-834-6240 for questions regarding documentation requirements or to make an appointment.

The 2020 income limits for this program are:

- household of 1 \$36,171
- household of 2 \$47,300
- household of 3 \$58,430
- household of 4 \$69,559



Joint Replacement

Tuesday, February 25th
at 3 p.m.

Dr. Nicholas Polifroni, renowned orthopedic surgery specialist, has practiced for 37 years in Norwalk, CT. Dr. Polifroni will present an educational program on Joint Replacement at the Senior Center

Reservations Recommended: 203-762-2600

Wilton Social Services Department extends thanks to...

Seventeen Wilton families, Wilton Kiwanis Club, Wilton Rotary Club, Wilton Children's Day School, Community Nursery School of Wilton, Temple B'Nai Chaim, St. Matthew's Episcopal Church, The Wilton Congregational Church, Zion's Hill Methodist Church, Wilton Presbyterian Church, 15 Girl Scout Troops, Cub Scouts of Pack 17 and Cub Scouts of Pack 22., Riverbrook Regional Y and Riverbrook Gymnastics, Berkshire Hathaway, The Greens at Cannondale, The Wilton High School football Teams and the 6th Grade Football Team and Wilton Working Mom's who in total provided 82 fabulous, bountiful Thanksgiving dinner baskets and Stop and Shop gift cards for Wilton families; and the Wilton Woman's Club whose members provide both a basket and invaluable assistance the day of basket delivery and distribution;



The Wilton Woman's Club for cooking more than 80 hot meals for Thanksgiving and Christmas for Wilton seniors and preparing the Ogden House Holiday Luncheon for over 75 seniors;

The Wilton Firefighters for covering costs and serving the Ogden House Holiday Luncheon;

The Mother-Daughter leadership group members who delivered the hot meals for Thanksgiving and Christmas Eve;

The Wilton Garden Club for preparing 16 beautiful center pieces and Diane Stisser for delivering the centerpieces to seniors;

The Interfaith Community, under the leadership of the Wilton Congregational Church, which organized the shopping for gifts for 15 seniors and the Boy Scouts who delivered those gifts;

All the generous "Holiday Helpers": 37 Wilton families, 40+ Wilton Working Moms, Wilton Kiwanis Club, Wilton Rotary Trust, The Wilton Congregational Church, St. Matthew's Episcopal Church, Wilton Presbyterian Church, Temple B'Nai Chaim, Zion's Hill Methodist Church, Berkshire Hathaway, The Riverbrook Y, The Riverbrook Gymnastics, The Community Nursery School of Wilton, Wilton Mom's Club alumnae, The Greens at Cannondale, Miller Driscoll PTA, for providing 52 families and their 101 children with presents, gift cards, and movie tickets to brighten their Hanukkah and Christmas holidays;

Ambler Farm for donating Christmas trees or wreaths for 40 Wilton families;

The Village Market for providing ongoing support to the Wilton food pantry through their "Buy-A-Bag" program;
And the Wilton Children's Day School and the Community Nursery School of Wilton for collecting dozens of hats and mittens.
Thank you for your Support!

Your generosity made this holiday season a happy time for our Wilton neighbors in need.

Don't Miss Your Chance to Vote in Connecticut's Presidential Primary

Registrars of Voters Karen Birck and Annalisa Stravato remind voters that April 28, 2020 will be Presidential Primary Election Day in Connecticut. All three polling places in Wilton—Wilton High School, Cider Mill School, and Middlebrook School—will be open from 6 am to 8 pm.

Connecticut law requires that voters must be enrolled party members to vote in primary elections. Electors who switch from one party to another must be members of the new party for at least three months in order to vote in that party's primary.

Note the following deadlines:

Tuesday, January 28, 2020 –Deadline for a voter to change from one political party to another in order to vote in the new party's primary.

Thursday, April 23, 2020—*Mail-in* and *online* deadline for new voters or unaffiliated voters to join a political party in order to vote in that party's primary election.

Monday, April 27, 2020 at 12 noon --*In-person* (at Town Hall) registration deadline for new and unaffiliated voters to enroll in a party and vote in that party's primary. Unaffiliated voters must have been unaffiliated for at least three months before joining a party in order to vote in that party's primary.

To join a political party, electors may complete a new voter registration card and mark "Party Change" at the top. This form is available at the Registrar of Voters office in the Wilton Town Hall, or online at <https://voterregistration.ct.gov/OLVR> or from Wilton's website at <https://www.wiltonct.org/registrar-voters/pages/enrolling-political-party>.

To check your current voter registration status and party affiliation, check the Wilton Registrars' Voter Look-Up site at <https://www.wiltonct.org/registrar-voters/pages/voter-look-voting-district-maps> or contact the Registrars of Voters at (203) 563-0111.

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

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

GUIDE TO SENIOR SERVICES

- Sarah Heath.....203-834-6238
Director, Social Services and Municipal Agent for the Elderly
- Stephanie Rowe.....203-834-6240
Social Services Activities Coordinator
- Lauren Hughes.....203-834-6238
Coordinator, Senior Services
- Phoebe Musico.....203-834-6238
Adult and Family Social Worker
- Debbie Wolyniec.....203-834-6238
Administrative Assistant
- Meals-on-Wheels.....203-762-0566
- Food Pantry.....203-834-6238
- Dial-A-Ride.....203-834-6235
- Town-to-Town.....203-299-5180
- AARP.....888-687-2277
- Visiting Nurse & Hospice.....203-762-8958
- RVNA Health.....203-438-5555
- Parks and Rec.....203-834-6234
- Stay at Home in Wilton.....203-423-3225
- Wilton Family Y.....203-762-8384
- Wilton Library.....203-762-3950