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We're slowly opening back up to Normal Programming

Our Senior Center has been open with limited programs since April! We appreciate the kindness of all the residents and members as we navigate how to safely re open. We now ask members to fill out self health questionnaires upon their arrival at the Senior Center. Members are allowed to be mask-less at the center if they are vaccinated. If you are not vaccinated or still within two weeks of your last dose we kindly ask you to keep your mask on while at the center. Thank you for everyone who is doing their part in making the senior center a safe and fun place to be! Any questions stop in or give us a call.
- The Senior Center Staff

HEAT SAFETY

It's that time of year again! Here are a few helpful hints from the Connecticut Department of Public Health to stay safe in the heat:

- Drink plenty of fluids and avoid alcoholic, caffeinated, or sugary drinks. Note: if you have a limit on the amount of fluids you can drink, check in with your doctor.
- Choose lightweight, light colored, loose-fitting clothing and wear sunscreen.
- If you must go outside, go when it is cooler in the morning or evening.
- If at all possible, spend hot days in an air-conditioned space. Never leave infants, children, or pets in cars!
- Use a buddy system-have a friend or relative call you to check in with you twice a day on hot days.
- Call 2-1-1 to find the nearest local cooling center or check the hours of operation for the Wilton Library and Comstock Community Center to see if they are open to residents needing a place to cool off.
- Call 9-1-1 immediately if someone is experiencing symptoms of heat stroke including fever; irrational behavior; extreme confusion; dry, hot, and red skin; rapid and shallow breathing; rapid and weak pulse; seizures; or unconsciousness.

GUIDE TO SENIOR SERVICES

- Sarah Heath 203-834-6238
Director, Social Services
Municipal Agent for the Elderly
- Stephanie Rowe.....203-834-6240
Senior Center Coordinator
- Lauren Hughes..... 203-834-6238
Coordinator, Senior Services
- 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
- Parks and Rec.....203-834-6234
- Stay at Home in Wilton 203-762-2600
- Wilton Family Y..... 203-762-8384
- Wilton Library 203-762-3950

ACTIVITIES THROUGHOUT THE SUMMER

Interested in a live in person class?
Please call in advance to RSVP. We are asking you to pay in advance for the summer session, to eliminate money handling each week. Class space is limited and we are not allowing walk ins at this time. Call 203-834-6240 to reserve a space or payment questions. If you are unable to attend for the entire session please contact Stephanie at the same number above

LINE DANCE FUSION

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

Summer Session:

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

Thursdays 11:10 –11:40

Summer Session: July 8– August 29th 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.



GENTLE YOGA

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

GENTLE YOGA ON ZOOM WITH DENISE

Denise O'Hearn is a certified Kripalu Yoga Teacher and Reiki Master. She also holds classes and workshops on the amazing benefits and uses of Essential Oils. She teaches group and private classes. Denise is a strong yet gentle, authentic and compassionate teacher who is enthusiastic about sharing the benefits of natural healing. To sign up email Denise at support@vibrantmoves.com

BEMOVED!

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

Summer Session: July 6– August 27th \$40.00

BeMoved® is a dance fitness experience for adults of all movement abilities. It is designed to deliver a safe, body-friendly experience that improves the quality of a person's movement. The class starts with a warm-up and easy-to-follow therapeutic movements and concludes with a cool down that brings the workout full circle, leaving participants feeling rejuvenated. Phyllis Hirschfield, Instructor

TAI CHI

Wednesdays, 10:30 a.m. to 11:30 a.m.

Fridays 11:15-12:15 p.m.

Summer Session July 7– August 28th 25.00

Summer Session July 2– August 29th 25.00

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.

Session: July 9th– September 17th,

No class August 20th

Payment: 50 Dollars for entire session,

Explore this exciting and innovative movement method designed to relieve pain, exercise your brain and teach you to move with greater comfort, ease, and fluidity. Cathy Paine, Instructor



BINGO

Thursdays 1:30 p.m. 25 cents per card 10 Rounds

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.

BILLARDS

Tuesday and Fridays at 9:00-11:00

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



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. In order to play contact the center to be connected to the group leader 203-834-6240

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 contact the center to be connected to the group leader 203-834-6240

JEWELRY WORKSHOP

Friday

10:00 a.m. to Noon

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



BRIDGE GROUPS SPONSORED BY THE CENTER

Do you want to learn from Bridge Master?

Mike Hess has been mentoring and teaching bridge for 30+ years. He recently became a Gold Life Master and has earned over 2,500 master points. A number of his bridge hands have appeared in the NY Times, the Cincinnati Enquirer, and the Alder Syndicate of

70+ news-papers. Mike also teaches at Wilton Continuing Ed, Westport Continuing Ed, Rolling Hills Country Club, as well as instructing private groups.


CLASSES BY MIKE:

Open Bridge: If you prefer a morning game, come to Open Bridge with Mike, Wednesdays, 10:00 a.m. to 12:00 p.m. Summer Session: 8 Sessions 40.00 dollars

Afternoon Bridge with Mike: Details TBD

Please call the center to be on a list for more information about Afternoon Bridge with Mike in the summer

JULY & AUGUST 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1 NO BINGO	2 9:00 Billiards 10:00 Feldenkrais 10:00 Jewelry Making 11:15 Tai Chi
5 Senior Center Closed for Fourth of July 	6 9:00 Billiards 10:00 BeMoved! 12:30 Five Crowns	7 10:00 Bridge with Mike 10:30 Tai Chi 12:00 Duplicate Bridge 1:00 Mah Jongg	8 10:00 Yoga 11:10 Strength Training 1:30 Bingo	9 9:00 Billiards 10:00 Feldenkrais 10:00 Jewelry Making 11:15 Tai Chi
12 10:30 Line Dancing	13 9:00 Billiards 10:00 BeMoved! 12:30 Five Crowns	14 10:00 Bridge with Mike 10:30 Tai Chi 1:00 Mah Jongg	15 10:00 Yoga 11:10 Strength Training 1:30 Bingo	16 10:00 Feldenkrais 10:00 Jewelry Workshop 11:15 Tai Chi
19 10:30 Line Dancing	20 9:00 Billiards 10:00 BeMoved! 12:00 Duplicate Bridge	21 10:00 Bridge with Mike 10:30 Tai Chi 1:00 Mah Jongg	22 10:00 Yoga 11:10 Strength Training 1:30 Bingo	23 9:00 Billiards 10:00 Feldenkrais 10:00 Jewelry Workshop 11:15 Tai Chi
26 10:30 Line Dancing	27 9:00 Billiards 10:00 BeMoved! 12:30 Five Crowns	28 10:00 Bridge with Mike 10:30 Tai Chi 1:00 Mah Jongg	29 10:00 Yoga 11:10 Strength Training 12:00 Lunch 1:30 Bingo	30 9:00 Billiards 10:00 Feldenkrais 10:00 Jewelry Workshop 11:15 Tai Chi
AUGUST 2 10:30 Line Dancing	3 9:00 Billiards 10:00 BeMoved! 12:30 Five Crowns	4 10:00 Bridge with Mike 10:30 Tai Chi 12:00 Duplicate Bridge 1:00 Mah Jongg	5 10:00 Yoga 11:10 Strength Training 1:30 Bingo	6 9:00 Billiards 10:00 Feldenkrais 10:00 Jewelry Workshop 11:15 Tai Chi
9 10:30 Line Dancing	10 9:00 Billiards 10:00 BeMoved! 12:30 Five Crowns	11 10:00 Bridge with Mike 10:30 Tai Chi 1:00 Mah Jongg	12 10:00 Yoga 11:10 Strength Training 1:30 Bingo	13 10:00 Feldenkrais 10:00 Jewelry Workshop 11:15 Tai Chi
16 10:30 Line Dancing	17 9:00 Billiards 10:00 BeMoved! 12:30 Five Crowns	18 10:00 10:00 Bridge with Mike 10:30 Tai Chi 1:00 Mah Jongg	19 10:00 Yoga 11:10 Strength Training 1:30 Bingo	20 9:00 Billiards 10:00 NO Feldenkrais 10:00 Jewelry Workshop 11:15 Tai Chi
23 10:30 Line Dancing	24 9:00 Billiards 10:00 BeMoved! 12:30 Five Crowns	25 10:00 10:00 Bridge with Mike 10:30 Tai Chi 1:00 Mah Jongg	26 10:00 Yoga 11:10 Strength Training 1:30 Bingo	27 9:00 Billiards 10:00 Feldenkrais 10:00 Jewelry Workshop 11:15 Tai Chi
30 10:30 Line Dancing	31 9:00 Billiards 10:00 BeMoved! 12:30 Five Crowns			



Lifetime Learners Institute

at Norwalk Community College

ARE YOU AGE FIFTY OR OLDER AND EITHER BORED OR BORING?

LIFETIME LEARNERS AT NORWALK COMMUNITY COLLEGE

Looking for a way to keep your mind active this summer? Lifetime Learners Institute is offering nine four-week classes ranging from current events to Tai Chi to Art History and more. Classes are in the mornings and afternoons Monday to Friday, once per week. No homework or required reading. Just thinking, being creative, and learning with others. Classes begin the week of July 12.

Classes are each \$30, plus \$50 for membership if you are not already a member. Membership is good for a year. All classes are at Norwalk Community College, 188 Richards Avenue in Norwalk.

See the catalog and register online at www.lifetimelearners.org or mail to Lifetime Learners at 188 Richards Avenue, Norwalk, CT 06854, West Campus Room 102.

RSVP to one or all of these educational events by
calling 203.523.0510 or visit www.BridgesbyEPOCH.com

Dementia Education Series – Caregivers Only
Presented by Bridges V.P of Memory Care Alicia Seaver

Thursday July 29th 11 am
Sundowning

Thursday August 19th 11 am
Signs and Stages of Alzheimer's

To Register: www.bridgesbyepochmemorycare.com/webinar/web/
Monthly Caregiver Support Group – Caregivers Only

Tuesday July 13th 11:00 am

Tuesday August 10th at 11 am

To Register: www.bridgesbyepochmemorycare.com/support-group-web/
Early Stage Support Group – Person Living with Early Stage Memory Loss

Wednesday July 21st - 4:30 pm
Wednesday August 18th – 4:30 pm

PLEASE CALL 203-523-0510 to Register

